

FMA-OUTREACH

For Underprivileged Women and Children (OUWC)

Development Society of SALESIAN SISTERS SHILLONG PROVINCE

Annual Report

2024 - 2025




Children's Parliament

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IDENTITY

FMA-Outreach for Underprivileged Women and Children (FMA-OUWC) is a private non-Government and non Political Organization of the Salesian Sisters of Northern India, which though affiliated to the International non Governmental Development Organization promoted by the Institute of the Salesian Sisters of Don Bosco (FMA-NGO) Rome, is an autonomous organization with its own statues and regulations, legally constituted without profit motive and works on an international level of cooperation for development. It was registered on 24.02.2003 under the Registration of Societies Act XXI of 1860.

Vision: We commit to work for the integral and sustainable development of the marginalized groups to promote and empower their potential in an environment of which upholds the values of human rights and dignity, eco-friendly, lobbying and advocacy, justice and peace in a spirit of solidarity.

Mission: To promote empowerment, quality education, training, health status, employment and networking through appropriate strategies for the marginalized groups in the operational areas.

Message from Provincial



Dear Sisters, Friends and Stakeholders

It is with immense pride and a deep sense of purpose that I present the Annual Report of the *FMA Outreach for Underprivileged Women and Children* for the year 2024-2025. This report reflects our collective commitment to create a more inclusive, equitable and prosperous society. This past year has been one of significant endeavours and tangible impacts emphasizing the power of collective action and the huge difference made by working with communities, government agencies, and dedicated individuals.

The Society has made significant efforts to empower vulnerable groups, and advance social justice initiatives such as child rights advocacy, skills training, capacity building, women's promotion, Day Care Centre for the elderly, and rural livelihood programs. Strengthening alliances, utilizing a range of knowledge, and putting creative solutions into practice are all factors in success.

The Annual Report is a narrative of progress and a reflection of hope for a future where every individual has the opportunity to thrive. With renewed vigour and a resolute commitment to creating a society that is really inclusive, just, and prosperous for everyone, the society welcomes readers to observe the collective impact it has made and sets out to start the next financial year.

I want to sincerely thank each and every one of our partners for their significant efforts and unwavering support.

Sr. Rosa Pyngrope, FMA
Provincial



Dear friends

It gives me immense joy to reflect through this Annual Report for the year 2024–2025, highlighting the journey, achievements and continued commitment of the *FMA Outreach for Underprivileged Women and Children* team towards inclusive social development. This year has demonstrated our tenacity, teamwork and steadfast commitment to strengthening our society's most marginalized groups.

Our work has had a significant influence on the lives of children, women, youth and marginalized groups through a number of impactful interventions. The Children's Parliament continues to be a powerful platform for nurturing leadership and participatory governance among young minds. Hundreds of young people and women have acquired confidence and job opportunities through skills training programs. The empowerment of women through self-help programs and vocational skills has created new opportunities for economic independence and dignity. Beyond simply teaching skills, our programs have fostered confidence and a sense of purpose in the next generation of leaders and innovators.

These accomplishments are the result of the collective effort of our dedicated team, communities, partner organizations and all our supporters who believe in our mission. We remain committed to truly understanding, effectively responding to, and innovatively adapting to the needs of the people we serve.

Moving forward, let us continue to work together to create a society based on justice, compassion and opportunity for everyone.

Sr. Garnet Sutnga
Director

1. EMPOWERING CHILDREN

Empowering children is not only important, but also urgent. As the world grows louder with challenges, our children must develop stronger voices, vision and values. Giving them the power to know their rights, speak up and lead, we enable them to protect themselves and transform them into guardians of change. An empowered child today is the strongest hope for a just and thriving future. The Children's Parliament annual activities:

CENTRE	EVENTS	DATE	MEMBERS	COORDINATORS
Auxilium Higher Secondary School	Cleaning Drive		65	Ms. Chaleth Pyngrope
	Attended the Budget Session at Meghalaya Assembly	23/05/2024		
	Morning Assembly			
Bellefonte	Parents' Meeting		41	Sr. Camelia Wahlang
Sacred Heart Hr. Sec School Lamyrsiang	World Animal Day	04/10/2024	109	Sr. Celibon Maslai
	Tending New Plants	17/10/2024		
	Cleaning Drive	02/10/2024		
	World Environment Day	05/06/2024		
Sacred Heart Girls' Higher Secondary School, Mawlai	Environment Day	05/06/2024	29	Mr. Richmond Kharlukhi
Auxilium Saphai	Exhibition-The Life and *Legacy of Mahatma Gandhi*	02/10/2024	54	Sr. Lucy Sangriang
Auxilium Umdohlun Mawpat	Cleaning Drive	05/06/2024	176	Sr. Ephrilda Mawsor
Mawlong	Pledge Taking Ceremony		24	Sr. Janicia Nongrum
	Parliamentary Session			
Saiseij	Psycho-socio Program		56	Sr. Janicia Nongrum
	Pledge Taking Ceremony			
	Parliamentary Session			





1.1 Be Aware, Be Safe

To promote a safe and informed environment for children, an awareness session on the Protection of Children from Sexual Offences (POCSO) Act was conducted at Sacred Heart Girls' Hr. Secondary School, Mawlai on February 13, 2025, to enlighten children about their rights to safety and protection. The session conducted by Sr. Garnet Sutnga focused on helping children understand the difference between safe and unsafe touch, the importance of saying "No" and how to seek help from trusted adults or authorities. The program was divided into two separate sessions to accommodate different age groups: one for High School students in the morning and another for Higher Secondary students in the afternoon. The sessions provided the students with vital information and instilled a sense of responsibility towards their own safety. There were 368 girls who benefitted from the session.

1.2 Democracy in Action

Democracy came alive in schools as children immersed themselves in the inspirational world of Children's Parliament. Through fun-filled activities and practical workshops they explored leadership, learned how to hold elections, and discovered the power of teamwork. The training turned average students into confident young voices, ready to lead with purpose and vision. With eyes bright and spirits high, these future leaders are now all set to shape their schools with passion and responsibility. The following are the events held for the various Children's Parliament units.

Names of Schools	Resource Person	Total No of participants	
		Female	Male
Auxilium Higher Secondary School, Nongthymmai	Sr. Garnet Sutnga Sr. Janicia Nongrum	27	00
RCLP School, Mawlong	Sr. Janicia Nongrum	20	09
RCUP School, Saisiej	Sr. Janicia Nongrum	19	16
Presbyterian School, Saisiej	Sr. Janicia Nongrum	16	14
St. Peter High School, Mawpat	Sr. Janicia Nongrum	17	11
Auxilium Secondary School Mawpat Madan Sohphoh	Sr. Ephrilda Mawsor	36	30
Sacred Heart Hr. Sec. School, Lamyrsiang	Sr. Janicia Nongrum Sr. Celibon Maslai	45	43
	TOTAL	**180**	**123**





1.3 Campaigns on Children's Voice

As part of the Children's Voice campaign a powerful and engaging stage drama was performed by Children's Parliament to raise awareness about Child rights, protection and participation. The play highlighted real-life difficulties faced by children - such as neglect, abuse, lack of education and the need to be heard. Children played various roles to express the importance of listening to children's voices in homes, schools and communities. The campaign successfully delivered a strong message.

The NCP of Lumshyiap and Langkyrding, on July 24, 2024 organized a drama in Mary Our Help Training Centre, Bellefonte, and on May 18, 2024 another drama was organised in Lad Sutnga Community Hall by the NCP members of Khliehriat. On both instances, eight hundred kids from nearby schools attended.

Throughout the year the members of Children's Parliament delivered speeches in 16 schools, 10 in Shillong city, East Khasi Hills, 3 at Khliehriat, East Jaintia Hills and 3 at Umdohlun Mawpat, South West Khasi Hills. Approximately 10,000 youngsters have been impacted by the campaign. We applaud the children who raise their voices for the rights of other children.









1.4 Oath-Taking Ceremony

The campus of Auxilium Higher Secondary School was filled with a pride and promise as the Oath-taking ceremony of the Children's Parliament was held on July 18, 2024. The ceremony marked a significant milestone in promoting student leadership and democratic participation among the children. Sr Bashisha Massar, the principal, gave a welcome in which she encouraged the members of the Children's Parliament to move forward with their aims and objectives.

The event was honored by the presence of Hon'ble MLA Charles Pyngrope, MLA of Nongthymmai Constituency and the other esteemed guests who joined the school in celebrating the leadership potential of its students. The program commenced with the lighting of ceremonial lamp, a symbol of wisdom, hope and a bright future led by young minds.

Following the lighting of the lamp, the most solemn moment occurred, the oath-taking ceremony of the Prime Minister - Akansha Das and Sharailang Wahlang, Deputy Prime Minister - S. Lalchchhimi and Naphisabet Kharbihkhiew and the Finance Minister - Bridget Lalvenhimi and Mayvelline Pyngrope of both senior and junior sections respectively. The Chief Guest, Shri Charles Pyngrope, Sr. Carmelina Sun and Sr. Garnet put on the sash and badges for all the main Ministers, then all the Ministers put on their signature allotted to them. Following that, Naphisbet Sawkmie led a general oath-taking ceremony for all Ministers from various departments, including the Ministries of Education, Cultural and Environmental Affairs, Sports, and Law. The volunteers then distributed badges to all the Ministers.



The oath taking ceremony instilled a sense of responsibility and purpose among the elected student leaders, inspiring all students to actively contribute to the school and society.

Oath Taking Ceremony





1.5 Free Tuition

In sincere efforts to support the educational needs of underprivileged children, the Day Care Centre for Senior Citizen, Khliehriat, offered a free tuition program for 54 children who are deprived of proper academic support due to financial constrains. These lessons are held in a child-friendly and encouraging environment, where children are helped and assisted in improving their academic performance and overcome learning gaps. The program is a small step with a great impact, giving these youngsters a chance for a better future. We appreciate the hard work of the staff of Day Care Centre.





1.6 Annual Meet of Children's Parliament

The 6th Annual Meet of Children's Parliament was held successfully on March 1, 2025 at Bellefonte, Shillong, under the vibrant and inspiring theme, "***Soaring with Purpose***". The event was a grand celebration of children's leadership, participation, and vision for a better society. It brought together over 400 children from the four districts of the State.

The highlight of the day was the presence of A.L Hek, MLA of Pynthor Umkhrah Constituency, who graced the occasion as the Chief Guest. In his keynote address, he applauded the efforts of the Salesian Sisters for empowering young minds to create the future of our communities and nation.

The event was further enriched by the presence of Minerva Wahlang, Commercial Pilot, who served as the Guest of Honor. Her motivational speech, drawn from her personal journey, encouraged children to dream beyond boundaries and soar with purpose.







A significant and educational part of the day was a session on POCSO Act by Sr. Garnet Sutnga, the resource person for the day. The children were sensitised about safe and unsafe touch, their rights, and how to seek help. Her talk was empowering, creating a safe space for dialogue and awareness.

Many other local dignitaries, headmen, educationists, community leaders and coordinators of Children's Parliament were also present, showing strong support for the development and participation of children in civic life.

The event brought together stakeholders committed to strengthening child rights, participatory leadership, and sustainable development participation.

2. ENVIRONMENTAL CARE

Caring for the Earth is a responsibility we all share. It is time we embrace our responsibility as custodians of this precious home. Making conscious choices and embracing a mindset of stewardship, we not only protect natural habitats and combat climate change but also ensure a sustainable future for generations to come. Let us walk gently on the Earth, mindful that every footprint matters.



2.1 Vermicomposting

"Don't throw your waste away - turn it into gold for the Earth"

With the goal of fostering eco-conscious habits among children, FMA-OUWC organized an interactive training on vermicomposting on May 3, 2024 specifically designed for students. A total of 32 students took part in the program, including 9 boys and 23 girls. The training was enriched by the presence of two competent and lively experts: Darisha Nongpiur, Asst. Director of Agriculture, District Training Officer, FTC, Upper Shillong and Smt. B. Lyngdoh, Asst. Director of Agriculture (FM). They walked the students through the basics of vermicomposting, a sustainable process of turning organic earthworms. The session was dynamic and captivating because it contained both theoretical information and a practical demonstration. Students gained knowledge about soil regeneration, vermicomposting's significance in organic farming, and how it may help cut down on landfill waste. Students were motivated to contribute to a greener future and were empowered to see waste as a resource as a result of the training.

2.2 Berkeley Training

"Small step in sustainability can lead to big changes in the world."

Berkeley Training was conducted on May 17, 2024 for the students of Lumshyiap High School at FMA-Outreach, raising awareness of sustainable waste management through the use of quick composting techniques. 36 students, including 10 boys and 26 girls, as well as two teachers, actively participated in the session.

The training was led by two knowledgeable instructors from the Agriculture Department in Shillong, Darisha Nongpiur, Assistant Director of Agriculture, District Training Officer, FTC, Upper Shillong, and Smt. B. Lyngdoh, Assistant Director of Agriculture (FM), who facilitated the training by guiding the children through the Berkeley method, a rapid composting technique that converts organic waste into compost in 18 days.

The training was done in the field with demonstration and practical. Thus the students had the opportunity to participate actively in the practical and were able to prepare the compost. It was an enriching experience for all of them. The training not only equipped them with eco-friendly skills, but also motivated them to become young environmental stewards.



2.3 Setting up of Kitchen Garden

"Grow your own food-its healthy for you and the Earth"

FMA-OUWC provided high - yield hybrid seeds to ten households in Langkyrding on April 17, 2024, and to the Sacred Heart Girls' Higher Secondary School in Mawlai on April 29, 2024, as part of our continuous efforts to encourage sustainable living and wholesome eating practices. Seasonal vegetable seeds were distributed, including mustard, spinach, beans, and dhania. Depending on their own plans and space availability, they will proceed with the deployment and maintenance. Educating children and the community about organic farming and the importance of growing fresh vegetables at home or shared spaces is vital.



2.4 Environment Vigilant Committee Formation Training

To strengthen community based environmental action, FMA-OUWC conducted a series of training programs on the formation of Environment Vigilant Committees in three different locations. The resource persons established and empowered the participants to dedicate themselves to environmental protection, conservation and awareness within their respective communities. The training was interactive and engaging such as: Presentations of Environment Policy and Group Discussions.



Participants demonstrated a strong understanding of environmental issues and their role in addressing them. The participants were empowered to take responsibilities and ownership of their environment, promoting environmental stewardship and ensuring a sustainable future for their communities.

Date	Place	Resource Person	Female	Male
30.01.2025	Auxilium Tura, West Garo Hills	Sr. Plenish Marak	14	05
08.02.2025	FMA-Outreach, East Khasi Hills	Sr Garnet Sutnga	21	
12.02.2025	Mary Our Help Training Centre East Khasi Hills	Sr. Iahunlang Kyrsian	25	
		TOTAL	**60**	**05**

2.5 World Environment Day

"Land Restoration, Desertification, and Drought Resilience."

To mark the World Environment Day 2024, FMA-OUWC took a meaningful step towards promoting environmental responsibility by setting up recycling bins and raising awareness on waste segregation.

Based on this year's global theme- "*Land Restoration, Desertification, and Drought Resilience*" the event focused on creating cleaner, greener, surroundings by instilling eco-conscious practices among children and communities. A total of 12 color-coded dustbins were distributed to Children's Parliament Centres and village schools symbolizing a collective step towards better waste management and environmental stewardship.

In addition, a tree plantation drive was conducted with active participation from local school children and teachers. A variety of native and environment-friendly saplings were planted.













3. EMPOWERING YOUTH

Skills are the new currency of opportunity. Academic knowledge alone is not enough; young people need practical skills that empower them to take confident steps towards independence, innovation and impact. It is a call to action for youth to rise with confidence and competence.







3.1 Empowering Youth with Digital Skills

In a significant move to bridge the digital divide, FMA-OUWC conducted four batches of a comprehensive E-Commerce Training program in four batches over a period of twelve months. A total of 88 youth, including 46 boys and 42 girls were trained to equip them with practical digital and entrepreneurial skills. The first batch was held at Auxitech Computer Institute, Nongthymmai, with Sr. Ibaniewkor Warjri as the trainer, while the remaining three batches were conducted at Auxilium Higher Secondary School, Mawtnum, under the guidance of Sr. Jenney Iawphniaw. The trainers guided the participants through various aspects of e-commerce, equipping young boys and girls with practical knowledge and skills in e-commerce, thereby enhancing their employment and entrepreneurship opportunities. It was a meaningful step towards creating self-reliant and digitally empowered youth in the region.

3.2 Skill Development

Over the past few months, we have witnessed something incredibly inspiring - young people transforming their lives through skill development training in tailoring, embroidery, computer, fruit processing and hospitality training. What began as a simple initiative turned into a powerful journey of confidence, creativity and empowerment. Many of them are just out of school, others who had dropped outwalked with uncertainty on their





faces. Most of them came from economically challenged backgrounds and had never imagined that skills training could shape their future. But in a matter of days, their hesitancy gave way to enthusiasm.

Through structured training in tailoring, embroidery, data entry operator and hospitality, young minds are being transformed into job-ready confident individuals. Every course taken lays the groundwork for future jobs and financial independence.

Sl. No.	Centre	Program	No. of students trained		No. of students received stipend	No. of students received Certificate	No. of students Employed
			Female	Male			
1	FMA-Outreach Training Centre	Tailoring	22			20	
		Fruit Processing	20			20	
		Macrame	35			35	
2	Auxilium Skills Training Centre Khapmara	Fashion Designing	55				
		Tailoring	223	2			
		Data Entry Operator	41	16			
		Computer Typing	50				
		Hospitality	16	05			18
		Food Processing	109	05			
		Fruit Juice Processing	159				
		Integrated Farming	91	24			
		Vermicomposting	44	06			
		Distribution of Tailoring kits	100				
3	Auxilium Life Skills Training Centre Nongthymmai		205		15	56	
4	Auxilium Roilang	Tailoring	27		10		
		Embroidery	07				
		Computer	14	01			
		Fashion	04				
5	Auxitech Computer Institute		16				
6	Bellefonte Community College	Basic Computer Non NSQF	65	31			
		Domestic Data Entry operator NSQF (Basic)	55	30			
		Self Employed Tailor Non NSQF	60				
		Graphic Designer	11	11			
7	St. Mary's Tailoring Training Centre, Rangblang		04		04	04	
8	Mazzarello Training Centre Garobadha		12	01			
		Total	**1445**	**132**	**29**	**135**	**18**



3.3 Nurturing Dreams, Raising Voices

Auxilium Skills Training Centre Khapmara, with the support of Social Welfare Department, organized two impactful mass Awareness Programs on Career Guidance and Children's Parliament, each drawing around 300 enthusiastic participants. Both the events were highly engaging and left an impact, encouraging young minds to dream big and speak up for change.





3.4 Empowering Minds, Shaping Lives

In a significant step towards fostering a healthier and more empowered community, the FMA - OUWC, in collaboration with Nongmensong youth, launched a one-year psycho-social program at Housing Block Lumphira on 29 March 2025, Nongmensong, Shillong, a strategically chosen location due to its higher rates of school dropouts and drug addiction. The program's core objective is to provide support to children and youth who are at risk of being victims. Regular workshops and sharing opportunities are held once a month, on the last week of the month at the community hall. We envision this initiative as a beacon of hope, empowering the next generation to embrace choices that promote well –being and healthy lifestyle.

4. WOMEN EMPOWERMENT

Empowering women, empowers the entire planet. Behind every empowered woman is not just her success, but create ripples of change that transforms. When a woman is empowered, her entire family, community and nation feel the impact.

4.1 Livelihood Programs

A groundbreaking 10-day Livelihood Enterprise Development Program (LEDP) on Piggery and Poultry farming: Over 90 Women from Self Help Groups (SHGs) and farmers of Mawlai and Mawpat Blocks of East Khasi Hills took a transformative step towards self-reliance through 10 - day held in three impactful batches; the training equipped rural women with both knowledge and practical skills in livestock management. As part of the program, two-demonstration units were constructed, one unit at Saiseij and the other at Mawtawar, to provide practical exposure for all the participants. This training is set to spark a new wave of rural entrepreneurship.











Airisha Nongbri led the training, which was enhanced by guest instructors from the Veterinary Department, including Dr. Daniel Dohtdong, Shanborlin Hujon, and Dr. Mihshwa Tyngkan, District A.H. & Veterinary Officer, Animal Husbandry and Veterinary Department, East Khasi Hills.

As part of the program, exposure visits were organised for all participants. Two batches visited Indian Council of Agricultural Research (ICAR), Umiam, while another two batches visited Rural Resource and Training Centre (RRTC) Umran, to gain hands-on learning. The participants interacted with experts and observed model farming units.

FMA-OUWC not only facilitated quality learning led by expert trainers and veterinary professionals but also celebrated the journey of these women by awarding certificates of completion. To jumpstart their entrepreneurial ventures, 2200 chicks were distributed to all trainees as startup tools enabled them to put their learning into practice and begin their income generating venture. The program has laid a strong foundation for sustainable income generation and rural entrepreneurship.

4.2 Up-skilling Program

FMA-OUWC conducted a two-day impactful upskilling training at two different locations on “Engagement in Market Networks for Farmers” on September 3 and September 27, 2024 at Madan Saisiej and Mawtawar respectively as part of the on-going Livelihood Enterprise Development Program (LEDP). It was an endeavor to connect farmers with PRIME (Promotion and Incubation of Market-Driven Enterprises) in Meghalaya. Streamlet Sohtun, Assistant Manager (PRIME's sector Head-Business Facilitation), was the resource person on September 3, 2024, at Madan Saisiej village. There were 38 participants: 4 men and 34 women. Ms. Dayophika Royne, Data Management Executive, PRIME, Shillong, served as the resource person on September 27, 2024, at Mawtawar Village, where 24 women participated, a total of 62 participants. The program's goal was to help farmers take innovative methods to increase their income while also utilizing the state's available financial and market linkage aid.









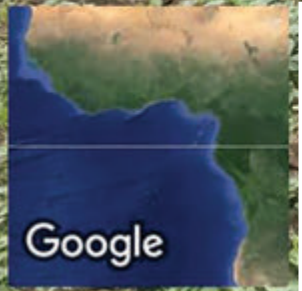
4.3 Candle Making Training

On September 19 and 21, 2025, FMA-OUWC held a two-day candle-making livelihood program with the aim of instilling economic hope in women. The training brought together 37 women, many of who were exploring entrepreneurial avenues for the first time. Samin Khongsit an experienced candle-making trainer skillfully facilitated the training. They learned how to craft beautiful and market ready candles using simple materials, tools and techniques. The sessions focused on both skill development and how to build a small home-based business.

On September 21 a certificate distribution ceremony was held in the presence of Sr. Maristella Ryngkhlem who congratulated the participants and encouraged them to take confident steps towards financial independence.

The glow of a candle is now the spark of a new beginning for these 37 women, lighting the way for future livelihoods.





4.4 Integrated Farming

On November 23, 2024 a training on Integrated farming was organized to promote sustainable and diversified agricultural practices. Wolbest Lapang, an experienced resource person in the area, facilitated the session. In total, 30 women actively participated in the training. The program focused on integrating crop cultivation with livestock, poultry and organic composting to enhance farm productivity.

4.5 Empowering Self-Help Groups

Self Help Groups (SHGs), with the help of FMA-OUWC, proudly participated in three significant trade fairs, gaining valuable exposure and market linkages:

Grow Together Trade Fair

It was a maiden venture for FMA- OUWC to take part in the fair. It took over three days, from September 10 to 12, at All Saints, Lachumiere, Shillong, and was organized by the "Grow Together" team. Sr. Garnet Sutnga was the Chief Guest at the inaugural function. SHGs displayed eco-friendly items and earned appreciation from visitors and fellow entrepreneurs. They took the opportunity to display the materials that were made at different trainings, such as ladies' ornaments, clothes, bags and dry flowers. It was in collaboration with Lawei Baphyrnnai, SHG, Jaiaw.

Shillong Municipal Board Trade Fair (Mini Mela)

FMA- OUWC and two of its SHGs, Iatreilang SHG and Shiing SHG, participated in the trade fair hosted by Shillong Municipal Board (SMB), at M. G. Road Shillong, for three days from October 17 to 19, 2024. SHG members displayed a diverse selection of handmade and organic products, attracting the attention of shoppers. It's a platform that aims to promote women entrepreneurs to showcase their products. It was a wonderful experience.



Saras Asjeevika Fair

FMA - OUWC participated in the 5th Meghalaya Saras Asjeevika Fair, which was hosted by the Ministry of Rural Development and held at Mawlai Mawiong in Shillong, from December 5 to14, 2024. It's a platform that promotes urban and rural SHGs and entrepreneurs to show case their products. It was a great experience.

4.6 Women's Day Celebration 2025

Women's Day Celebration was celebrated at Lumphira-Nongmensong, Mawlai-Mawtawar, Mawkhap village, Kyllonmathei village, Umdang, Mazzarello Convent Garobadha and Mawroh Community. These places are spread out in four districts of Meghalaya; 539 women took part. Experts were invited as resource persons to impart educational and motivational speeches in all the events, with a particular emphasis on the International Women's Day theme “Accelerate Action.” In East Khasi Hills District, the program was organized in collaboration with Meghalaya Legal Aids Service Authority and in West Khasi Hills District it was done in collaboration with North East Diocesan Social Service Society, Guwahati, and Nongstoin Social Service Society, Meghalaya.










INTERNATIONAL WOMEN'S DAY 2020
THEME: ACCELERATE ACTION
MENTAL HEALTH PROGRAM

4.7 Food Plan

On December 3, 2024 Sr. Maria Goretti Nongrum, the superintendent of Day Care Centre, was the resource person for the training on Food Plan for Self Help Groups (SHGs). The session focused on healthy meal planning, nutrition awareness, and effective food budgeting using organic product. 65 women SHG leaders participated on drafting Food plan to achieve self-sustainable families.

Sr. Maria, an experienced nurse, shared practical insights on preparing balanced meals and promoting better food habits in families and communities. The participants actively engaged in the discussion and appreciated the relevance of topics to their daily lives. The program proved to be both informative and empowering, equipping the SHG women with useful knowledge to improve household nutrition and well-being.



5. INCOME GENERATION ACTIVITIES & ENGAGEMENT IN MARKET NETWORK ACTIVITIES

In May 2024, three awareness seminars focusing on Income Generation Activities & Engagement in Market Network Activities were organized to equip youth and women with entrepreneurial knowledge and financial literacy.

- On April 29 a program took place at FMA-Outreach. Damoncius Kharkongor, Co-Founder Adzonix, Digital Marketing, Brand Marketing, along with Grace Nongrum, from Money Wise, shared insights on digital entrepreneurship and financial management.
- A session was conducted on May 3 at Mawtawar community hall, led by Mr. Androny Lyngkhoi, Technical Associate in the Directorate of Food Processing, alongside the District Social Welfare team, who facilitated discussions regarding government schemes and small-scale entrepreneurship.
- Another event took place on May 21 at FMA-Outreach, featuring speakers from PRIME, ICICI Bank and Chillybreeez Company. The topics discussed included financial literacy, support for entrepreneurship, and opportunities within the industry.

Venue	Male	Female	Total No. of Participants
FMA-Outreach	06	24	30
Mawtawar	00	43	43
FMA-Outreach	20	27	47
		TOTAL	**120**





6. DAY CARE CENTRE

The Day Care Centre for Senior Citizens provides a safe and welcoming space where the elderly can spend their days in comfort. From regular health check-ups to fun filled recreation, the centre ensures holistic care. Counselling services offer emotional support, and outdoor trips give seniors the joy of new experiences. The centre is a source of connection and happiness for the elderly helping them stay active and valued.

6.1 Free Medical Check-up

The Day Care Centre for Senior Citizens at Khliehriat has continued its unwavering commitment to elderly care through successful implementation of its Monthly Health Camp initiative.

The health camp, which is held monthly, benefits the 50 beneficiaries of Khliehriat's Day Care Centre for Senior Citizens. It is more than a medical outreach; it is an affirmation of community care and social engagement, offering them a space for emotional support. The distribution of medicines and health education empowers seniors to take proactive steps towards their health. Dr. Janurius Nongtdu, along with the staff, foster a reassuring atmosphere that encourages the elderly to freely discuss their physical and mental health.





6.2 World Health Day

On April 6, 2024, the Day Care Centre for Senior Citizens, Khliehriat hosted a vibrant and meaningful celebration of World Health Organisation 2024 with the theme, “My Health, My Right.'' The highlight of the day was the insightful talk by Sr. Maria Goretti Nongrum, Superintendent of Day Care Centre, who underscored the importance of empowering seniors to take charge of their health. She encouraged the elderly to take regular check-ups, nutritious diets, physical activity and emotional well-being; 47 seniors attended and appreciated the opportunity to learn and share.

6.3 International Day of Older Persons

To mark the International Day of Older persons, the Day Care Centre for Senior Citizens, Khliehriat, organized a meaningful and inspiring program on October 1, 2024, aimed at celebrating the resilience, wisdom and contributions of the elderly in the society. The event was held within the premises of the Day Care Centre and was attended by over 45 senior citizens. The celebration created a warm and respectful atmosphere where the elderly felt honored, heard and appreciated. Sr. Isidora Pasi, an experienced nurse and senior citizen herself, was the resource person. She addressed the audience on the day's theme of "Ageing with Dignity" with compassion and clarity. Special tokens of appreciation were handed to all the senior participants as a gesture of love and recognition.



6.4 Outing

In an effort to promote emotional well-being and strengthening social engagement among the elderly, the staff of Day Care for Senior Citizens, Khliehriat, organised a special outing to Lumtiniang park located in West Jaintia Hills District, on November 23, 2024. Out of 50 beneficiaries of Day Care Centre 24 of them came while the remaining were unable to join the outing due to health concerns. Such initiatives continue to play a vital role in enhancing the quality of life of the senior citizens and the Centre looks forward to organizing more engaging and inclusive activities in the future.



7. PRE-CHRISTMAS CELEBRATION

The spirit of Christmas was brought in with joy and warmth at the Pre-Christmas Celebration, which was held in two locations: at Day Care Centre for Senior Citizens Khliehriat and at FMA-Outreach for Children's Parliament of Bellefonte Unit. These events were designed to spread festive cheer, foster a sense of togetherness, and reflect on the values of love, hope and compassion.

The celebration at Day Care Centre took place on December 20 in a joyful atmosphere, with 34 of 50 beneficiaries coming for the celebration. Sr. Maria Goretti Nongrum delivered a short speech and felicitated the elderly with gifts, followed by lunch.





At FMA-Outreach, the Children's Parliament hosted a vibrant Pre-Christmas gathering. The celebration included performances by the children. Sr. Maristella Ryngkhlem gave a brief but inspiring speech, reminding the children of the true meaning of Christmas.

Both the celebrations represented the spirit of the season.

8. SUCCESS STORIES

- FMA Outreach for Underprivileged Women and Children, through the National Urban Livelihood Mission, assisted 4 Self Help Groups (SHGs) in accessing the vendor scheme. The scheme provided a loan of 10,000.00 as a start-up fund, with the option to access up to 50,000.00 as their business grew.
- Karmelo Mawlieh, the president of Iaikiewshaphrang SHG was running a small business of welding workshop. As president he carried not just his dreams, but also those of his group members. Their goal was simple: to scale their business and create livelihood options for others. However, like many small entrepreneurs, Karmelo faced a major hurdle, a lack of sufficient finance to expand his business. “I knew what I wanted to do” Karmelo shared, “but I didn't have the means to take the next step.” That is when FMA-OUWC stepped in, walking alongside him to help to prepare the documents, build a strong proposal, and connected him with PRIME (Promotion and Incubation of Market driven Enterprises Program in Meghalaya, India). Karmelo and his group received a significant loan of 900000/-. This was not just money - it was a door opening to new possibilities. His story is now a source of inspiration in the village.

9. INAUGURATION OF NATIONAL OFFICE PROVINCIAL CONFERENCE OF INDIA CUM NDF ANNUAL MEET

On December 8, 2024, a significant milestone was marked with the NDF Annual Meet and the official inauguration of the National Office Provincial Conference of India (PCI) at Auxilium Convent, Kobra, West Bengal. The event brought together representatives from across the 7 Indian provinces to build networks, and align future goals under the PCI framework. Sr. Garnet Sutnga and Sr. Janicia Nongrum participated in the program.

Key members and stakeholders graced the inauguration ceremony. Sr. Leelamma Palliparambil, Vice President of PCI and Provincial of INC, inaugurated the office, blessed by Rev. Fr. Sunil Kerketta SDB, Vice Provincial of Kolkata, in the presence of the chief guest, Ms. TMT. Suchorita Bardhan, Communication Officer, UNICEF Kolkata. On the 9th and the 10th of December, there were animations and sharing on the activities carried out by all the Social Development Offices of the seven provinces.





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Sr. Rosa Pyngrope - President
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FMA Outreach
Lumshyiap, Shillong - 793001
East Khasi Hills, Meghalaya

fmaoutreachshillong.in
fmaouwcdo@gmail.com
+91 7085495905