

YOUTH CONFERENCE
“POSITIVE YOUTH DEVELOPMENT”
Organized by: STUDENTS’ CELL
Under: CHIEF MINISTER’S YOUTH DEVELOPMENT SCHEME 2022-23

PROGRAMME

DATE: March 18, 2024

TIME: 10:00 a.m.

VENUE: SEMINAR HALL

HOST: Mr. MAINUL HAQUE

1. Welcome Address
College. Dr. A. M. Shangliang, Vice Principal, Lady Keane
2. Presentation of Mementoes
to the Resource persons Vice Principal
3. Presentation on
“Nutrition for our youth” Dr. Melodynia Marpna, Assistant Professor and
Head Department of Nutrition and Dietetics,
Martin Luther Christian University, Shillong.
4. Presentation on
“Mental Health for young people” Dr. Sonali S. Tesia, M.D. (Psychiatry, NIMHANS)
Consultant Psychiatrist
Mind and Wellness Clinic, Shillong.
5. Presentation on
“Impact of Physical fitness on
Young people” Ms. Dapalei L. Warjri, Zumba Instructor
6. Interaction and discussion
7. Vote of thanks Mrs. Deisakee P. Warbah, Convenor,
Students’ Cell

LIGHT REFRESHMENTS

**YOUTH CONFERENCE ON
“POSITIVE YOUTH DEVELOPMENT”**

The Students' Cell under the Chief Ministers Youth Development Scheme 2022-23 organised a Youth Conference on “Positive Youth Development” on March 18,2024 in the Seminar room. The aim of the Conference was to highlight the various aspects of Physical, social and mental well being for all round development. There were three Resource Persons at the Conference:

1. Dr. Melodynia Marpna, Assistant Professor and
Head Department of Nutrition and Dietetics, Martin Luther Christian University,
Shillong.
2. Dr. Sonali S. Tesia, M.D. (Psychiatry, NIMHANS)
Consultant Psychiatrist, Mind and Wellness Clinic, Shillong.
3. Ms. Dapalei L. Warjri, Zumba Instructor

Dr Melodynia Marpna gave a presentation on “Nutrition for our Youth” which dealt with the different components of food, calorific value of major food groups, importance of a proper balanced diet for young people.

Dr Sonali S Tesia gave a presentation on “Mental Health for young people”. Dr Tesia highlighted the alarming increase in the number of young people suffering from anxiety and panic attacks. She suggested some tips and exercises to relieve stress and methods for stress management.

Ms. Dapalei L. Warjri broke the monotony of the sessions with her fun and interactive session where participants actively swayed their bodies to the fun Zumba moves.



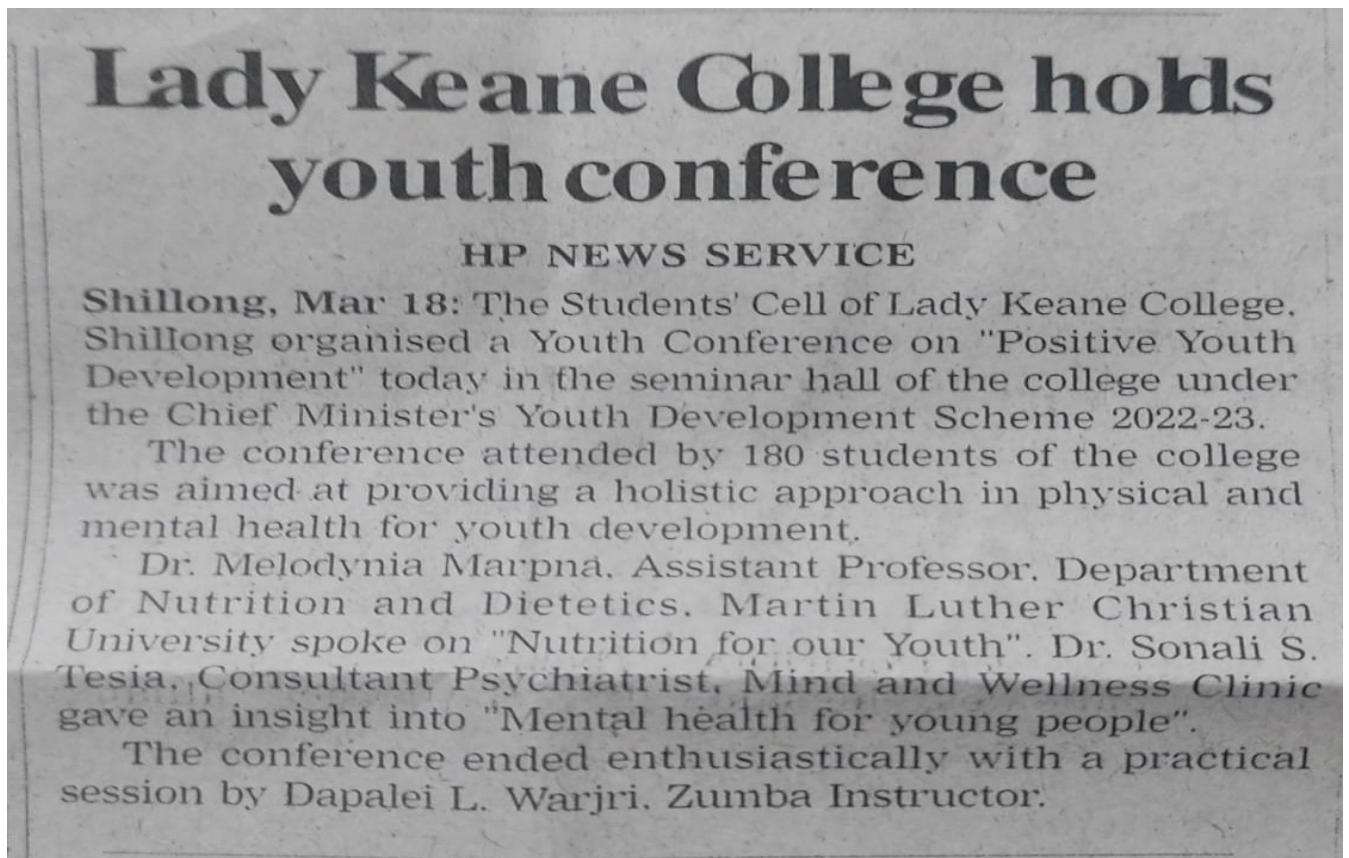
Pic 1: The participants of the Youth Conference



Pic 2: The Resource person Dr M Marpna with the Principal



Pic 3: The participants listening actively



Pic 4: Newspaper clipping of Highland Post dated 18.03.24



Pic 5: Resource person Dr S S Tesia with the Principal

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VENUE : COLLEGE SEMINAR HALL

ORGANIZED BY: STUDENTS CELL, LADY KEANE COLLEGE

SPONSORED BY: CHIEF MINISTER'S YOUTH DEVELOPMENT SCHEME 2022-23

ATTENDANCE SHEET

(PLEASE USE CAPITAL LETTERS ONLY)

Sl No.	NAME	CLASS	DEPARTMENT	SIGNATURE
1	Balahun Cheryl war	BA 4 th Sem	History	Bomas
2	BANRIBHA NONGKY NRIH	11	11	Banribha
3	DABKANI DKHAR	BA 4 th Sem	Khasi	Dabkani
4	Baiakmerlang khonglah	BA 4 th Sem.	Khasi	Baiak
5	Dimiat Poheng	BA 4 th Sem	Khasi	Dimiat
6	Sp Stefira	BA 4 th Sem	English	Stefira
7	Adarani Salam	BA 4 th Sem	Sociology	S. Adarani
8	Yaiphabi Ningthoujam	BA 4 th Sem	Sociology	Yaiphabi N.
9	Laisirani Alkarani	BA 4 th Sem	Sociology	Alka
10	Pujabhaati Moirangthem	BA 4 th Sem.	Sociology	Pujabhaati
11	Sana Firdos Qureshi	BA 4 th Sem	Education	S.F
12	Salma Khatur	BA 4 th Sem	Education	Shatur
13	Shakshi Sen	BA 4 th Sem	Sociology	S. Sen
14	Shabynum Lyngdoh Nonglait	BSc 4 th Sem.	Chemistry	Shabynum
15	Phibapynum Lyngdoh Nongbui	BSc 4 th Sem	Chemistry	P.L. Nongbui
16	Deventyfull Kumbah.	"	Mathematics	Deventyfull
17	Etaphilonwar kor K. Nani	"	"	A. Kharaori
18	Ri-ranga Malngiang	"	"	Ria
19	Venisha Nongbet	"	"	V. Nongbet.
20	Amindita Sarkar	B.A 4 th Sem	English	A. Sarkar

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Sl No.	NAME	CLASS	DEPARTMENT	SIGNATURE
1.	Martina Thanyo	BA 4 ^{sem}	Education	Martina Thanyo
2.	Evelyn Lalrundiki	BA 4 ^{sem}	"	Eve ♥
3.	Lalrintluangi Punte	BA 4 ^{sem}	"	Tluangi
4.	K. Malsorumluangi	BA 4 th Sem	Pol. Sc	K. M.
5.	BETHSHEBA LAMNUNHOI	BA 4 th sem	History	Bethsheba
6.	TINGHATLHING KIPGEN	BA 4 th Sem	"	T. Kipgen
7.	SILBA KHARNGI.	BA 4 th Sem	English	S. Khung
8.	Rijai Langbang.	BA 4 th sem	English	R. Langbang
9.	Ibakynsai Dkhar	BA 4 th Sem	English	Dkhar.
10.	KYRSIEW JYRWA	BA 4 th Sem	Sociology	Jyruwa
11.	SAPHISHISHA BASAIWMOIT	BA 4 th SEM	SOCIOLOGY	S. Basaiwmoit
12.	ERICA MAWPHNIANG	BA 4 th SEM	SOCIOLOGY	E. Mawphniang
13.	Idaris Joma	BA 4 th SEM	SOCIOLOGY	I. Joma
14.	Jingsuchina R. Karak	BA 4 th sem	Sociology	J. Karak
15.	BIANCHI M. MOMIN	BA 4 th sem	SOCIOLOGY	B. Momin
16.	danabaka Riahnam	BSc 4 th sem	Maths	D. Riahnam
17.	Hanashisha Manbariang	"	"	H. Manbariang
18.	Aibandani Manbariang	"	Physics	A. Manbariang
19.	Erika Gloria Sakai	"	Maths	E. Sakai
20.	Naphibahroi Stepwar	"	Maths	N. Stepwar

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Sl No.	NAME	CLASS	DEPARTMENT	SIGNATURE
1	DAPHISTI SHA KHONGSI	BA 4 th Semester	Pol. Science	D. Khongsi
2	ESHA SUNAR	BA 4 th SEM	Pol. Science	Esha
3	L. Sunanda Devi	BA - 4 th sem	History	L. Sunanda Devi
4	Tanu Singh	BA - 4 th sem	History	Singh
5	Marisha Sharma	BA - 4 th sem	HISTORY	Marisha
6	MANDAHI. A. SHADAP	BA - 4 th sem	Sociology	M. Shadap
7	SHIMTIMARY. LYNGKHOI	BA - 4 th sem	Pol. Science	S. Lyngkhei
8	Nikita Dey	BA 4 th sem	Pol Science	N. Dey
9	Mercy Ch. Sangma	BA 4 th sem	Pol Science	M. Sangma
10	AMANISHA HAJONG	BA 4 th sem	POL. SCIENCE	A. Hajong
11	Lilitha B. Mahab	BA 4 th sem	Pol. Science	L. Mahab
12	Akansha Buragohain	BA 4 th sem	English	A. Buragohain
13	Dampa Olingrio Atayam Lamin	BA 4 th sem	History	D. Atayam Lamin
14	Supriya Borah	BA 4 th sem	Pol. Science	Supriya Borah
15	Ravshana Talukdar	BA 4 th sem	Pol. Science	R. Talukdar
16	Dapbiangmery Iamphmaw	B. A 4 th Sem	History	D. Iamphmaw
17	Rupanyla Thabak	B. A. 4 th sem	HISTORY	R. Thabak
18	SICANISHA KHARBITHAI	B. A. 4 th sem	HISTORY	S. Kharbithai
19	JANE L VANCHHAWNG	BA 4 th Sem	ENGLISH	J. Vanchhawng
20	IWANAKI PARIAT	"	"	I. Pariat

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Sl No.	NAME	CLASS	DEPARTMENT	SIGNATURE
21.	Cenovia Malngah	B.A 4 th Sem	pol. science	C. Malngah
22.	Saphira Niangmuh	BA 4 th sem	Pol. science	S. Niangmuh
23.	lindy dhar	BA 4 th Sem	Pol. science	lindy
24.	Reiphistisha Wahlang	BA 4 th sem	Sociology	R. Wahlang
25.	QUINCY JONES RAMSDAM	B.A 4 th sem	SOCIOLOGY	Q. Ramsdam.
26.	Siewdarlang Mayaw	BA 4 th sem	sociology	S. Mayaw
27.	Jumpi Namuk	BA 4 th sem	English	J. Namuk
28.	Jessica Sianghai	BSc 4 th Sem	Mathematics	J. Sianghai
29.	Balarahan Thabak	BSc 4 th Sem	Mathematics	B. Thabak.
30.	Shilpa Malakar	B.A. 4 th SEM	Sociology	S. Malakar.
31.	Ebiomi Kandi	B.A 4 th sem	sociology	E. Kandi
32.	KRITIKA KALITA	B.A 4 th Sem	SOCIOLOGY	K. Kalita
33.	NAINA PATEL	BA 4 th SEM	POL. SCIENCE	Naina Patel
34.	JUNTI GAMNO	B.A 4 th SEM	HISTORY	J. Gamno
35.	YUKAR NORE	B.A 4 th sem	HISTORY	Y. Nore
36.	KHERODA SANJENBAM	B.A 4 th Sem	PHILOSOPHY	Kherodas.
37.	NISHA SINGHA	BSc 4 th Sem	CHEMISTRY	Nisha Singha
38.	VARTINA KSHETRIMAYUM	B.A 4 th Sem	POL. SCIENCE	Vartina Koh.
39.	ANITA DORJEE	BA 4 th Sem	ECONOMICS	A. Dorjee
40.	ANJALI BISWA KARMA	BA 4 th Sem	Sociology	A. Karma

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SI No.	NAME	CLASS	DEPARTMENT	SIGNATURE
1	Rishalin Rynthaliang	BA 4 th sem	Education	<i>Rishalin</i>
2	AIHUNSY MARY KHONGSNI	BA 4 th Sem	EDUCATION	A. Khongsni
3	MELBOREEN RANI	BA 4 th sem	SOCIOLOGY	M. Rani
4	by NAPHISABET NONGIKHLAW	BA 4 th sem	ENGLISH	N. Nongikhlaw
5	Meexabai Thongnam	BA 4 th sem	History	M. Thongnam
6	MAYANGLAMBAM ZULINA DEVI	B.A 4 th SEM	SOCIOLOGY	M. Zulina
7	AKOIJAM LOBIYA DEVI	B.A 4 th SEM	POLITICAL .Sc	AK. Lobiya
8	SANDAKHEN SYTEM	BA 4 th SEM	HISTORY	<i>Sytem</i>
9	GENEVIEVE GAYANG	BA 4 th SEM	ENGLISH	G. Gayang
10	VERA SALOME DURA	BA 4 th SEM	ENGLISH	V. Dura
11	RIA DUTTA	BA 4 th SEM	POLITICAL SCIENCE	<i>Ria</i>
12	Beenu Beyong	BA 4 th sem	Political Science	<i>Beenu</i>
13	Kristina Bharali	BA 4 th Sem	Sociology	<i>Kristina</i>
14	Darisuk Rajee	BA 4 th sem	History	D. Rajee
15	Syepailin Palipai	BA 4 th Sem	Political Science	S. Palipai
16	Matsiewdot Jara	BA 4 th sem	Political science	<i>Matsiewdot</i>
17	Balabethynti Mawrie	BA 4 th Sem	Political Science	B. Mawrie
18	Naphisabit Wajri	BA 4 th Sem	Political Science	N. Wajri
19	Wanapuibauei Pyatuh	BA 4 th sem	Sociology	<i>Pyatuh</i>
20	Rosemary Thounaojam	BA 4 th sem	History	Rosemary Th.

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Sl No.	NAME	CLASS	DEPARTMENT	SIGNATURE
1.	PH. JEMIMA RUTH	B.Sc, 4 th Sem	ZOOLOGY	J Ruth
2.	Sq. Khristena Devi	B.Sc, 4 th Sem	BOTANY	Khristena
3.	Sonaisham Pincyanami Devi	BSc 4 th sem	Botany	S. Pincyanami
4.	Evangeline Daimai	B.Sc 4 th sem	Botany	Evangelie
5.	Silvia Naudam.	BSC 4 th Sem	Maths	Silvia N.
6.	Likha Tunia	BA 4 th sem	Sociology	Lunia
7.	Sonia Joram Jaman	BA 4 th sem	Philosophy	Sonia
8.	Nandashikha L. Marshiling	BA 4 th Sem	Political Sci	N. Marshiling
9.	MEJASHISHA THONGNI	BA 4 th sem	Political Science	Meja
10.	Dawanbiang Phalyngki	BA 4 th sem	Political Science	D. Phalyngki
11.	Bannisa Sonten	BA 4 th Sem	History	B. Sonten
12.	Sakabiang Suchiang	BA 4 th Sem	Khasi	Suchiang
13.	Regina Akhori	BA 4 th Sem	Political Sci	Regina
14.	Priya Ghosh	BA 4 th Sem	Political Sci	P. Ghosh
15.	MAUSAMI SUKLA BAIDYA	BA 4 th Sem	POLITICAL SCIENCE	M. Baidya
16.	Roshni Nonglamin	BA 4 th Sem	POLITICAL sci	Roshni
17.	Intina Tayeng	BA 4 th Sem	History	I. Tayeng
18.	WANDEE KERRY BKHAR	BSc 4 th sem	ZOOLOGY	W. Bkhar
19.	BATLARITS LAMIN	"	CHEMISTRY	B. Lamin
20.	Neha Das	BA 4 th Sem	Philosophy	Neha Das

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SI No.	NAME	CLASS	DEPARTMENT	SIGNATURE
1)	Pooja Kumari	B.A. 4 th Sem	Education	Pooja
2)	Anamika Paul	BA 4 th Sem	Philosophy	A. Paul
3)	Sergmitchi D Sangma	B.A 4 th Sem	Philosophy	S. Sangma
4)	Luminous Chymong	BA 4 th Sem	Political Science	L. Chymong
5)	IDALUMBHA RYNSAH	BA 4 th SEM	POL. SCIENCE	I. Rynjah.
6.	IBAKORDOR HONGSIET	BA. 4 th SEM	POL. SCIENCE	I. Hongsiet
7.	DALUM ARTI KHARIR	BA. 4 th SEM	POL. SCIENCE	D. Kharir.
8.	LAHUNLANG THABAH	BA 4 th SEM	POL. SCIENCE	L. Thabah.
9.	RYNSHAILANG SATEIN	BA 4 th Sem	POL. Science	R.
10.	Gracefully Wahlang	BA 4 th sem	pol. science	G.
11.	Veronica Kharsyntee	BA 4 th Sem	Philosophy	V. Kharsyntee
12.	Judycia Pakyntee	BA 4 th Sem	Philosophy	J. Pakyntee
13.	Nannishisha Malngiang	BA 4 th Sem	POL. Science	N. Malngiang
14.	DAPJINGKIMENSHISHA JAMPANAW	B.Sc. 4 th Sem	BOTANY	D. Jampawan
15.	WANDABET SOHTUN	B.Sc 4 th Sem	ZOOLOGY	W.
16.	KOMPU MITE	B. SC 4 th Sem	ZOOLOGY	K.
17.	MINAM MIZE	Po. sc 4 th Sem	BOTANY	Minam.
18.	KOMLU MITE	B. sc 4 th sem	CHEMISTRY	K.
19.	Priyanka Kumari Chourasiya	BA 4 th Sem	Philosophy	P. Chourasiya
20.	Manisha Kumari Raj	BA 4 th Sem	Philosophy	M.

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Sl No.	NAME	CLASS	DEPARTMENT	SIGNATURE
1.	Vishakha Nath	BA 4 th Sem	Sociology	<i>V Nath</i>
2.	REMIKA WAHLANG	BA 4 th Sem	Political Science	<i>Remy</i>
3.	Alessa Khyndeic	BA 4 th Sem	English	A. Khyndeic
4.	Kaushika Mongkhysoh	BA 4 th Sem	Khasi	K. Mongkhysoh
5.	Mengkiewjngkhmen Khongjee	BA 4 th Sem	Khasi	N. Khongjee
6.	Jherali Ngullie	BA 4 th Sem	English	T. Ngullie
7.	Haphilabiang Girod	BA 4 th Sem	English	H. Girod
8.	Romina Wankhar	BA 4 th Sem	Khasi	R. Wankhar
9.	Dolphina Marwein	BA 4 th Sem	Sociology	D. Marwein
10.	Jbadani Shikha Dikhan	BA 4 th Sem	Sociology	J. Dikhan
11.	Changmyan Anan	BA 4 th Sem	History	<i>Chan</i>
12.	YANGKI ERINGI	BA 4 th Sem	Political Science	Y. Eringi
13.	Kalthannawii	BA 4 th Sem	Economics	<i>Kali</i>
14.	Esicia Marbariang	BA 4 th Sem	Education	E. Marbariang
15.	Jahunlang Kharsheing	BA 4 th Sem	Khasi	J. Kharsheing
16.	Mynjorlong Akhar	BA 4 th Sem	Khasi	M. Akhar
17.	Bedaris Mukhim	BA 4 th Sem	Pol. Science	B. Mukhim
18.	daiohpebiang L Marshilong	BA 4 th Sem	Economics	<i>Dioh</i>
19.	Ibarisha Kharsyntien	B.Sc. 4 th Sem	Zoology	I. Kharsyntien
20.	Supriya Kharsheing	B.Sc. 4 th Sem	Biochemistry	S. Kharsheing

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Sl No.	NAME	CLASS	DEPARTMENT	SIGNATURE
	Shneha Deb	BA 4 th Sem	English	<i>Shneha Deb</i>
	Mary Queen Pal	BA 4 th Sem	English	<i>Mary Queen Pal</i>
	Gracefully Khousbani	BA 4 th sem	Khasi	<i>G.K.</i>
	Badashisha Nongsiej	B.A. 4 th sem	Khasi	<i>B. Nongsiej</i>
	Fairly M. Binar	B.A. 4 th sem	Khasi	<i>F.M. Binar</i>
	Ekordiam Nongpoh	BA. 4 th sem	Education	<i>E.N.</i>
	Dafilarikor Lyngkhroi	BA. 4 th sem	Education	<i>D. Lyngkhroi</i>
	Phudaxlin Majaw	BA 4 th sem	Khasi	<i>P. Majaw</i>
	Naphi Khazjahirin	BA 4 th sem	Education	<i>N.K.</i>
	PARISUK RONGRIN	BA 4 th SEM	EDUCATION	<i>P. RONGRIN.</i>
	INDAHUN IAWPHANTAW	BA 4 th SEM	KHASI	<i>I. Iawphantaw</i>
	AIME IKABAHUN DKHAR	BA 4 th SEM	ECONOMICS	<i>A. Dkhar</i>
	NUSIBABHA MAKDOH	BA 4 th SEM	ECONOMICS	<i>N. Makdoh</i>
	CONSULME MULLIEM.	BA 4 th sem	ECONOMICS	<i>C.M.</i>
	PHIBANYLA RAPMAE	BA 4 th Sem	ECONOMICS	<i>P. Rapmae</i>
	BATTIBANRI NOWAKYWRH	BA 4 th SEM	ECONOMICS	<i>B.N.</i>
	SIMALIN SHABONG	BA 4 th Sem	Economics	<i>S. shabong.</i>
	Phibaki Khazjahirin	BA 4 th sem	History	<i>Phiba</i>
	Mebarisha Khongwun	BA 6 th sem	English	<i>M.K.</i>
	Larone Lingoi	BSTM 4 th sem	BSTM	<i>L.L.</i>

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Sl No.	NAME	CLASS	DEPARTMENT	SIGNATURE
①	Bidisha Gogoi	VI	English	Bidisha
②	Tamara Keropi	IV	English	T. Keropi
③	Quacy Maisnam	VI	"	Quacy M.
④	Socha Samin	IV	Sociology	Socha Samin
⑤	Tulshi Panyeng	IV	Economics	Tulshi
⑥	Maitri Baruah	VI	"	Baruah
⑦	Mehakanta Mawlong	IV	Biochemistry	Mj.