A Brief Report on

Seminar On Sustainable Development

December 2-3, 2020

Organised By



Research Committee Yingli College Longleng, Nagaland

In Collaboration With



RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT Institution of National Importance by the Act of Parliament No.35/12 Ministry of Youth Affairs and Sports, Government of India, Sriperumbudur – 602 105.

SEMINAR ON SUSTAINABLE DEVELOPMENT 2 &3 DECEMBER, 2020

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SRIPERUMBUDUR, TAMIL NADU

VENUE: BORGOHAIN HALL

A BRIEF REPORT OF THE SEMINAR.

The inaugural session was chaired by Dr.Vizolenuo Sophie, Assistant Professor, Department of Sociology. Dr. T.TemsuImti Addressed the welcome speech. In his welcome address he gave a brief introduction about the Yingli College and welcome all the resource persons, faculties, and all the participants present here in spite of the pandemic.

Prof. Sibnath Deb, Director RGNIYD, Chennai gave the inaugural address, and wishes for the success of the program and looking forward for more cooperation and encourage to take up more seminar.

Vote of thanks was delivered by Dr. ToliAchumi, Assistant Professor, Department of Political Science.

DAY 1

Technical Session – 1

Speaker: Dr. Lily Ngullie

Assistant Chief Technical officer, KVK, Longleng.

Entrepreneurship Development through Livestock and Poultry.

Dr. Lily present PPT by showing the slides saying that during this pandemic, India has witnessed significant growth in live stocks, which boost the incomerate. She also added farming helps not just for food purposes but also livestock series in different ways such as income, employment, social security, etc.

In North East India, pig production stands first out of other live stocks population followed by cattle and goat. She stressed on the importance of rearing pig as it is the major source of income for the poor. To start a pig farming one should select the breed which is suitable in that area as well as demand in the market.

Sharing about poultry, vanaraja breed is most suitable to longleng, district. The survival rate of the bird is recorded high compared to others poultry.

Her department have distributed about 100 chicks to each individuals which saw a positive result, and the eggs produced are in high demand in the market and can be sold out at 240 per set.

Dr.Lily concluded that vanaraja chicken could be effectively managed by egg and meet production with low expenditure and encouraged to take up poultry farming which will benefit everyone.

Technical Session II

Resource Person – Dr. Obangjungla Chief Medical Officers, District Hospital, Longleng.

Review and the Impact of COVID-19 on Physical and Mental Health

Highlighted on the origin of coronavirus and how the word "corona" was given. The word 'Corona' was taken from latinword meaning 'Crown' because of the shape of the virus.

She said that to avoid oneself from being infected is to stay away from the contaminated place or person and keeping proper hygiene. It takes an average 5 days for the symptoms to appear some of the symptoms are 1. Irregular heart beat 2. Cardio vascular problem 3. Severe muscle pain 4. And in children multiple inflammatory problems arises. The only proper way to know is by simple test.

Despite awareness through media and other source people are still complacent with themselves. This is causing the rise of infection everyday. "Prevention if better than cure", which is why maintain proper hygiene or follow the given SOP.

She is of the view that the individual is responsible to save the society and not just the government alone. We ourselves are responsible for the safety of everyone around us. The sudden lockdown and isolation has lead to the rise in health issues and mental issues as well. As this pandemic and lockdown has resulted in decrease of outdoor activities which has affected our body and health leading to obesity, diabetics, rise in cholesterol etc. Change in lifestyles too has affected us not physically but mentally leading to rise in stress, depression, frustration, fear and mental unrest.

To have a healthy life one need to have a balance of physical and emotional aspects. The idealness in one's life that came with the pandemic has also lead to excess eating, more consumption of alcohol and tobacco, so one should be active and avoid being a victim to the bad eating habits.

She also highlighted the major problem face by a person who is COVID-19 positive is stressed and depressed and one of the main reasons for this is because of the community treatment towards the positive patient and his/her family. She reason out by saying that community stress arises or cause by the economic blocked, schools and colleges close,. Worked place is closed, some are out of job, and closes of entry into village or town leading to unhealthy behaviours, lack of discipline and disobedience to the rule set by the government and association/village law.

As mental stress is on high, one reason could be fear of death. She is of the view that we need to educate ourselves with proper information before jumping into any conclusion. It is also important to control ourselves to be an optimal level. Too much curiosity or anxiousness also leads to problem or chaos. So one useful way of taking care of our mental health and physical health is staying away from media or devices and focus on our daily activities. The best way to balance our physical and mental health is taking proper care, proper food, sleep, exercise and connects with the loved ones. And she encourages us to meditate as it help us to distress and give time for spiritual growth too. Physical exercise or activity is the best way to keep ourselves healthy and to sustain oneself in the long run as corona is here to stay with us; it's up to us to decide.

Technical Session - III

Resource Person – Ms. Neingutonuo Kulnu Psychiatric Social Worker, Longleng.

Coping with the Normal.

Kulnu starts by saying the we have to go on, no matter the pandemic. Through her personal experience of being a COVID-19 positive, she had shared that isolating oneself is not an easy thing and it leads to stress and depression. It is important that we need to educate ourselves, more on the current pandemic and situations. This corona is all about individualism. Are we prepared? Or are we blaming others or ourselves for the lack of preparedness. We still need to educate ourselves more. It is all due to our negligence that community spread happens.

Don't be ignorant; be smart to cope with the current situation. Stop discriminating people who are COVID-19 positive. Instead bring kindness and reach out to help and motivate each other. There is rise in mental stress because we are unable to reach out to those needed.

Another issue that is alarming is the rise of domestic violence. Women and children were victims of domestic violence. She urged everyone not to be silent, but voice out and reach out to help the victim.

Rise in mental stress in the families is also another issue. Stress on parents as most of the parents could not afford to buy smart phone to their children as most of the classes are taken through online classes, on the other hand students are stress by heavy assignments, exams etc.

No matter what we need to have a more positive outlook towards the corona virus and in order to do so we should educate ourselves, stop discriminating, to be more wise and smart enough. She share some of the few things one can do inorder to cope with the stress through her own experience was reading more books, writing a journal, making ourselves busy and to reach out to families, friends get consulted. By coping, first we have to be kind to oneself. We need to be kind with ourselves no matter what difficulties or struggle you are facing. 2nd we need to sustain ourselves, we need to sustain today for tomorrow's generation to develop. Mental sustainability is important for the next generation to grow.

Corona is not a threat, but we ourselves are a threat to ourselves so be positive. To be safe we need to be smart and lets think about the future and lets be sustainable now for a better future.

DAY 2

Technical Session IV Resource Person – Mr. AghaluChishi
District Project officer, Land resource Department.

Coffee, Tea, Rubber Plantations: Cost and Benefits

Sir AghaluChishi delivered this presentation by the cost and benefit analysis for relevant crops in Longlengdistric with special emphasis on rubber and coffee plantation. He said that it is difficult to disseminate effectively to farmers about plantation.

He said that rubber have 32 years of economic life, though they live up to 100 years. India is the fourth largest producers of natural rubber in the world. So he raise what is the stance in the context of Nagaland? India's contribution is 9%. He gave the details on total expenditure; investment and the yield of rubber (latex) can starts from the 6 years. Initial investment per hectars = 157000 per year and recovery of investment in 10yrs.

When the rubber plantation is nurtured till the 6th year, inter-cropping can be done for example banana plantains. Inspite of the good yielding the question here is for transportation, preparation and storage.

Technical Session V Resource Person – Mr. NukluPhom

Managing Resources for sustainability in the context of Depleting Environment.

Nature ecosystem is today a threat because of human activities, like poaching, unscientific logging etc, and to protect the environment; it is the individual and community that come first in Nagaland not outside support like the government. Nuklu said that it is very important to manage minds in order to change the ecosystem and bring stability in the environment.

To sustain the environment, Longleng has stated the time-honoured and time-tested system of education, the Morung for imparting knowledge of the ecosystem. Diagnostic, preventive and prescriptive measures were initiated to preserve the bio-diversity, using available, natural materials.eg bamboo vines, dead trees.

Nuklu, stresses mostly on the available resources that is around us and try to sustain with it rather than depending on the government to bringing changes. We all have the capability to work for the development of our society, and to safe our environment too.

Technical Session VI Resource Person – Ms. KezevinuoThepa.

Preserving, Maintaining & Sustaining the Available Resources as God Steward.

Thepa, says that when we look into the Bible, it all talks about preserving, maintaining and sustaining. God has created living and non living. She took the example of Noah Ark, where he took all the living creatures both male and female so that it can multiple, but because of our greed we have destroy the environment and after some years it will be very difficult to sustain if we do not control our greed and save our environment. She emphasise on the R³- Recycle, Reuse and Reduce.

She of the view that the materials, that we often use and throw can be reuse, she cite by saying the vegetables skins can be use for the kitchen garden, newspapers and papers can be recycle to make baskets, use as an alternative for kerosene, use ashes that is easily available in the kitchen hearth can be use for spitting instead of buying sand, she said that we should try to use the available resources that are around our own house, community so that we can sustain and save our environment from depleting. It is because of our greediness we often tend to forget about others, about our future and try to use as much as we can and this will end as nowhere. But if we all work together to protect our environment, we can bring a change and it will begin with a small effort given by every individual as work as God steward to humble oneself and try to sustain, maintain the available resources.

Valedictory Programme

The valedictory Function was chaired by Mr. MhonjanOdyou, Assistant Professor, Department of History. Prof. Vasanthi Rajendran, Centre for Training Orientation and Capacity Building, RGNIYD, Chennai gave the valedictory Speech and Vote of thanks was delivered by Dr. B. HenshetPhom, Vice Principal, Yingli College, Longleng.

Total no of participants:

Resource Persons - 06
Faculties - 18
Students - 32
Male - 24
Female -26