



GOVT. HRANGBANA COLLEGE AIZAWL – MIZORAM 796007



www.ghbc.edu.in Mail – hrangbanacollege2014@gmail.com Fax-0389 2340984; Phone-0389 2340984

GOVT. HRANGBANA COLLEGE



Additional information



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1.3.2. Percentage of students undertaking project work/field work/ internships (Data for the latest completed academic year)

Project Work, Field Work Intern, etc

PUBLIC ADMINISTRATION DEPARTMENT PROJECT WORK ON OFFICE MANAGEMENT

The Department of Public Administration annually carries out a department project 'Project Work on Office Management' pertaining to **Office Management**, Course Code: **UG/PA/VI/CC/11** at the mid-session of every Fifth Semester for Public Administration Core (fifth semester) students. Students are divided into groups and dispersed to different directorates and departments under the Government of Mizoram. They study the file movements, the organizational structure, the functions, objectives, the working of the department and the challenges faced. The studied project is each made into a booklet and is submitted to the college for future research data and references. Due to the Covid19 Pandemic, the project was put on hold for two years and resumed in September 2022.

CONTEXT OF THE PROJECT

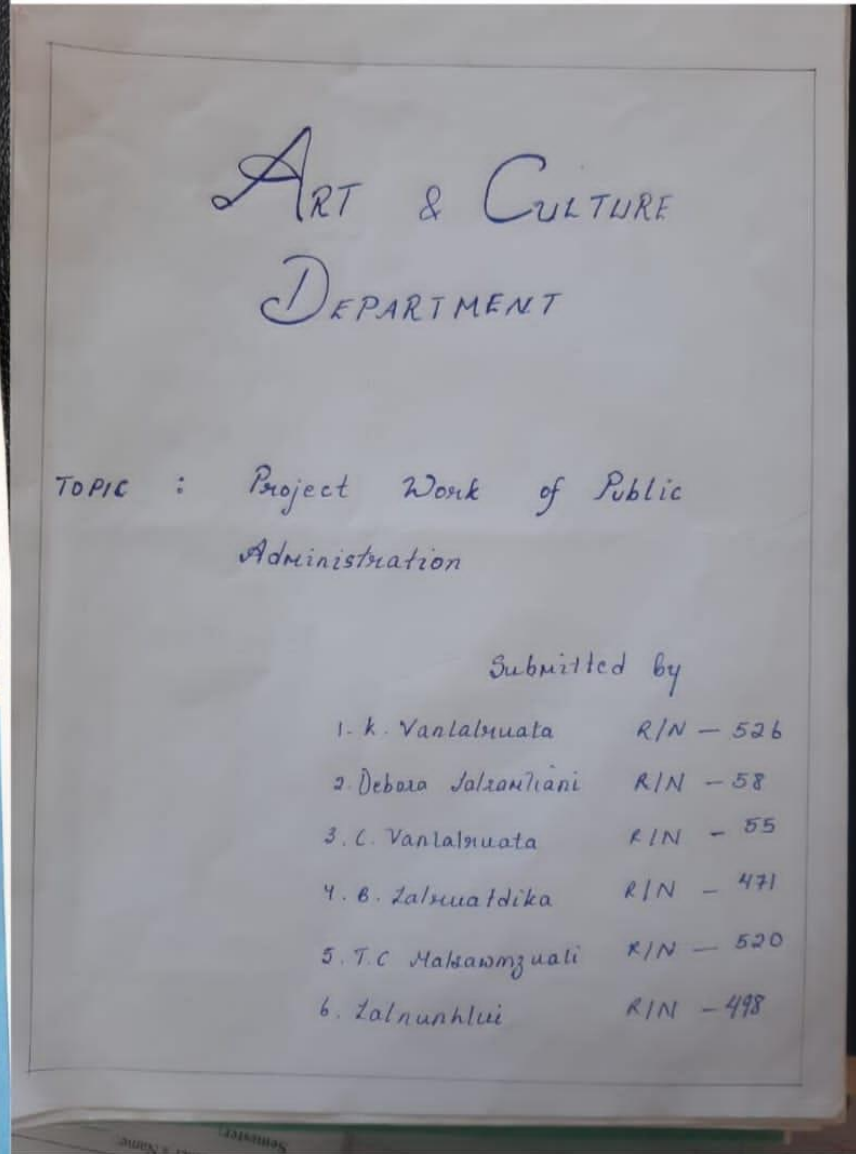
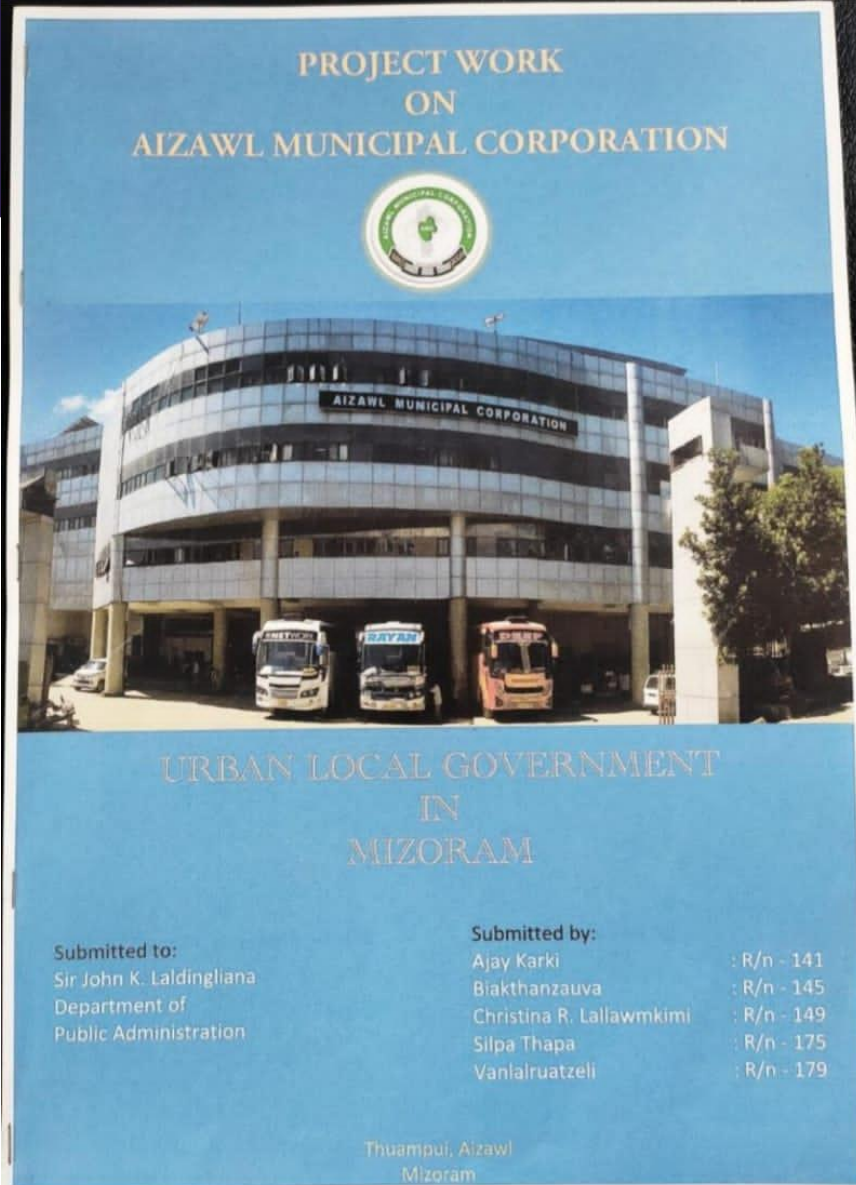
‘Project Work on Office Management’ gives an opportunity to the students to gain practical experience and knowledge from a field work corresponding with the curriculum. Students who have no prior experience of the working of a governmental department/ directorates embark on the project unassisted by any faculty member. The project aims to give them an overall insight of the administration of different governmental organisations and their interdependence on each other.

OBJECTIVES AND OUTCOMES

Objectives: To train students to be fluent in Office Management

Outcomes: Not only do the students study the working of the departments and the challenges faced, but they also have an opportunity to have a one on one interaction with personnel who are responsible with achieving the primary goals of the organisations. They learn the distinction and similarities of the nature of work of different organisations and problems faced within each organisation. The students acquire problem solving skills and a clearer grasp of the administration of the government.

Project Work of Public Administration

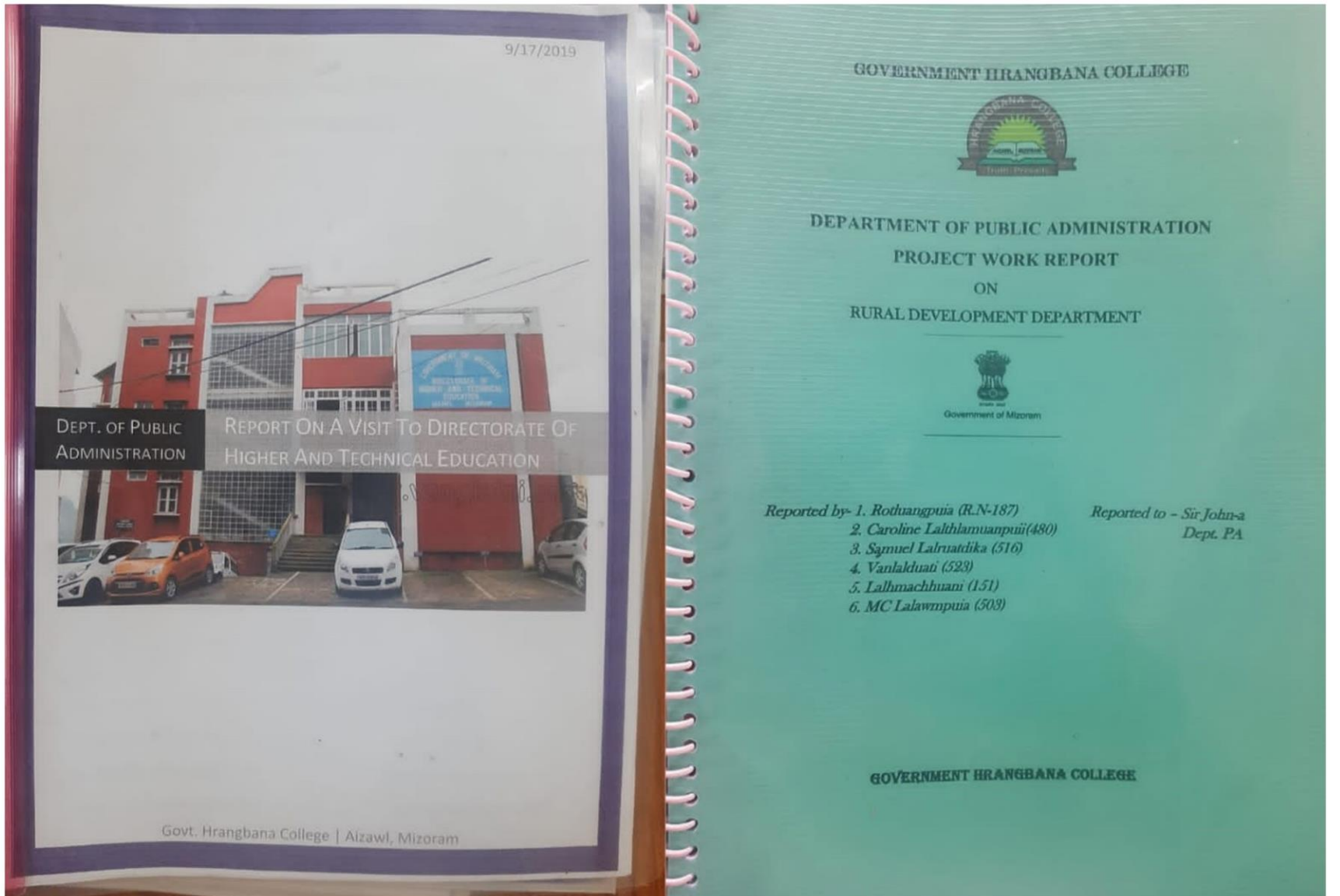


Objective: To study the function of Art and Culture Dept.

Outcome: The Art and Culture Department in Mizoram promotes and preserves the state's rich cultural heritage. It organizes cultural events, supports artists, and maintains cultural institutions. Additionally, it works to document and showcase Mizo traditions, music, dance, and crafts, fostering cultural pride and enriching the state's identities

PROJECT WORK OF PUBLIC ADMINISTRATION

► **Outcome: The Higher and Technical Education Department in Mizoram oversees higher education institutions and technical training. It manages academic policies, accreditation, faculty development, and funding distribution. The department aims to enhance the quality of education, promote research, and offer technical skills development to empower the youth for employment and economic growth**



RURAL DEVELOPMENT DEPARTMENT
CHANMARI : AIZAWL



SUBMITTED TO
SIR JOHN K. LALDINGLIANA
DEPARTMENT OF PUBLIC ADMINISTRATION

SAYA
SY-605

PROJECT WORK
ON
DEPARTMENT OF SERICULTURE
Chaltlang, Aizawl
2019



Submitted to : Sir JOHN K. LALDINGLIANA
Dept. of Public Administration

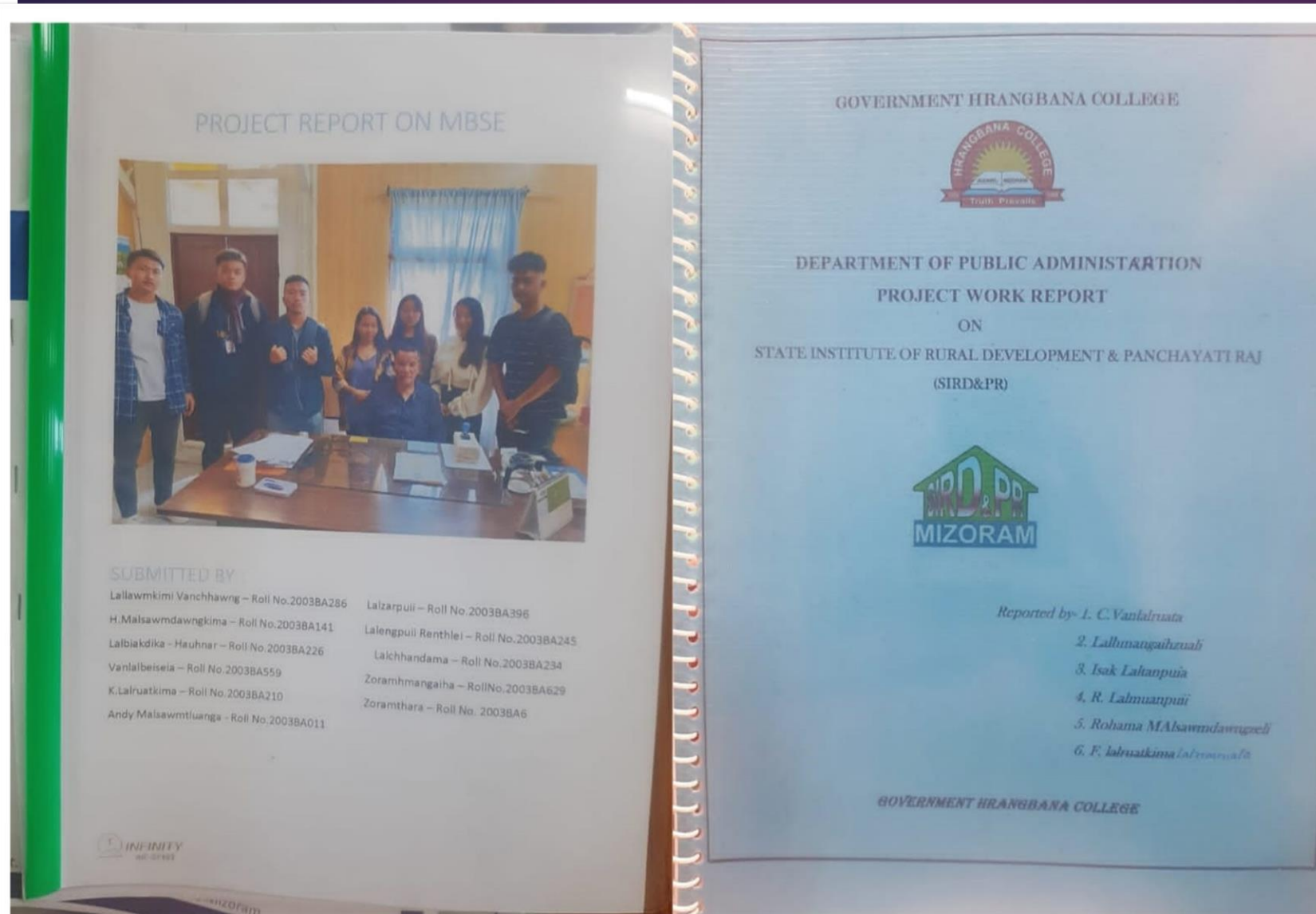
Submitted by : K. Lalmuanawma Roll No. 155
Lyvia Colney Roll No. 425
K. Nibori Roll No. 203
Lalthminghlui Roll No. 160

Outcome: The Department of Sericulture plays a crucial role in promoting sericulture, the cultivation of silkworms for silk production. Its functions include providing technical support to silk farmers, conducting research, and organizing training programs. Sericulture contributes to economic development, employment generation, and the preservation of traditional craftsmanship in various regions.

Project Work of Public Administration

Objective: To study the functions of SIRD in Mizoram.

Outcome: State Institute of Rural Development, focuses on rural development and capacity building. It conducts training programs, research, and projects to empower rural communities. Its functions include promoting sustainable agriculture, improving livelihoods, and enhancing rural governance and self-sufficiency, contributing to rural development in Mizoram.



A
PROJECT REPORT
ON
HEALTH SERVICES
SUBMITTED TO
GOVT. HRANGBANA COLLEGE,
AIZAWL, MIZORAM



For the partial fulfillment of the requirement for the degree of
Bachelor of Arts
In
Public Administration (2016-2019)
Submitted by

Biakthangpuia, Zoliansanga, Elizabeth Lalremliani, T.N.Sangpui,
Laldinggheti, H. Lalmuanawmi, Patricia Zokhumi, Vanlaldiki
B.A. Public Administration IIIrd year (Vth Semester)

Under the Supervision of
John H. Laldingliana
Department of Public Administration



PROJECT WORK
POWER & ELECTRICITY
DEPARTMENT



Government of Mizoram

PAPER VIII
SUBMITTED TO: SIR JOHN K. LALDINGLIANA

*Public Administration
Department
2022 - 2023*

Objective: To access the functions of P&E department
Outcome: The Power and Electricity Department in Aizawl, Mizoram, is responsible for the generation, distribution, and maintenance of electrical power. It manages power supply infrastructure, grid connectivity, and ensures consumer services. The department aims to provide reliable, affordable electricity to residents and businesses, promoting economic development in the region.

ASSIGNMENT ON
PUBLIC ADMINISTRATION
PAPER - VIII

TOPIC - A REPORT ON THE FIELD VISIT AT DIRECTORATE
OF GEOLOGY AND MINERAL RESOURCES,
LUANGMUAL, AIZAWL.

DATE OF SUBMISSION : 23rd SEPTEMBER, 2019.

SUBMITTED BY -

SUBMITTED TO -

A GROUP CONSIST OF :-

VANIALRAMNEIA (R/N-178)

H.LALRUATSANGA (R/N-151)

B.LALRUATTLUANGI (R/N-144)

LALRAMSIAMA (R/N-165)

L.REMRUATSANGA (R/N-156)

C.LALKROSCHHUANGI (R/N-146)

VICKEY TAMANG (R/N-181)

John K. LALDINGLIANA,

HEAD OF DEPARTMENT,

PUBLIC ADMINISTRATION,

HRANGBANA COLLEGE.

PROJECT REPORT ON MBSE



SUBMITTED BY :

Lallawmkimi Vanchhawng - Roll No.2003BA286

H.Malsawmdawngkima - Roll No.2003BA141

Laibiakdika - Hahnar - Roll No.2003BA226

Vanlalbeiseia - Roll No.2003BA559

K.Lalruatkima - Roll No.2003BA210

Andy Malsawmtluanga - Roll No.2003BA011

Lalzarpuii - Roll No.2003BA396

Lalengpuii Renthlei - Roll No.2003BA245

Lalchhandama - Roll No.2003BA234

Zoramhanga - Roll No.2003BA629

Zoramthara - Roll No. 2003BA6

Objectives: To analyse the functions of Mining Dept, Mizoram

Outcome: The Mining Department in Aizawl, Mizoram, regulates and oversees mining activities in the state. It manages licenses, safety standards, and environmental compliance for various minerals. The department collaborates with the government to promote responsible mining, ensuring sustainable resource management and economic growth while safeguarding the environment

Objective: To study the functions of SCERT in rural Mizoram

Outcome: Rural administration in Mizoram is primarily decentralized. The state is divided into multiple rural development blocks, each with a local governing body. Village councils play a significant role in local governance. The Mizoram government, along with the Village Councils, works on rural development, infrastructure, and social welfare, ensuring community participation.



PROJECT WORK ON
DIRECTORATE OF RURAL DEVELOPMENT

27th Sept 2019

Submitted by:

R. Zothansanga
C. Rohnglian
Joseph Zathenuata
Eneth Zalhnpui

Project Work of Public Administration

RURAL DEVELOPMENT DEPARTMENT
CHANMARI : AIZAWL



SUBMITTED TO
SIR JOHN K. LALDINGLIANA
DEPARTMENT OF PUBLIC ADMINISTRATION

SAYA
SY-605

PROJECT REPORT

PLACE - AIZAWL, MUNICIPAL CORPORATION

REPORT DATE - OCTOBER 14, 2022

DEPARTMENT OF PUBLIC ADMINISTRATION

V SEMESTER

GOVERNMENT HRANGBANA COLLEGE

SUBMITTED TO —

SIR JOHN K. LALDINGLIANA

Objective: To access AMC functionalities.

Outcome: Aizawl Municipal Council, based in Mizoram, oversees urban development in Aizawl. It manages waste collection, sanitation, and city planning. The council plays a vital role in maintaining urban infrastructure and improving the quality of life for Aizawl residents. It collaborates with the state government to address urban challenges and promote sustainable development.

Photos of public ADMINISTRATION



Photos of public ADMINISTRATION



Photos of public ADMINISTRATION Field Study



DM &R TOUR





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PROJECT WORK DONE BY GEOGRAPHY DEPARTMENT

Geographical research offers several advantages and benefits, both for academic understanding and real-world applications. Here are some of the key advantages of geographical research:

Enhanced Understanding of the World: Geographical research helps us better understand the Earth's surface, its physical features, ecosystems, and the spatial distribution of various phenomena. This knowledge contributes to a comprehensive understanding of our planet.

BENEFITS OF GEOGRAPHICAL RESEARCH

Environmental Conservation: Geographical research is crucial for studying and addressing environmental issues such as deforestation, climate change, biodiversity loss, and pollution. It informs conservation efforts and sustainable resource management.

Disaster Risk Reduction: Geographical research assists in assessing and mitigating natural and human-made disasters. By analyzing patterns and vulnerabilities, researchers can develop strategies to reduce the impact of disasters.

BENEFITS OF GEOGRAPHICAL RESEARCH

Urban Planning and Development: Researchers in geography contribute to effective urban planning, helping cities and regions manage growth, transportation, infrastructure, and land use to create sustainable, livable environments.

Resource Management: Geographical research informs resource management practices by studying the distribution of resources such as water, minerals, and arable land. This knowledge aids in responsible resource utilization

Dilkhan Project Report

FIELD SURVEY REPORT-2018
OF
DILKHAN
(Submitted for the partial fulfillment of BA Geography)
VI Semester

Submitted by:

Name : VANLAL RUATA

Roll No. : 1503 BA 310

Regn. No. : 1503193



DEPARTMENT OF GEOGRAPHY
GOVT. HRANGBANA COLLEGE
AIZAWL, MIZORAM

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- 2.4. Migration
- 2.5. Mortality rate

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 - 3.2. Food habits
 - 3.3. Occupational structure
 - 3.4. Fuel for domestic purpose
 - 3.5. Source of power for lighting
 - 3.6. Source of water
 - 3.7. Purification of water
 - 3.8. Settlement type and pattern
 - 3.9. General health profile
- (iv)

Household Survey was done by V semester Students by collection Household Data

Content of the Project

Output: Social life thrives through vibrant community gatherings and festivals in Dilkhan. The villagers maintain their Mizo cultural heritage, engaging in lively dance performances, feasting on traditional cuisine, and fostering strong bonds. The evenings are often filled with folk tales and songs, celebrating their unique identity and traditions.

Cover of the Research Report

2019

FIELD STUDY REPORT OF MUTHI VILLAGE



B. LALRAWNGBAWLA
Head of Department

Supervisors :

P.L JOSEPH LALLIANTLUANGA
Assistant Professor

F. VANLALHMANGAIHSANGI
Assistant Professor

DEPARTMENT OF GEOGRAPHY
GOVERNMENT HRANGBANA COLLEGE

Dated : 1st February, 2019

Field study report of Muthi village

Content of the Research Report

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- 3.6 Source of Water
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- 3.8 General Health Profile
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- 3.15 Demographic Profile

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2.3	Topography	
2.4	Climate	
2.5	Natural Vegetation	
2.6	Soils	

Output: Muthi village, located in the beautiful landscapes of Mizoram, boasts an agricultural economy with a focus on rice and horticultural crops. The community is deeply rooted in Mizo culture, marked by traditional customs and close-knit relationships. Despite its remote setting, Muthi preserves its cultural heritage while embracing modest economic activities.

Field study report of Reiek village and its adjoining areas

2020

Field Study Report of Reiek Village
and its Adjoining Areas



Cover of the Research
Report

Output: Reiek village in Mizoram is renowned for its picturesque landscapes and the iconic Reiek Tlang mountain. The village offers eco-tourism opportunities and traditional Mizo cultural experiences. Its economy includes agriculture, mainly horticulture, and handicrafts. Reiek is a popular destination for trekkers and nature enthusiasts, contributing to local tourism development.

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Chapter III: Socio-Economic condition of Reiek
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Content of the
Research Report

Cover of the Research Report

Field study report of samlukhai village

List of Data/ Tables



FIELD STUDY REPORT
on
“A Geographical Study of Samlukhai Village, Mizoram”

Submitted for Partial Fulfilment of Bachelor's Degree
Paper – XI (Remote Sensing & GIS and Project Work)



GEOGRAPHY CORE: VI SEMESTER. 2021

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Output: Samlukhai village, located in Mizoram, relies on agriculture, primarily cultivating rice and crab farming. The economy is modest, with limited access to markets due to its remote location. The social structure is deeply rooted in Mizo customs and traditions, emphasizing community solidarity and cultural preservation.

FIELD STUDY REPORT
A Geographical Study of Sairang

VI Semester, 2022

Paper: XI

**Cover of the Research
Report**

FIELD STUDY REPORT
A GEOGRAPHICAL STUDY
OF SAIRANG

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**Content of the
Research Report**

Outcome of the research:
Sairang, a town in Mizoram, has a predominantly agrarian economy with a focus on rice cultivation. It faces challenges related to infrastructure and transportation due to its hilly terrain. The town's social fabric is characterized by the Mizo culture, and recent efforts aim to promote tourism and economic diversification for sustainable growth.

Project Work Photos of Geography Department

Sial Farm

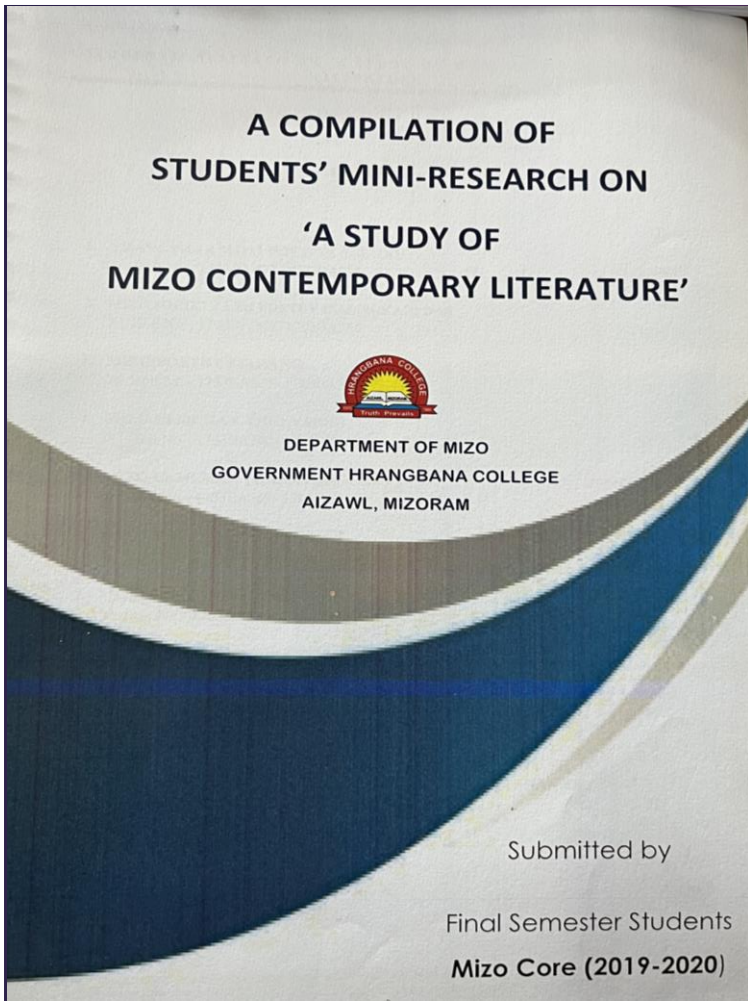


Meeting with Veterinary Officer at Thezawl



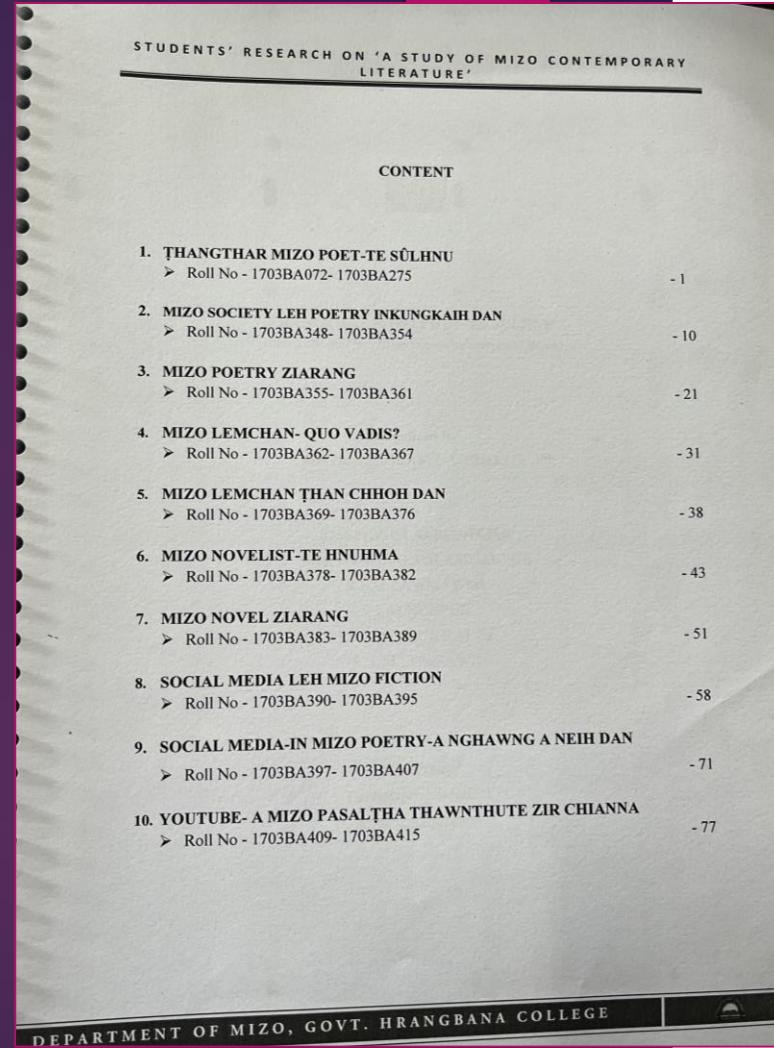
Thenzawl Field Work

9-2020)



Cover of the Mini Research Report

Objectives:
 To conduct keen research on mizo contemporary Literature
Outcome: Mizo contemporary literature reflects the evolving culture and identity of the Mizoram region. It encompasses diverse genres, from poetry to novels, exploring themes such as tradition, modernity, and social issues. Prominent writers like Lalengzauva and Zoram Pachuau contribute to the rich literary tapestry, offering insights into Mizoram's dynamic society.



Content of the Mini Research Report

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MIZO department mini research

**A COMPILATION OF
STUDENTS' MINI-RESEARCH ON
'A STUDY OF MIZO FOLKTALES'**

Submitted by
Final Semester Students
Mizo Core (2021-2022)



DEPARTMENT OF MIZO
GOVERNMENT HRANGBANA COLLEGE
AIZAWL, MIZORAM

**Cover of the Mini
Research Report**

Objective:
**To have keen knowledge
on Mizo Folktales**

**Outcome: Folktale research
is vital for understanding
cultural values, beliefs, and
oral traditions. It sheds light
on the human experience
throughout history, offers
insights into societal
evolution, and can help
preserve endangered
folklore. Furthermore,
folktales can inspire
literature, art, and
contemporary storytelling,
enriching our cultural
tapestry.**

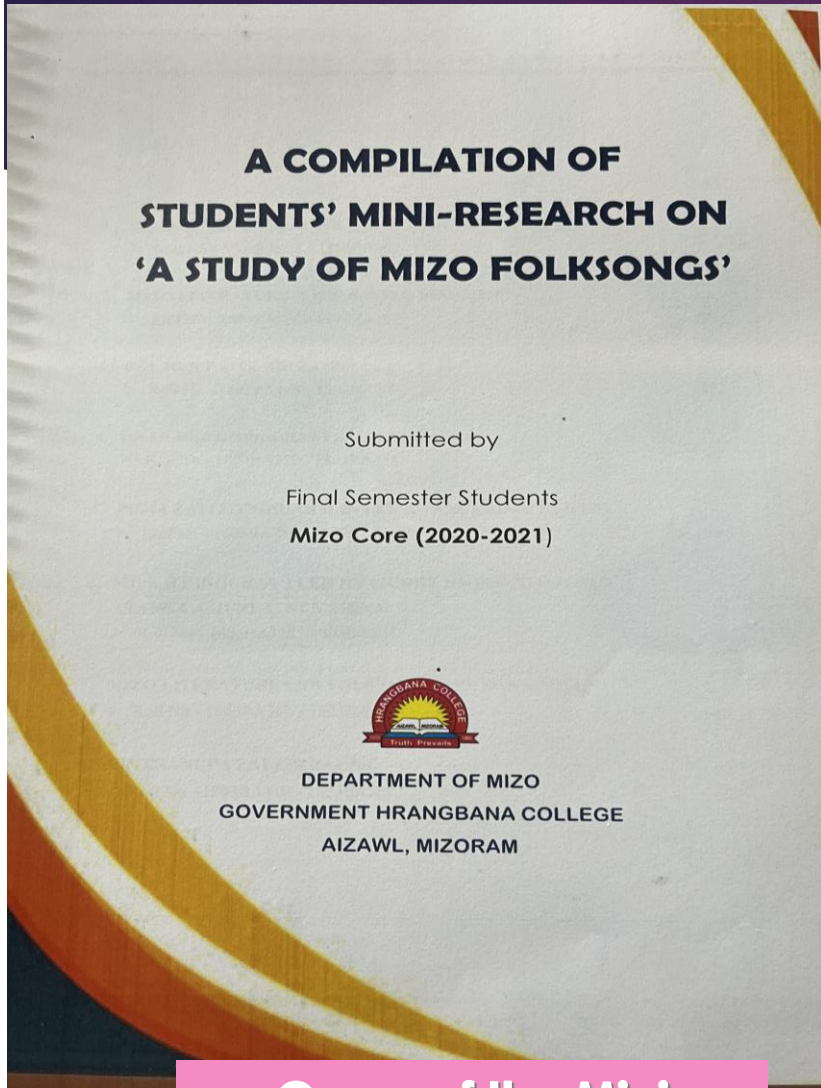
STUDENTS' RESEARCH ON 'A STUDY OF MIZO FOLKTALES'

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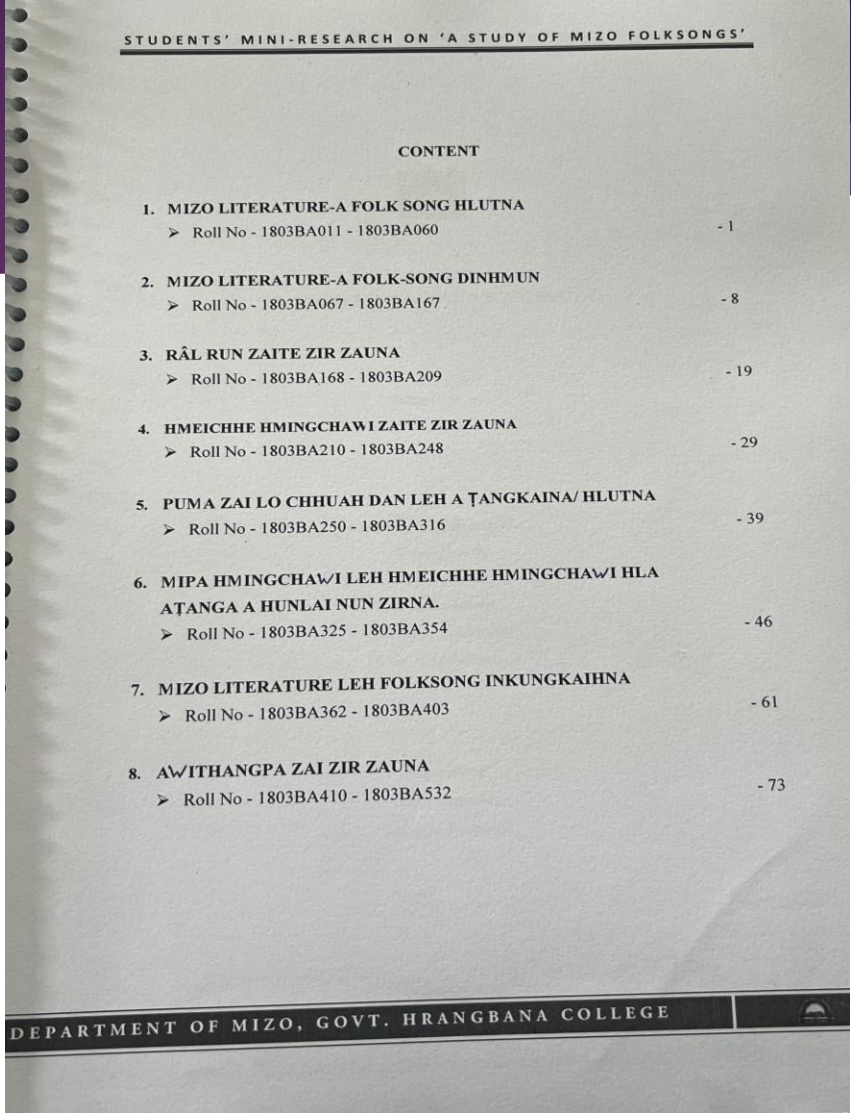
MIZO department mini research



Cover of the Mini Research

Objective:
To explore Mizo Folksongs

Outcome: Folk songs are culturally essential as they preserve traditions, express identity, unite communities, and reflect history. They inspire contemporary music, educate, and encourage oral tradition, making them a valuable part of cultural heritage and a bridge to the past.



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Photo evidence of mizo department Field work/ study tour



MIZO STUDY TOUR



REDMI NOTE 9 PRO
SHOT BY DAVIE

Mizo department Project tour



MIZO DEPARTMENT STUDY TOUR



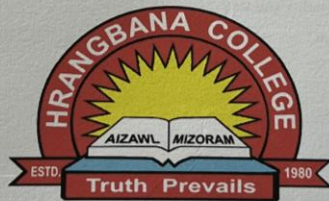
M.Com Dissertation

CUSTOMER SATISFACTION OF PUBLIC TRANSPORTATION SYSTEM WITH SPECIAL REFERENCE TO TWO-WHEELER TAXI SERVICE

Dissertation submitted to Mizoram University in partial fulfilment of the requirements for the
award of the Degree of Master of Commerce

Submitted By
Name: Vanlalremruata
Roll No: 2103COM010
Registration No: 1803857

Under the guidance of
Prof. Kalyan Adak



Department of Commerce
Government Hrangbana College
Chandmari, Aizawl, 796001

June, 2023

Cover of the Report

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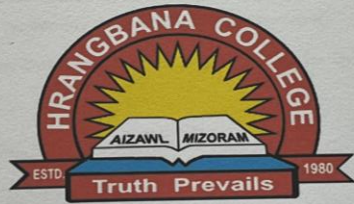
Outcome: Researching a two-wheeler taxi service in Aizawl is crucial due to the city's hilly terrain and traffic congestion. It offers a potential solution for efficient, cost-effective, and environmentally friendly transportation. Studying its feasibility, safety, and local demand can lead to innovative mobility options and reduce congestion in the city.

PROSPECTS AND CHALLENGES OF PEOPLE WORKING FROM HOME: A CASE STUDY OF WNS (Holdings) Ltd.

Dissertation submitted to Mizoram University in partial fulfilment of the requirements for the award of the Degree of Master of Commerce

Submitted By
R LALDINTHARI
Roll No: 2103COM008
Registration No: 2200029

Under the guidance of
Dr. Lalbiakzuali



Department of Commerce
Government Hrangbana College
Chanmari, Aizawl, 796001

June, 2023

M.Com Dissertation

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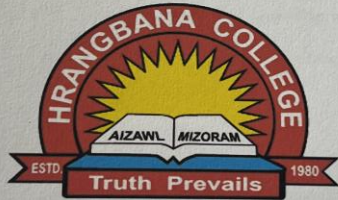
The trend of working from home has significantly increased, driven by technological advancements and the COVID-19 pandemic. It offers flexibility, reduces commute stress, and can improve work-life balance. However, challenges include isolation, distractions, and the need for efficient remote management. Adapting to this shift is essential for modern workforces.

ROLE OF SELF-HELP GROUPS (SHG) IN PROMOTION OF WOMEN ENTREPRENEURS: A CASE STUDY OF THENZAWL

Dissertation submitted to Mizoram University in partial fulfilment of the requirements for the award of the Degree of Master of Commerce

Submitted By
Noel Zonunluangi
Roll No: 2103COM007
Registration No: 1803910

Under the guidance of
Prof. Kalyan Adak



Department of Commerce
Government Hrangbana College
Chanmari, Aizawl, 796001

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June, 2023

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Outcome: Self-help groups (SHGs) empower individuals to pool resources and develop entrepreneurial skills. They provide access to finance, training, and a support network for aspiring entrepreneurs, particularly in underserved areas. SHGs promote financial independence, confidence, and community development, fostering a conducive environment for entrepreneurial success.

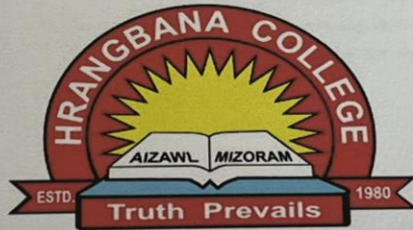
Cover of the Research

IMPACT OF MARKETING MIX ON CUSTOMER SATISFACTION: A STUDY ON JP CAREER POINT AND CHASE ACADEMY

Dissertation submitted to Mizoram University in partial fulfilment of the requirements for the award of the Degree of Master of Commerce

Submitted By
C. LALHRUAITLUANGI
Roll No: 2103COM002
Registration No: 1703739

Under the guidance of
Dr Lalbiakzuali



Department of Commerce
Government Hrangbana College
Chanmari, Aizawl, 796001

June, 2023

M.Com Dissertation

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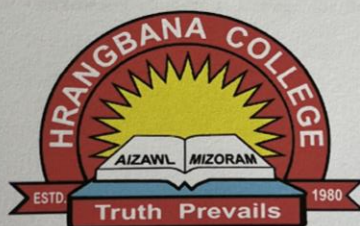
Outcomes of the Research: Effective marketing in coaching centers can enhance customer satisfaction by providing clear information about services, instructors' qualifications, and class schedules. It can also demonstrate the center's commitment to student success. Engaging marketing strategies can build trust and meet customer expectations, resulting in higher satisfaction and improved retention.

**CUSTOMER RELATIONSHIP MANAGEMENT AND SATISFACTION
IN HEALTH CARE AND HOSPITAL SERVICES: A CASE STUDY OF
EBENEZER MEDICAL CENTER**

*Dissertation submitted to Mizoram University in partial fulfilment of the requirements for the
award of the Degree of Master of Commerce*

Submitted By
Name: John Vanlalruata
Roll No: 2103COM005
Registration No: 1803782

Under the guidance of
(Dr. Lalbiakzuali)



Department of Commerce
Government Hrangbana College
Chanmari, Aizawl, 796001

June, 2023

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Dissertation

**Objectives: To make students
fluent in CRM**

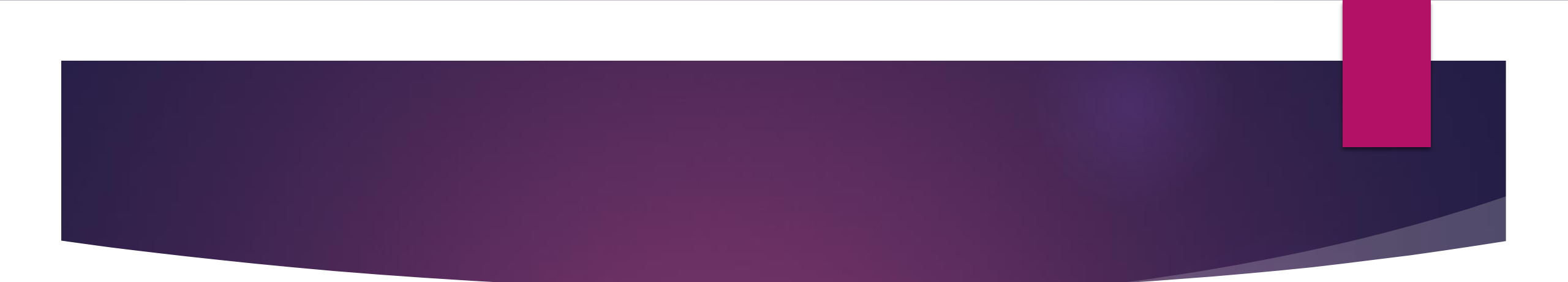
**Outcome: Customer Relationship
Manager (CRM) in healthcare
plays a crucial role in enhancing
patient satisfaction. By maintaining
personalized communication,
addressing concerns, and
ensuring smooth interactions,
CRMs foster trust and loyalty.
Satisfied patients are more likely to
adhere to treatment plans,
recommend the healthcare
provider, and have better overall
health outcomes.**

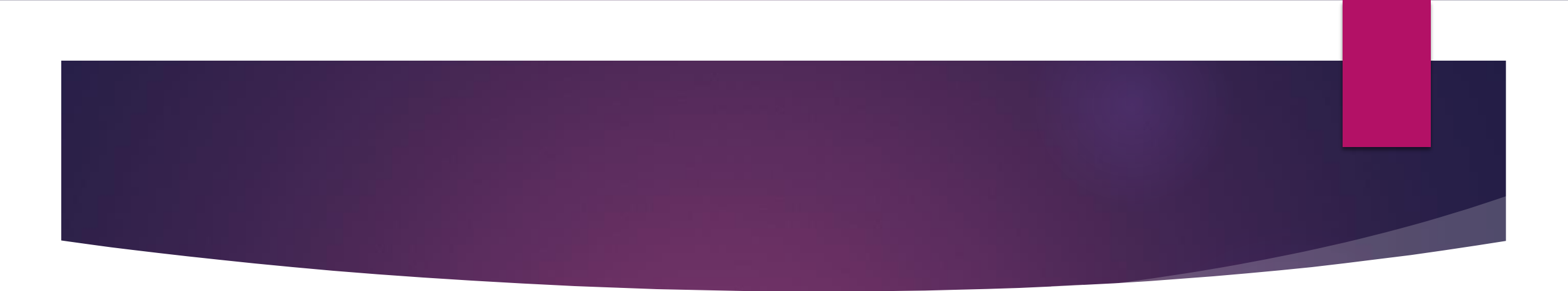
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REPORT ON ENTREPRENEURSHIP PROJECTS

- ▶ Due to the economic trends around the world and the strong support and guidance of relevant governments, the number of entrepreneurial projects has soared in India. The improvement of the innovating ability, the training of the team and the value proposition are the three keys to successful implementation of the entrepreneurial projects.
- ▶ In that same direction UGC have introduced it as a subject in college level. Here students are giving proper guidance and support to develop a scientific project which will lead a student to undertake the challenge of entrepreneurship in their post college life as a carrier option instead of waiting for blue colour job. Here a team of expert faculties in commerce stream are helping students to prepare a scientific project crossing different stage of the subject.

- 
- ▶ In this college, our faculties of commerce stream are helping the students in the line of **topic selection** which will be suited to their environment with available resources and market potential to earn a reasonable profit. They are guided to write suitable **introductions, review of literature, answers to questions** arises of their topic, **objective, methodology** and of course **hypothesis** if it is in the line of analysis and research. They are helped by expert faculties to gather knowledge on **market survey** regarding **location, availability of finance, legal documents, raw materials, marketing of finished products, collecting data, evaluating and interpretation** of such data, **marketing procedure**, etc. At the same time, they are taught to learn the **organization and management** procedure to incorporate in their project work. A team of expert faculties are giving them training to calculate **Break-Even-Point (BEP)** and **accounts** to show in their project **financial requirements** and **minimum production** required for a **justifiable profit**. They are also helped to write their **findings** at the end of the project. Beside main body of their project, faculties are helping them to prepare **front page, second page** as per university norms; **acknowledgement, contents** in order. Finally, these projects are approved to go for final printing after several checking in the different stages. At last when projects are ready, they are giving **training** how to appear a **project interview** even in their practical life to face financial institute and government offices.



▶ At the end of the session, commerce stream used to produce several qualitative projects which are ready to undergo a rigorous training to face University Viva-voce by some inside and outside experts under the guidance of Department of Commerce, Mizoram University.

▶ These projects got number of praiseworthy notes from Mizoram Government and NAAC Peer teams going through these saved projects in the Department of Commerce. Even one Hand Made Rubber project was invited to execute with some cash award and seed money by the Directorate of Industry, Government of Mizoram.

FIELD VISIT OF BLIND SCHOOL

4. Gilead School Special Visit

Gilead Special School (located at Bawngkawn, Aizawl) is a co-educational, primary level school established in 1990 by the Spastic Society of Mizoram. It provided education and training to all kinds of children with Mental Retardation, Cerebral Palsy, Hearing impairments, Multiple disabilities, Autism and Attention Deficit Hyperactivity Disorders (ADHD). As the school is for multi-handicapped children, it is staffed with qualified and experienced special teachers. The students of the Dept. visited the school on 30th January, 2020. They conducted the Bender Gestalt Test (BGT), a Psychological Projective test, used in screening levels of neurological impairment as well as emotional disturbance in children. This test is a part of their practical as well as field visit. All students were screened during their visit and a mental status profile was chalked out for the students.

Gilead School Special Visit





www.ghbc.edu.in Mail – hrangbanacollege2014@gmail.com Fax-0389 2340984; Phone-0389 2340984

Two-Day Internship Programme at Child Guidance Centre (CGC)

A 2-Day Internship Program was organized by Child Guidance Centre (CGC) for 6th Semester, Psychology Students at Laipuitlang, Aizawl. The nature of the Internship program was more intensive than the one held in the previous year.

Detail Programme

2 -Days Visit and Orientation Programme at CGC (6th Semester, Dept. of Psychology, Govt. Hrangbana College, 16 & 17, March, 2023.)

Day 1 – 16.3.23

9.30 – 10.40	Introduction / Orientation of CGC & Psycho-social care of children in need of care and protection Lalawmpuia, Clinical Psychologist & Co-ordinator, CGC
10.45 – 12.00	Career Prospects in Psychiatric Social Work & Roles / Functions in CGC setting Maria Lalengmawii, Psychiatric Social Worker
12.00 – 12.45	Lunch Break
12.45 – 2.00	Working with Children with Special Needs (CWSN) Lalhriatpuia Ralte, Special Educator
2.00 – 3.15	Roles & Functions of Occupational Therapist in Rehabilitation P C Lalruatsanga, Occupational Therapist

Day 2 – 17.3.23

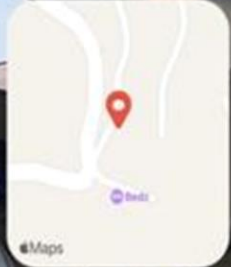
9.30 – 10.40	Speech & Hearing Development: Introduction, Referral & Detection Lalbiakzuali Fenate, Speech & Language Pathologist
10.45 – 12.00	Paediatric Physiotherapy: Balance & Strength Lalchhanhimi Pachuau, Physiotherapist
12.00 – 12.45	Lunch Break
12.45 – 2.00	Basic Sign Language Ramneihmawii, Sign Language Teacher
2.00 – 3.15	Q & A

Two-Day Internship Programme at Child Guidance Centre (CGC)





ST. ANASTASIA COLLEGE
DEPARTMENT OF
PSYCHOLOGY
Class of
2022-23



Aizawl, MZ, India
RW Road, Ramhlun Vengchung,
Aizawl, 796007, MZ, India
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GPS Map Camera



27°C

Internship Lecture at CHC



GPS Map Camera

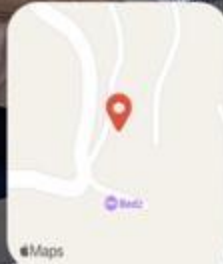
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Aizawl, 796007, MZ, India

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27°C



Internship Lecture at CHC



Psychology Project Report

A STUDY OF SLEEP AND IT'S EFFECT ON MENTAL
HEALTH AMONG COLLEGE STUDENTS IN AIZAWL CITY



MINOR RESEARCH PROJECT REPORT
BY

LALMUANAWMI
V SEMESTER
DEPARTMENT OF PSYCHOLOGY
GOVT. HRANGBANA COLLEGE
REGISTRATION NO.- 2005910
Submitted on: November, 2022

Under The Supervision of
Dr. JULIET LALREMMAWII RALTE
DEPARTMENT OF PSYCHOLOGY
GOVERNMENT HRANGBANA COLLEGE
AIZAWL - 796007



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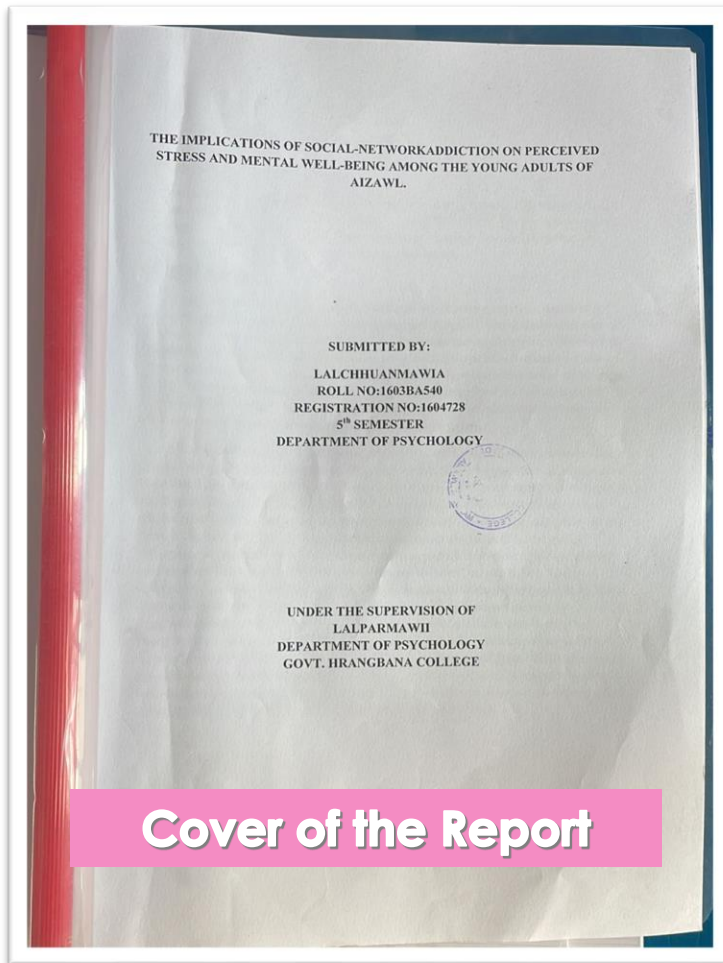
Outcome: Sleep is vital for overall health and cognitive function. It supports physical and mental well-being, memory consolidation, and emotional regulation. Inadequate sleep can lead to reduced concentration, mood disturbances, and increased health risks, such as obesity and cardiovascular problems. Quality sleep is essential for a productive and balanced life.

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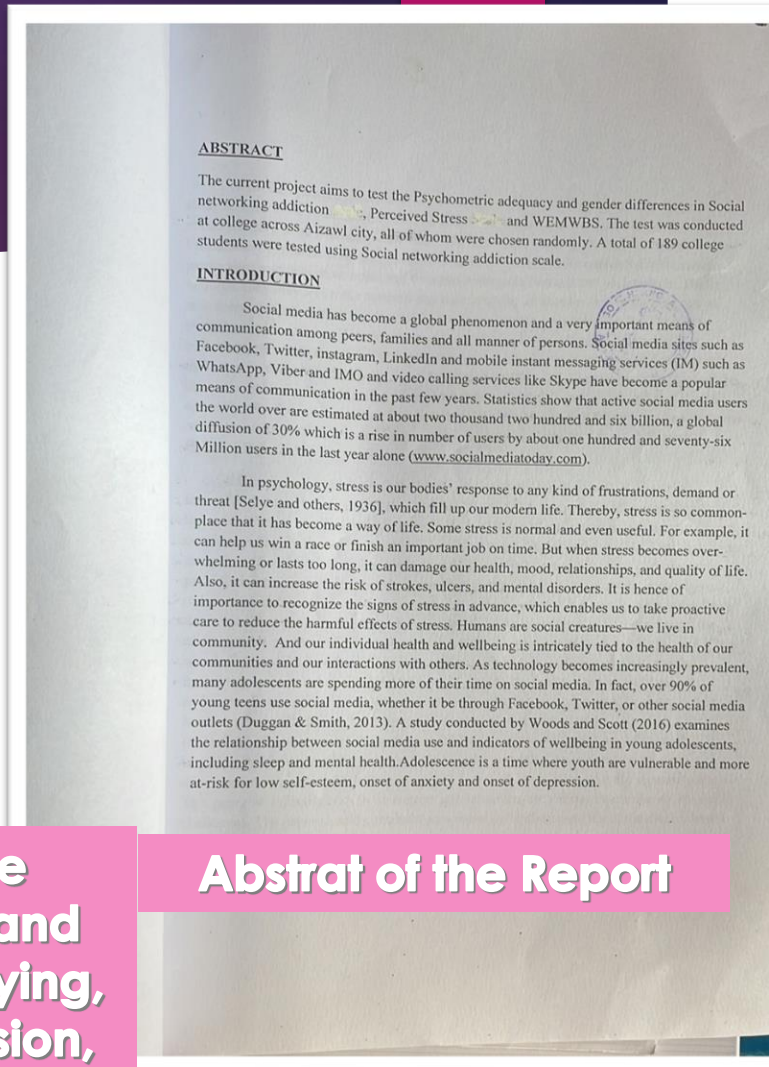
Technology Project Report



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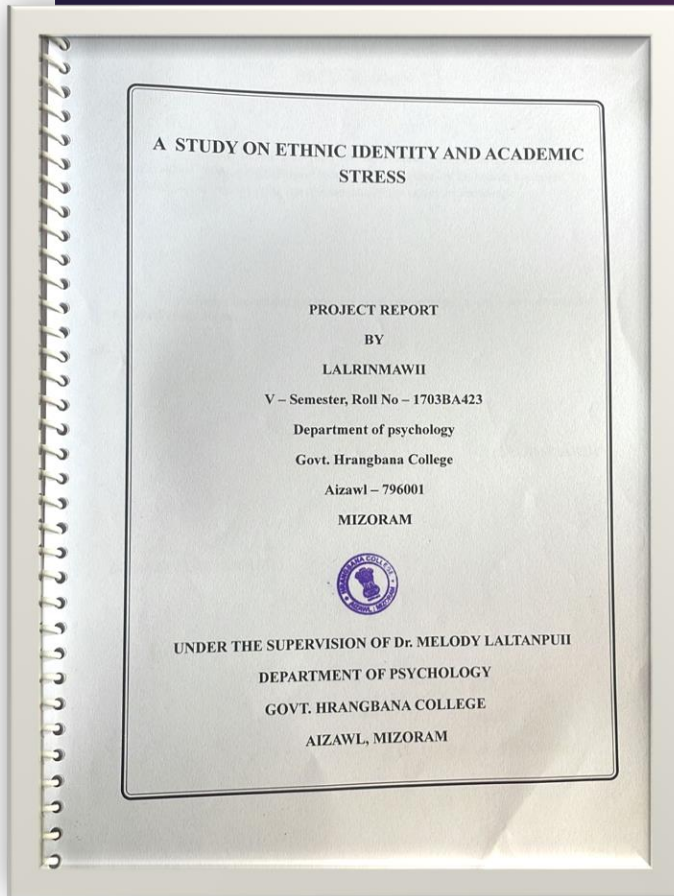
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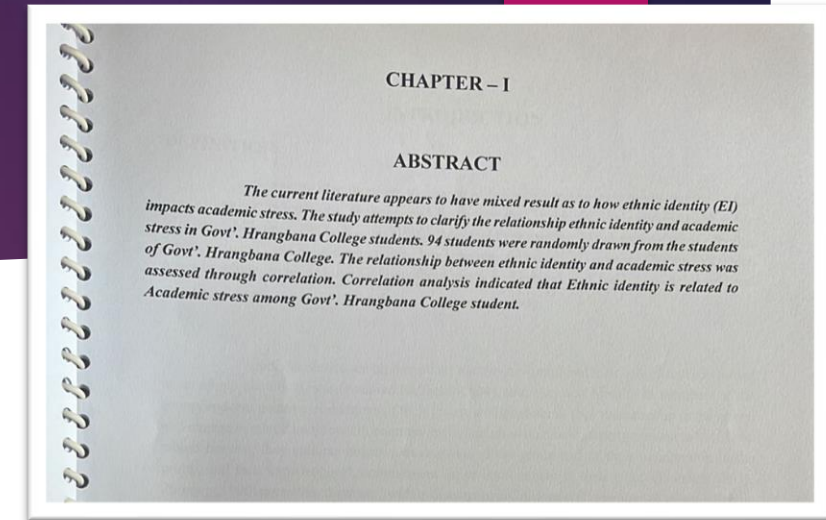
Outcome: Social networks can impact mental health. Positive connections and support can boost well-being, reduce stress, and combat feelings of isolation. However, excessive use, cyberbullying, or social comparison on platforms may lead to anxiety, depression, and low self-esteem. Balancing online interactions and nurturing healthy relationships is key to maintaining good mental health.

Psychology Project Report



Cover of the Report

Outcome of the Reidentity and academic stress are interconnected. Pressure to conform to educational norms can strain one's sense of self. Students often grapple with the expectations of academic success and personal growth, impacting their identity development. Balancing these aspects is essential for well-rounded, stress-free educational experiences.



Abstract of the Report

Psychology Project Report

Outcome: Gender differences in mental well-being are evident. Women often report higher rates of depression and anxiety, attributed to various social, biological, and cultural factors. Men may experience different stressors but may be less likely to seek help. Recognizing these distinctions is vital for targeted mental health interventions and support.

ABSTRACT

Not only the common and working people but students are also struggling with the multi facets problem of psychological disorders. That is why present study aims to assess the Psychological Well-being among male and female Under-Graduate students of Govt. Hrangbana College, Aizawl, Mizoram, India. Warwick's - Edinburg Mental Well-being scale was administered on a sample of 94 Under-Graduate (male=40, female=54) students from any streams. In order to analysis of collected data, Mean, SD and t-test were applied. Findings showed no significant difference among the under-graduate students of Government Hrangbana College with respect to Gender and Choice of streams. Findings of the study have its importance for the further studies, psychologists, counsellors, educationists, policy makers and so on. Further, issues of future studies have been discussed in the light of delimitations of the present study.

Keywords: Psychological Well-Being; Gender Differences; Under-graduate Students.

Abstract of the Report

A STUDY ON GENDER DIFFERENCE IN MENTAL
WELL-BEING

PROJECT REPORT
By

LALTUAIMAWII
V semester
R/No- 1703BA215
Department of Psychology,
Govt. Hrangbana College

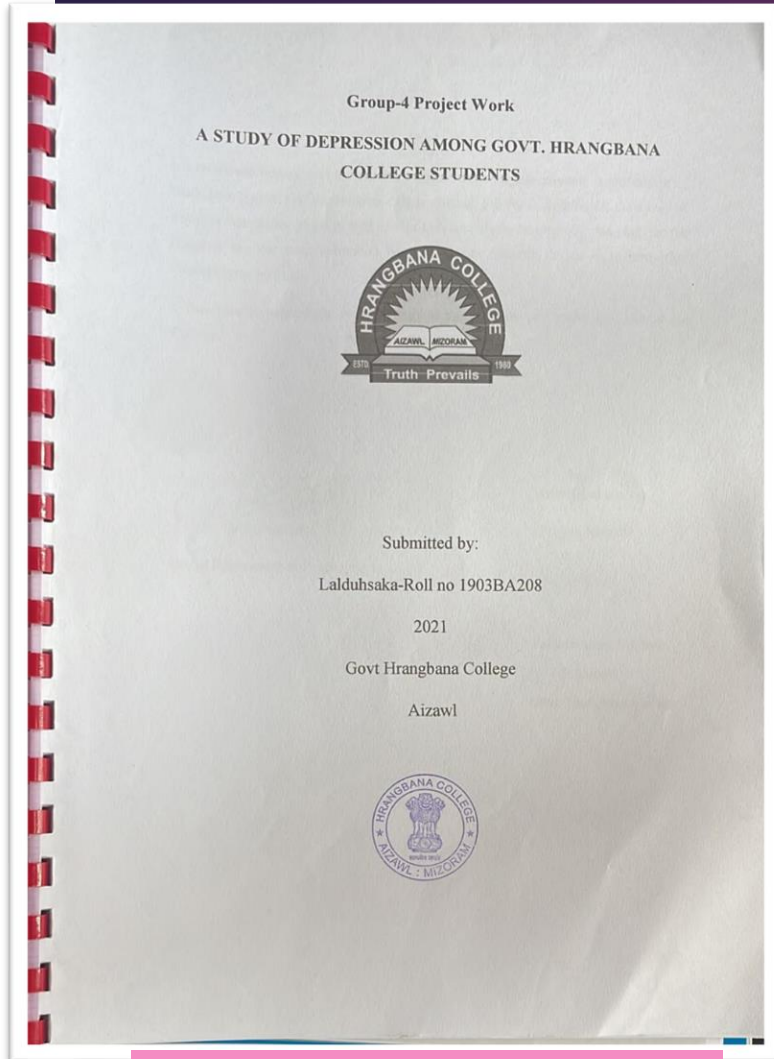
UNDER THE SUPERVISION OF
Dr. MELODY LALTANPUII

DEPARTMENT OF PSYCHOLOGY
GOVT. HRANGBANA COLLEGE
AIZAWL, MIZORAM.



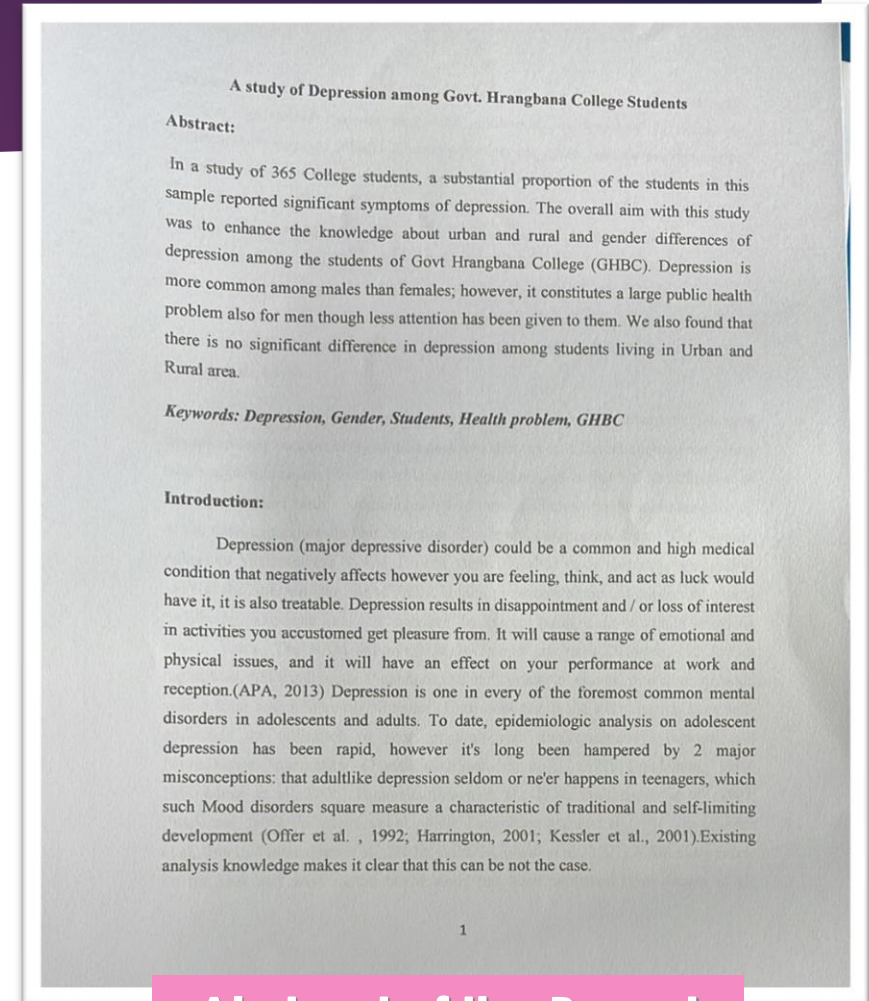
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Psychology Project Report



Cover of the Report

Depression is a growing concern among college students due to academic pressure, life transitions, and social challenges. It can affect their overall well-being and academic performance. Early recognition, counseling services, and mental health support are essential in addressing and mitigating depression's impact on college students' lives.



Abstract of the Report

Photos of PSYCHOLOGY

Internship Programme



Field Study



Freedom Walk



Rev Lalthanga Road, Venghloi,
Aizawl, India, 796008

Lat 23.723691° Long 92.721474°

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📶 0.0 km/h 💧 95% 🌐 50 uT

LALTHANGA RD
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**DEPARTMENT OF COMMERCE
GOVT.HRANGBANA COLLEGE**

As per the syllabus of Mizoram University, the Department of Commerce carried out “Entrepreneurship Project Work (BC/4/CC/14P)” for every fourth students of BCOM. Students imagine themselves as an entrepreneur in this project work and wrote a business plan for their own business. The project work is each made into hard copy books and both the soft copy and hard copy are submitted to the college for future references.

Entrepreneurship

Course Structure

Sem	Course Code	Course Name	Course Type	Contact Hours	Credits				Marks		
					L	T	P	Total	Cont.	Sem	Total
I	BC/1/FC/01	English Paper	FC	5	4	1	0	5	25	75	100
	BC/1/CC/02	Fundamentals of Accounting	CC	6	5	1	0	6	25	75	100
	BC/1/CC/03	Business Organization & Management	CC	6	5	1	0	6	25	75	100
	BC/1/CC/04	Computer Application in Business (Theory)	CC	4	3	1		4	25	75	100
	BC/1/CC/04P	Computer Application in Business (Practical)	CC	4			2	2	25	75	100
Total (Credit Distribution : FC= 05; CC=18.)				25	17	4	2	23	125	375	500
II	BC/2/FC/05	Gender Sensitization / Eng Paper-II	FC	5	4	1	0	5	25	75	100
	BC/2/CC/06	Functional Areas of Business	CC	6	5	1	0	6	25	75	100
	BC/2/CC/07	Cost Accounting	CC	6	5	1	0	6	25	75	100
	BC/2/CC/08	Banking & Insurance	CC	6	5	1	0	6	25	75	100
Total (Credit Distribution : FC= 05; CC=18.)				23	19	4	0	23	100	300	400
III	BC/3/FC/09	History of Science / Language Paper (MIL)	FC	5	4	1	0	5	25	75	100
	BC/3/CC/10	Indian Economy	CC	6	5	1	0	6	25	75	100
	BC/3/CC/11	Management Accounting	CC	6	5	1	0	6	25	75	100
	BC/3/CC/12	Business Regulatory Framework	CC	6	5	1	0	6	25	75	100
Total (Credit Distribution : FC= 05; CC=18.)				23	19	4	0	23	100	300	400
IV	BC/4/FC/13	Environmental Studies	FC	5	4	1	0	5	25	75	100
	BC/4/CC/14	Entrepreneurship (Theory)	CC	4	3	1		4	25	75	100
	BC/4/CC/14P	Entrepreneurship (Project work)	CC	4			2	2	25	75	100
	BC/4/CC/15	Industrial and Company Laws	CC	6	5	1	0	6	25	75	100
	BC/4/CC/16	Quantitative Techniques	CC	6	5	1	0	6	25	75	100
Total (Credit Distribution : FC= 05; CC=18.)				25	17	4	2	23	125	375	500
V	BC/5/CC/17	Business Economics	CC	6	5	1	0	6	25	75	100
	BC/5/CC/18	Income Tax Law and Practice	CC	6	5	1	0	6	25	75	100
	BC/5/CC/19	Indian Financial System	CC	6	5	1	0	6	25	75	100
	BC/5/CC/20	Optional Paper- 1 BC/5/CC/16 F/ME*	CC	6/4*	4	2*		6/4*	25	75	100
	BC/5/CC/20P	Optional Paper- 1 BC/5/CC/16 E*	CC	4*			2*	2*	25*	75*	100*
Total (Credit Distribution : FC= 00; CC=24.)				24 (+2)	19	5*	2*	24	125	375	500
VI	BC/6/CC/21	Auditing & Corporate Governance	CC	6	5	1	0	6	25	75	100
	BC/6/CC/22	Financial Accounting	CC	6	5	1	0	6	25	75	100
	BC/6/CC/23	Corporate Accounting	CC	6	5	1	0	6	25	75	100
	BC/6/CC/24	Optional Paper-2 BC/6/CC/20 F/ME*	CC	6/4*	4	2*		6/4*	25	75	100
	BC/6/CC/24P	Optional Paper-2 BC/6/CC/20 E*	CC	4*			2*	2*	25*	75*	100*
Total (Credit Distribution: FC= 00; CC=24.)				24 (+2)	19	5*	2*	24	125	375	500
Entire B. Com Programme (FC= 20; CC=120.)								140	700	2100	2800

Note: (1) CC – Core Courses: FC - Foundation Course.

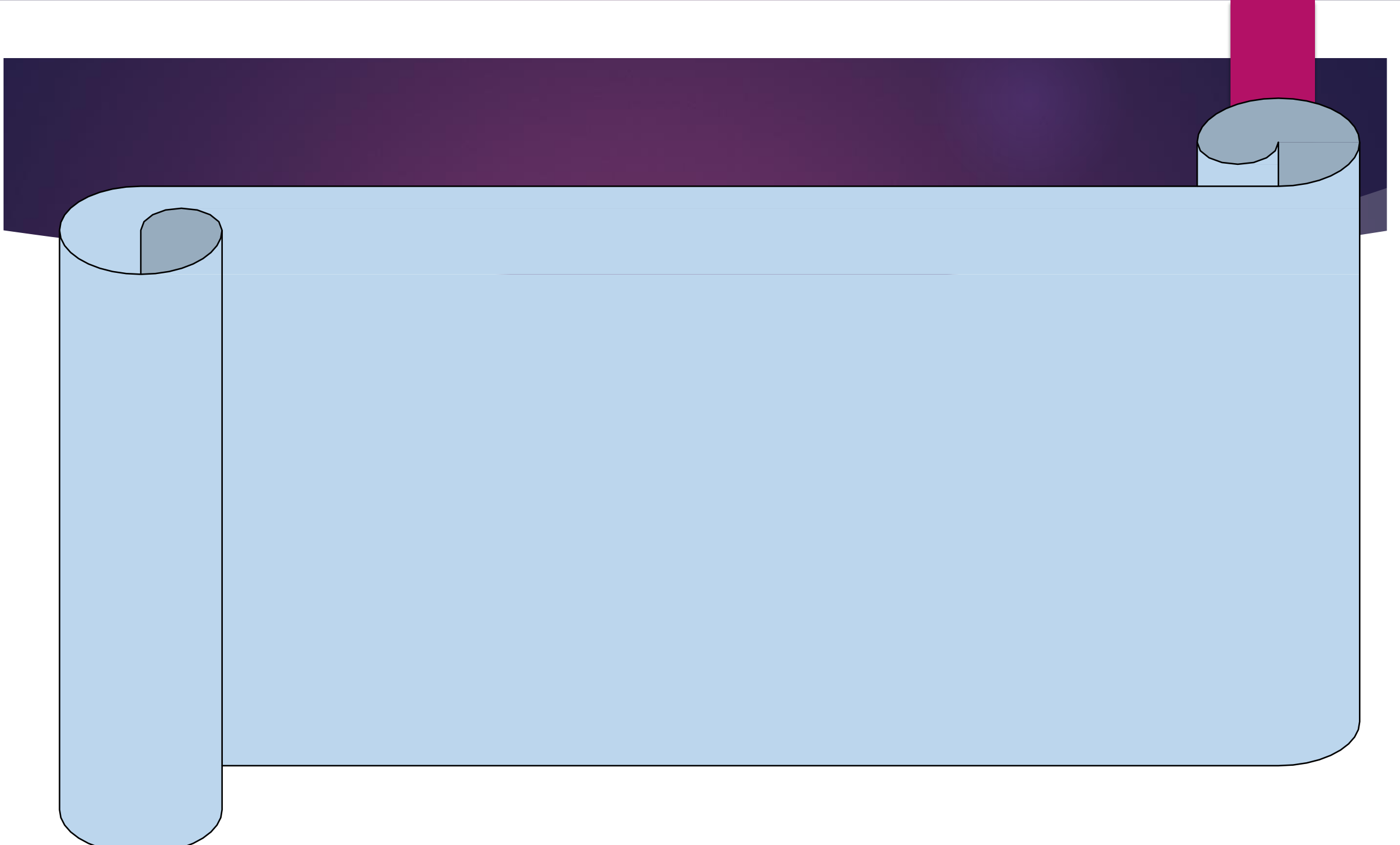
ENTREPRENEURSHIP

▶ The process of setting up a business is preceded by the decision to choose entrepreneurship as a career and identification of promising business ideas upon a careful examination of the entrepreneurial. They prepared business plan as a road map for effective venturing.

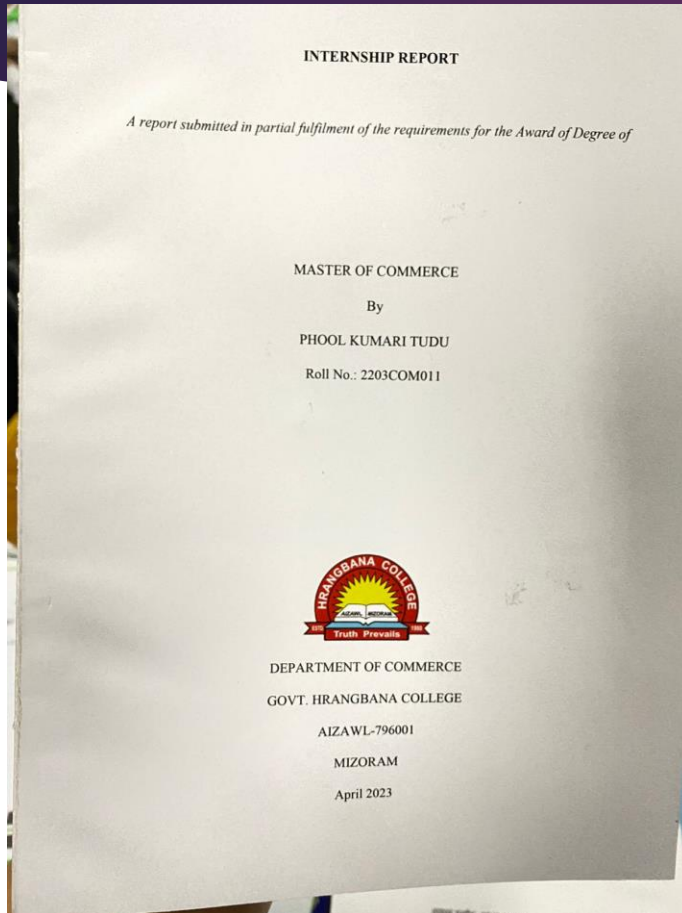
▶ Course Objectives:

- To impart entrepreneurial knowhow for start-ups so that the learners are motivated
- To look at entrepreneurship as life-skills to improve quality of life, skills of creation and a preferred option of professional life.



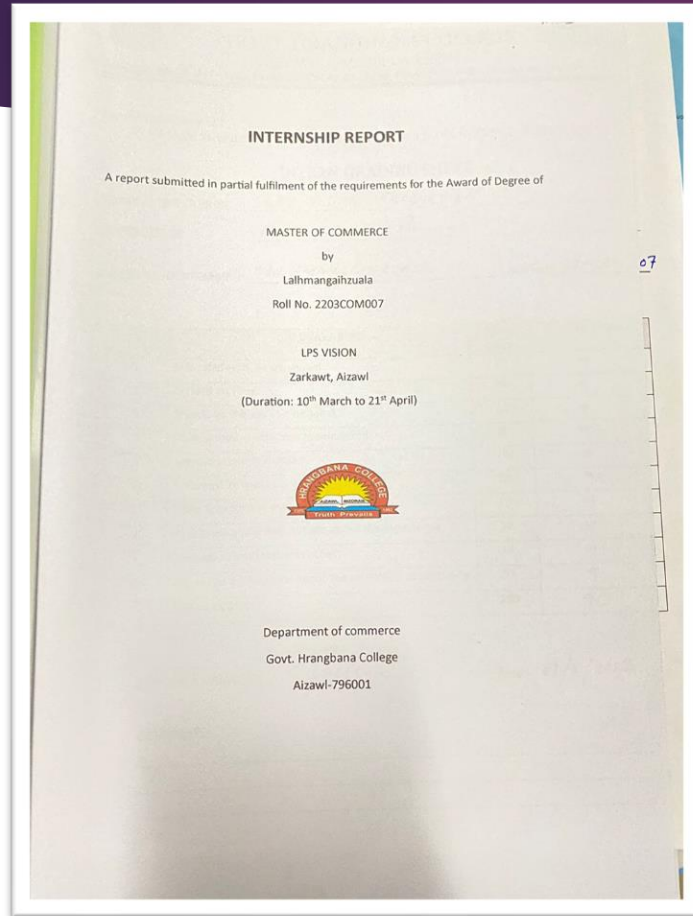


INTERNship Report



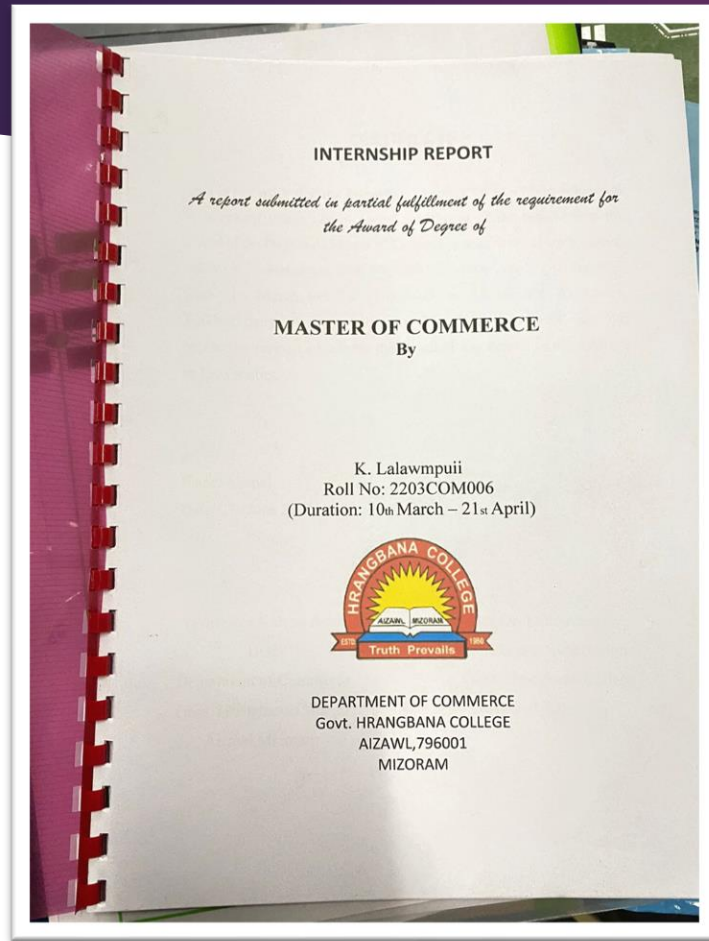
Outcome: Internships offer several academic advantages for commerce students. They provide practical exposure to the subjects studied in the classroom, reinforcing theoretical knowledge. Students gain a deeper understanding of industry-specific concepts and applications. Internships often require research and analytical skills, further enhancing academic capabilities. Working with professionals exposes students to real-world problem-solving and decision-making, which can contribute to improved academic performance. Moreover, the experience gained during internships can be incorporated into academic projects and assignments, leading to better grades. Overall, internships enrich academic learning by providing real-world context and hands-on experience, ultimately benefiting commerce students in their coursework and future careers.

INTERNSHIP REPORT



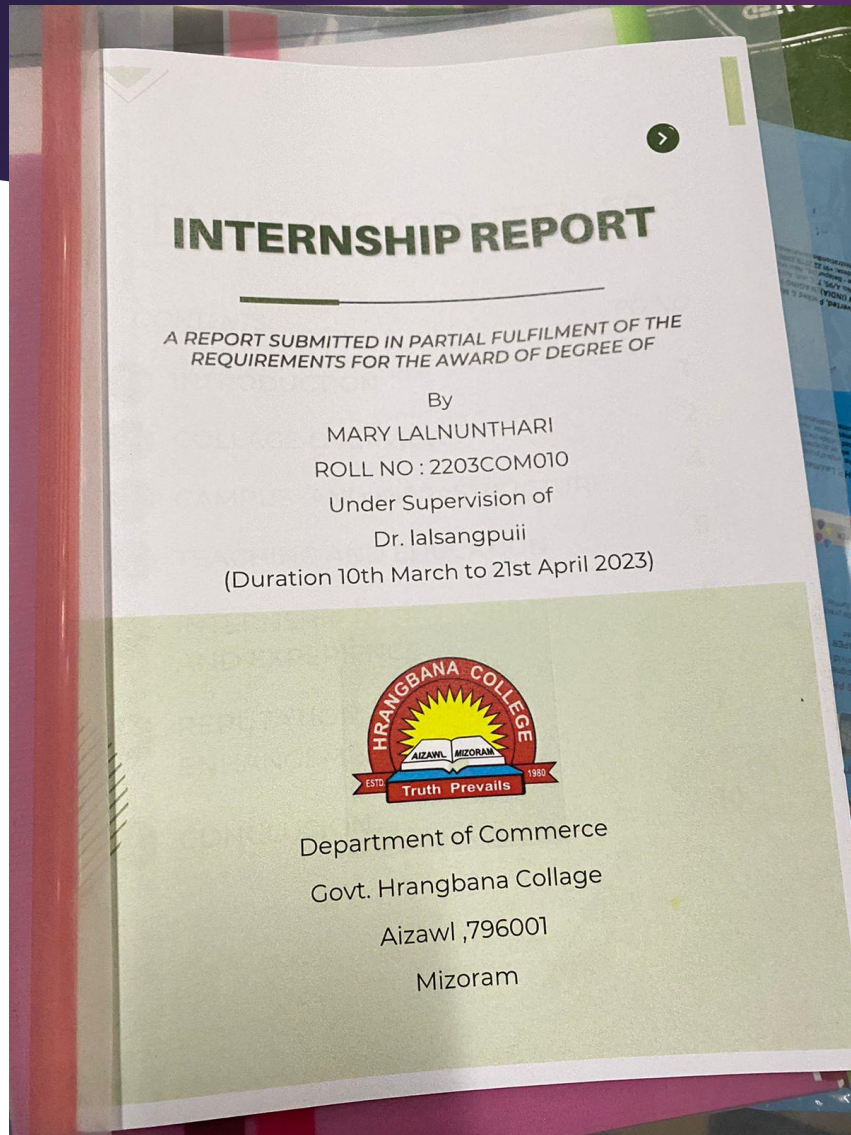
Outcome: Social networks can impact mental health. Positive connections and support can boost well-being, reduce stress, and combat feelings of isolation. However, excessive use, cyberbullying, or social comparison on platforms may lead to anxiety, depression, and low self-esteem. Balancing online interactions and nurturing healthy relationships is key to maintaining good mental health.

INTERNSHIP REPORT



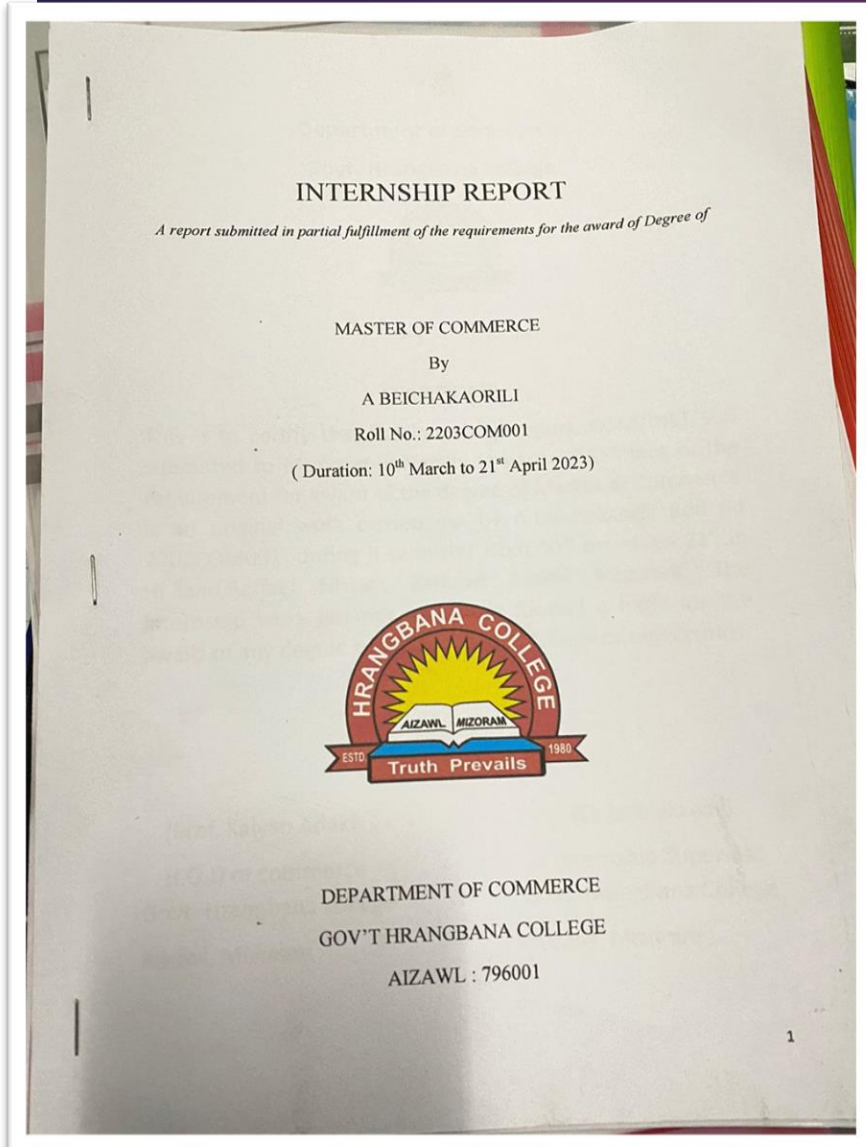
Outcome: internship in business is multifaceted. Firstly, it provides practical experience, allowing interns to apply classroom learning to real-world situations. This fosters the development of critical skills and competencies that enhance employability. Networking is a significant outcome, as interns often establish valuable professional connections and may secure job offers. Internships also serve as a career exploration tool, helping individuals clarify their professional goals. Moreover, they bolster resumes, making candidates more attractive to potential employers. Overall, the outcome of a business internship is a well-rounded, job-ready graduate with a deeper understanding of industry dynamics and the skills to succeed in the business world.

INTERNship Report



Outcome: Internships foster networking by connecting students with professionals and potential employers. They aid in career exploration, helping students discover their interests and strengths. An internship adds weight to one's resume and can often lead to job offers upon graduation. Through internships, students gain confidence, problem-solving abilities, and a better understanding of industry practices. Additionally, they provide valuable insights into market dynamics and regulatory frameworks, preparing students for successful careers in commerce.

INTERNship Report



Outcome: Internships hold immense importance for commerce students. They offer a chance to apply classroom knowledge in real-world settings. This practical experience equips students with skills that textbooks alone cannot provide. Interns gain insight into industry operations, build professional networks, and develop problem-solving abilities. Internships can be a stepping stone to future employment, as employers often prefer candidates with relevant work experience. Furthermore, they help students clarify their career goals by exposing them to various roles within the business world. Overall, internships play a vital role in shaping well-rounded, job-ready commerce graduates, ready to meet the demands of the professional world.

INTERNship Report

INTERNSHIP REPORT

A report submitted in partial fulfilment of the requirements for the Award of Degrees of

MASTER OF COMMERCE

By
ROCHANHLUI

Roll No.: 2203COM013

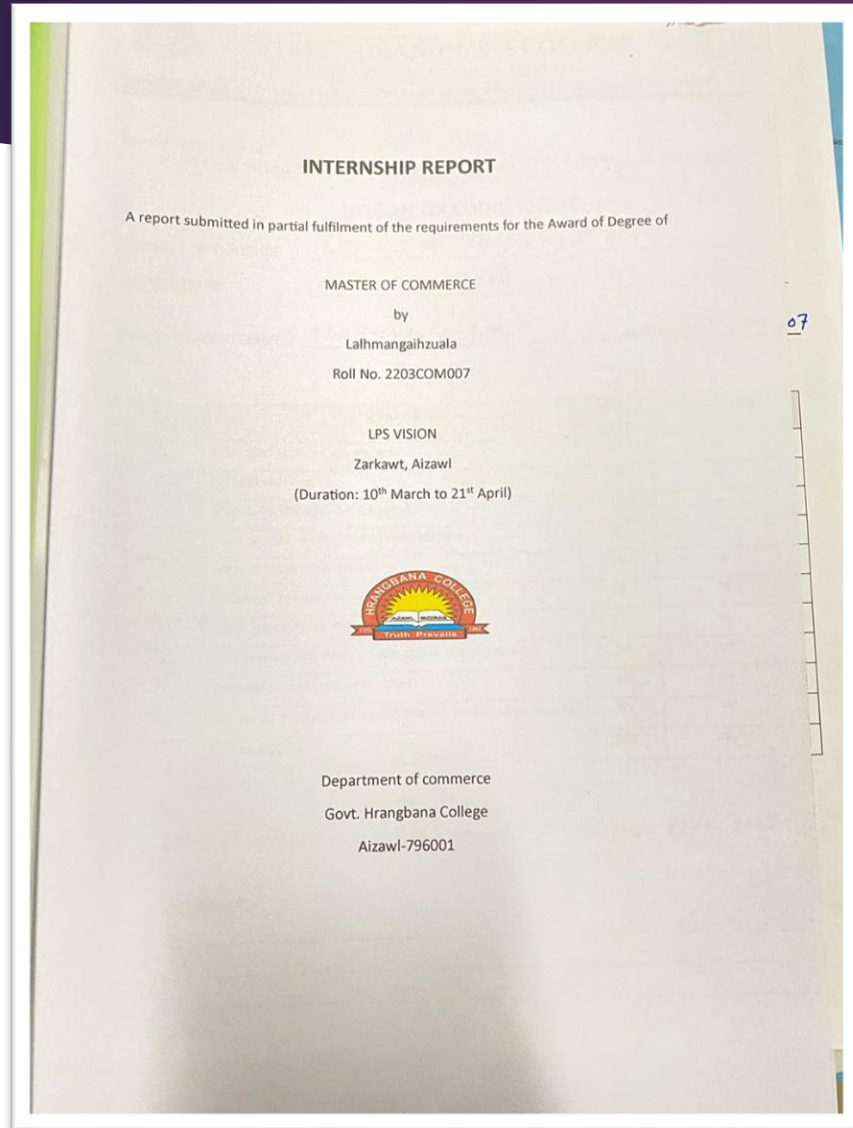
(Duration: 10th March to 21st April 2023)



DEPARTMENT OF COMMERCE
GOVT. HRANGBANA COLLEGE
AIZAWL - 796001
MIZORAM

Outcome: Internships bridge the gap between academic knowledge and real-world applications. They offer practical experience, industry insights, and networking opportunities. Internships enhance employability, build skills, and provide a competitive edge in the job market, making them essential for career development.

INTERNship Report



Internship done at LPS VISION

LPS Cable in Mizoram is a local cable television service offering a range of TV channels to subscribers. It serves as a vital source of entertainment and information for residents in the region. For specific details on packages, channels, and services, contacting the provider directly is recommended.

PROJECT WORK OF POLITICAL SCIENCE

- ▶ **2019-20: Field Study at Legislative Assembly: Office Administration**
- ▶ *Course Code: POLS/V/CC/07: Public Administration*
- ▶ *Context:*
- ▶ The Field Study at the Legislative Assembly on Office Administration is a research initiative designed to delve into the administrative functions and practices of a legislative assembly. It is conducted in the context of improving transparency, efficiency, and accountability in the functioning of the legislative body, which is a cornerstone of democratic governance.

Objectives:

The primary objectives of this field study are as follows:

- To gain a comprehensive understanding of the administrative structure, procedures, and practices within the Legislative Assembly.
- To assess the efficiency and effectiveness of the assembly's office administration processes.
- To identify any bottlenecks, challenges, or areas of improvement in the assembly's day-to-day administrative operations.
- To provide recommendations and best practices to enhance office administration at the Legislative Assembly.

Outcomes:

- ▶ Outcomes:
- ▶ The field study at the Legislative Assembly on Office Administration is expected to yield the following outcomes:
 - In-Depth Understanding: A comprehensive understanding of the administrative structure, functions, and challenges within the Legislative Assembly.
 - Identification of Strengths and Weaknesses: Clear identification of the assembly's administrative strengths and weaknesses.
 - Recommendations: Practical recommendations for improving administrative processes and procedures within the Legislative Assembly.
 - Enhanced Efficiency: Enhanced administrative efficiency and effectiveness, resulting in smoother legislative operations.
 - Improved Transparency and Accountability: Suggestions for enhancing transparency and accountability in the assembly's administrative practices.

- ▶ Administration is a vital research initiative aimed at contributing to the efficient functioning of the legislative body. By providing insights and recommendations for enhancing its administrative setup, this project aligns with the principles of good governance and effective democratic representation.
- ▶ Upon the conclusion of this study, we expect to provide the Legislative Assembly with a comprehensive report that can serve as a valuable resource for enhancing office administration practices and ultimately improving the quality of legislative representation and service delivery.

Paper - 1

Govt. & Politics of Mizoram

Units	Approved
I	Regional Profile of North East India and the Place of Mizoram in it. Traditional, Political and Social Institutions: the Effects of British Annexation. Innerline Regulation.
II	Insurgency in Mizoram: Causes and Consequences. Memorandum of Settlement, 1986 (The Peace Accord) Constitutional Development leading to the creation of the State of Mizoram.
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Photo evidence



POLITICAL SCIENCE 2020-2021

- ▶ **2020-21: Field work for study on Election during the Pandemic**
- ▶ *POLS/I/EC/01: Govt and Politics of Mizoram*
- ▶ *POLS/II/EC/02: Indian Government and Politics*
- ▶ The Field Work for the Study on Elections during the Pandemic is a critical endeavour that seeks to examine and understand the challenges and opportunities that the COVID-19 pandemic has presented in the context of democratic processes. The knowledge and recommendations generated from this research will contribute to the enhancement of electoral procedures and public health measures in future elections during crises. It is our hope that this fieldwork will serve as a valuable resource for policymakers, election authorities, and the general public as we navigate the complexities of conducting elections under challenging circumstances.

Context:

- ▶ The Field Work for the Study on Elections during the Pandemic, undertaken by the Political Science Department, is a timely and crucial research endeavour in light of the global COVID-19 pandemic. The context of this study is the impact of the pandemic on the electoral process, examining how elections have been conducted, and the implications for democracy and public health.
- ▶ **Objectives:**
- ▶ The primary objectives of this fieldwork are as follows:
 - To analyze the impact of the COVID-19 pandemic on election processes and procedures.
 - To assess the measures implemented to ensure the safety and health of voters and election officials during the pandemic.
 - To understand the experiences and perspectives of voters, election officials, and candidates regarding elections held during the pandemic.
 - To evaluate the effectiveness of remote voting methods and digital campaigns in ensuring electoral participation during the pandemic.
 - To make policy recommendations for future elections during public health crises.

Expected Outcomes

- ▶ The fieldwork for the Study on Elections during the Pandemic is expected to yield the following outcomes:
 - **Comprehensive Understanding:** A thorough understanding of how the COVID-19 pandemic has affected election processes, from campaign strategies to voting mechanisms.
 - **Assessment of Safety Measures:** Evaluation of the effectiveness of safety measures and protocols implemented during elections to protect public health.
 - **Public Perspectives:** Insights into the perspectives and concerns of voters and election officials regarding elections during the pandemic.
 - **Recommendations:** Policy recommendations for future elections during public health crises, including best practices for maintaining both democratic processes and public health.
 - **Knowledge Dissemination:** The dissemination of knowledge through reports, publications, and public awareness campaigns to inform stakeholders and the public.

POLS/I/EC/01: Govt and Politics of Mizoram

POLS/II/EC/02: Indian Government and Politics

Indian Govt. & Politics

Paper - I

Units	Approved
I	Indian Constitution – The Making of India’s Constitution, Preamble: Ideals and Philosophy, Salient Features of the Constitution, Fundamental Rights and Duties, Directive Principles of State Policy
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Govt. & Politics of Mizoram

Paper - I

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2021-22: Field Study on Legislation Assembly: Budget Session

- ▶ *POLS/I/EC/01: Govt and Politics of Mizoram*
- ▶ *POLS/II/EC/02: Indian Government and Politics*
- ▶ The Department of Political Science carried out a department project Field Study on Legislation Assembly: Budget Session annually Course Code: UG/PA/VI/CC/11 at the mid-session of the Fifth Semester for Political Science (fifth semester) students. The study aimed to gain insights into the functioning of the legislative process, particularly during the budget session. This project seeks to provide a comprehensive understanding of the legislative assembly's proceedings, decision-making, and the role of elected representatives in the state's budgetary allocation.
- ▶ The Field Study on the Legislative Assembly's Budget Session, conducted by the Political Science Department, is aimed at gaining insights into the functioning of the legislative process, particularly during the budget session.



▶ ***Context:***

- ▶ This project seeks to provide a comprehensive understanding of the legislative assembly's proceedings, decision-making, and the role of elected representatives in the state's budgetary allocation.

▶ ***Objectives:***

- ▶ The primary objectives of this field study are as follows:

- To observe and analyze the legislative assembly's proceedings during the Budget Session.
- To understand the role of elected representatives in scrutinizing and passing the state budget.
- To examine the various stages of the budget-making process, from formulation to approval.
- To evaluate the transparency and accountability of the legislative process during the budget session.



► ***Expected Outcomes:***

- The field study on the Legislative Assembly's Budget Session is expected to yield the following outcomes:
- **In-Depth Understanding:** A comprehensive understanding of the legislative assembly's role in budget allocation and the overall budget-making process.
- **Evaluation of Transparency and Accountability:** An assessment of the transparency and accountability of the budgetary process.
- **Identification of Challenges:** Identification of challenges and bottlenecks in the budget scrutiny and approval process.

Course Code: POLS/I/EC/01: Govt and Politics of Mizoram
POLS/II/EC/02: Indian Government and Politics

Paper - 1

Govt. & Politics of Mizoram

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Paper - 1

Indian Govt. & Politics

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V	Major Issues and Challenges to Indian Polity: Casteism, Communalism, Regionalism, Local Self Governments: Panchayati Raj institutions and Municipalities

Photo evidence



2022-23: Field Study at 'Aizawl Municipal Corporation' on Waste Management and Urban Administration

- ▶ **Context:**
- ▶ The Field Study at Aizawl Municipal Corporation on Waste Management and Urban Administration is a research initiative aimed at examining the current state of waste management practices and urban administration in the city of Aizawl, Mizoram. This study is conducted in the context of the growing urbanization and environmental concerns that affect the quality of life in the city



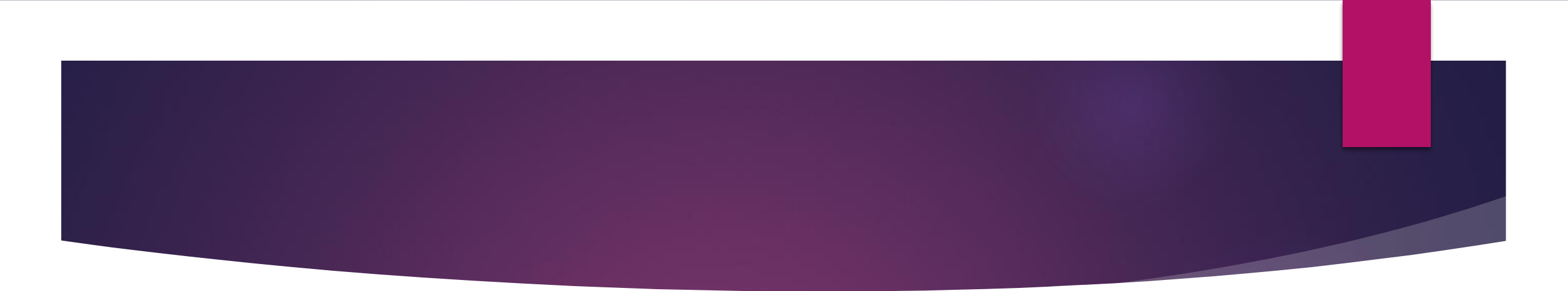
▶ ***Objectives:***

▶ The primary objectives of this field study are as follows:

- To assess the existing waste management practices within the jurisdiction of Aizawl Municipal Corporation.
- To analyze the efficiency and effectiveness of waste collection, segregation, disposal, and recycling processes.
- To evaluate the level of citizen engagement and awareness in waste management initiatives.
- To understand the challenges and bottlenecks faced by the Aizawl Municipal Corporation in maintaining urban cleanliness and public health.
- To provide recommendations for improving waste management practices and urban administration in Aizawl.

Expected Outcomes:

- ▶ Expected Outcomes:
 - The field study at Aizawl Municipal Corporation on Waste Management and Urban Administration is expected to yield the following outcomes:
 - Comprehensive Understanding: A comprehensive understanding of the current state of waste management practices and urban administration in Aizawl.
 - Evaluation of Waste Management: An evaluation of the efficiency and effectiveness of waste management processes, including collection, segregation, recycling, and disposal.
 - Citizen Engagement Assessment: Insights into citizen engagement levels and public awareness regarding waste management and urban cleanliness.
 - Identification of Challenges: Identification of challenges and obstacles faced by the Aizawl Municipal Corporation in maintaining urban cleanliness and public health.
- ▶ Recommendations: Recommendations for improving waste management practices and urban administration in Aizawl, with a focus on sustainability and public engagement

- 
- ▶ The Field Study at Aizawl Municipal Corporation on Waste Management and Urban Administration represents a significant step toward addressing the challenges posed by rapid urbanization and environmental concerns in the city. The knowledge generated through this research will provide valuable insights and recommendations for enhancing waste management practices and urban governance in Aizawl.
 - ▶ It is our hope that this field study will contribute to the development of sustainable, efficient, and citizen-centric urban administration in Aizawl, ultimately leading to a cleaner and healthier urban environment for its residents.

POLS/I/EC/01: Govt and Politics of Mizoram

POLS/II/EC/02: Indian Government and Politics

Govt. & Politics of Mizoram

Paper - 1

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Indian Govt. & Politics

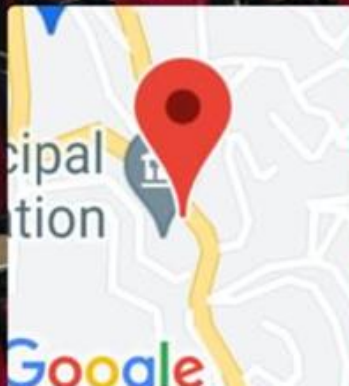
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PHOTO EVIDENCE



 GPS Map Camera



Aizawl, Mizoram, India


Nu Mawii Variety Store Bawngkawn, Lunglei Road Opposite Aizawl
Municipal corporation Office, below Gateway Enterprises, Aizawl,
Mizoram 796007, India

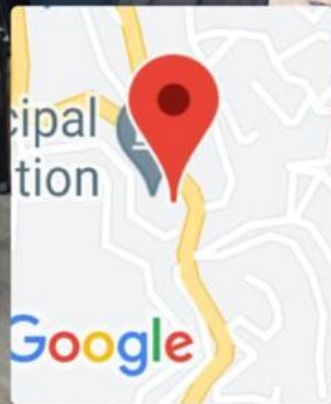
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Long 92.738252°

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 GPS Map Camera



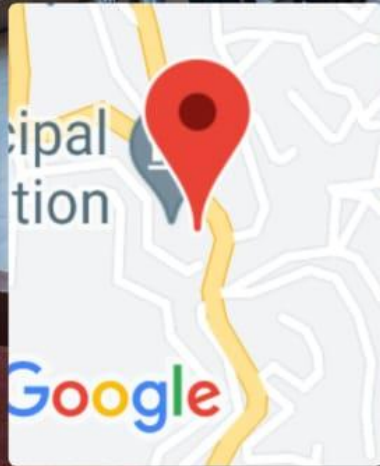
Aizawl, Mizoram, India

Ch. Chhunga Bus Terminal, Aizawl, Mizoram 796007, India

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Long 92.73829°

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Aizawl, Mizoram, India

PPVQ+98R, Aizawl, Mizoram 796007, India


Lat 23.743603°

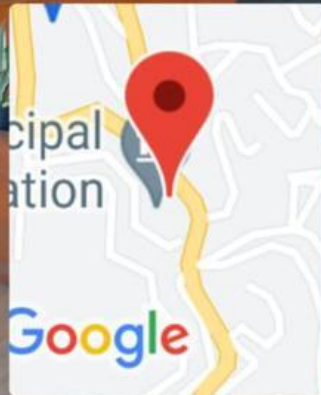
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 **GPS Map Camera**



 GPS Map Camera



Aizawl, Mizoram, India

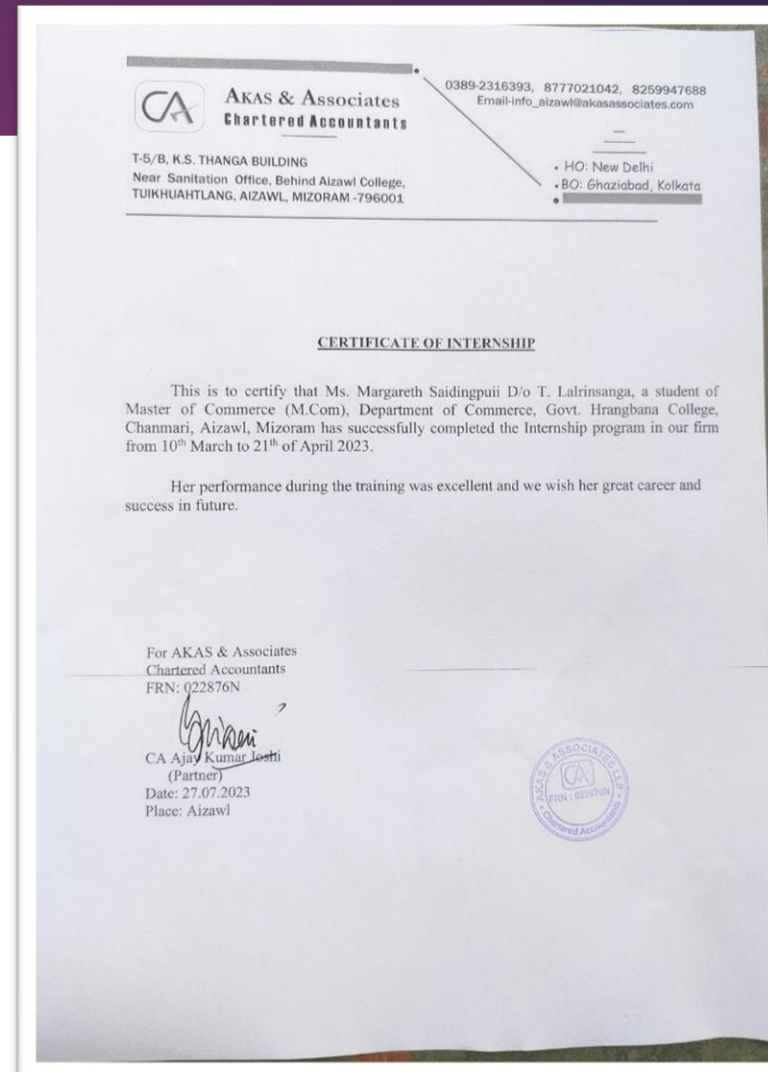
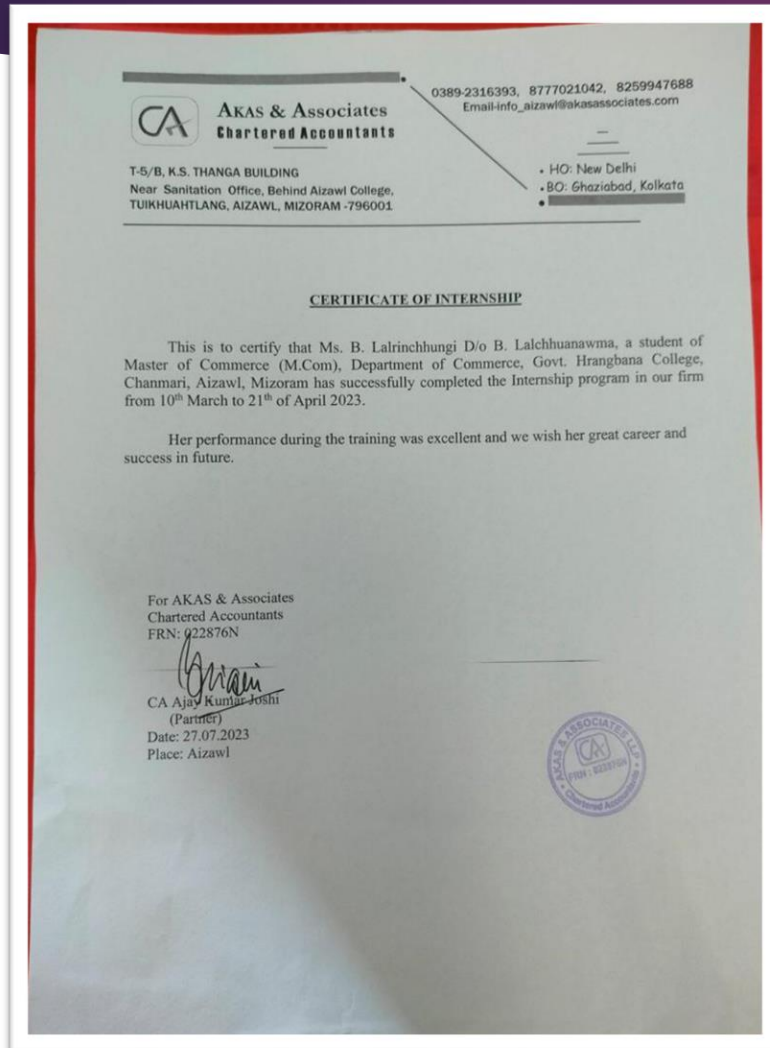
PPVQ+F7V, Aizawl, Mizoram 796007, India

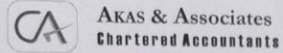
Lat 23.743778°

Long 92.738192°

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Internship Completion Certificate





0389-2316393, 8777021042, 8259947688
Email-Info_aizawl@akasassociates.com

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Near Sanitation Office, Behind Aizawl College,
TUIKHUAHTLANG, AIZAWL, MIZORAM -796001

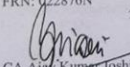
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- BO: Ghaziabad, Kolkata

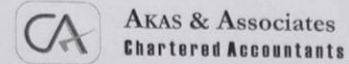
CERTIFICATE OF INTERNSHIP

This is to certify that Ms. Rochanhlui D/o Ramdinthara, a student of Master of Commerce (M.Com), Department of Commerce, Govt. Hrangbana College, Chanmari, Aizawl, Mizoram has successfully completed the Internship program in our firm from 10th March to 21st of April 2023.

Her performance during the training was excellent and we wish her great career and success in future.

For AKAS & Associates
Chartered Accountants
FRN: 022876N


CA Ajay Kumar Joshi
(Partner)
Date: 27.07.2023
Place: Aizawl



0389-2316393, 8777021042, 8259947688
Email-Info_aizawl@akasassociates.com

T-5/B, K.S. THANGA BUILDING
Near Sanitation Office, Behind Aizawl College,
TUIKHUAHTLANG, AIZAWL, MIZORAM -796001

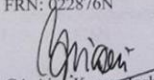
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CERTIFICATE OF INTERNSHIP

This is to certify that Ms. Rochanhlui D/o Ramdinthara, a student of Master of Commerce (M.Com), Department of Commerce, Govt. Hrangbana College, Chanmari, Aizawl, Mizoram has successfully completed the Internship program in our firm from 10th March to 21st of April 2023.

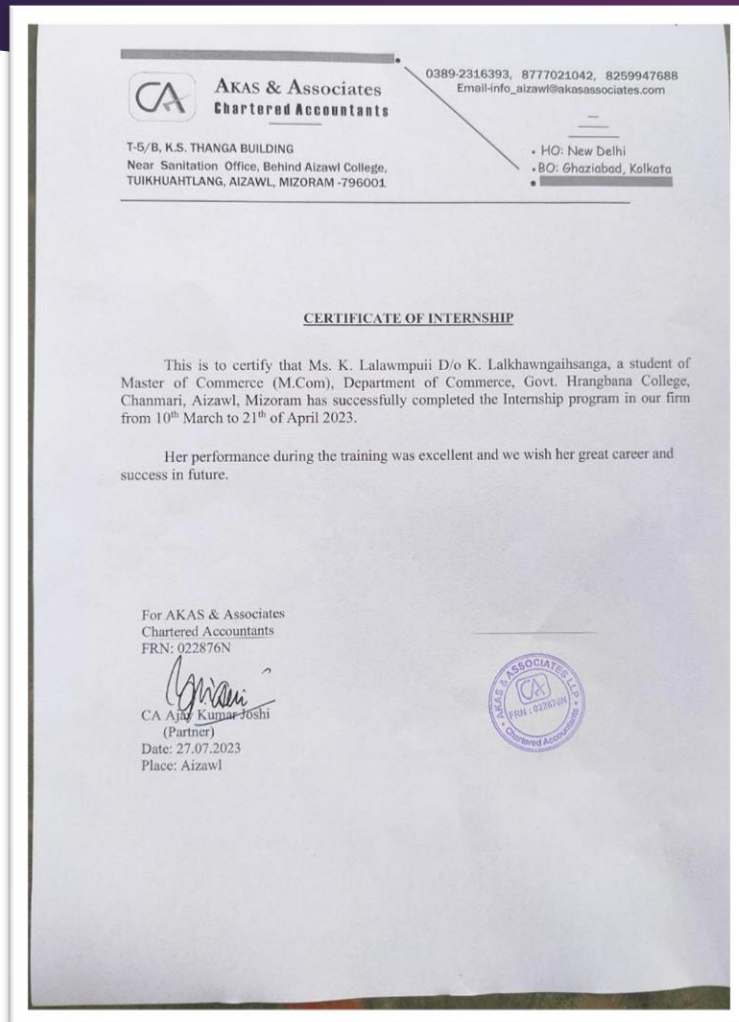
Her performance during the training was excellent and we wish her great career and success in future.

For AKAS & Associates
Chartered Accountants
FRN: 022876N


CA Ajay Kumar Joshi
(Partner)
Date: 27.07.2023
Place: Aizawl



Internship Completion Certificate



Internship Certificate



OFFICE OF THE PRINCIPAL
FAITH COLLEGE
McDonald Hill, Zarkawt
Aizawl, Mizoram - 796007
0389 2349777/ +91 9863131969
faithcollegeaizawl@gmail.com

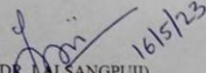
CERTIFICATE OF INTERNSHIP

This internship program certificate is proudly awarded to

Mary Ialunthari

of Hrangbana College Roll No 22MCOM016 for her outstanding completion of

internship program at Faith College on April 2023.


(DR. J. ALSANGPUI)
Principal
Faith College
Aizawl, Mizoram

16/5/23
Principal
Faith College
Zarkawt, Aizawl

Faith College Aizawl, Mizoram

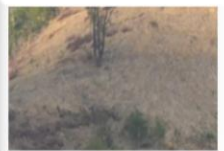
TRAVELOGUE: The DEEP SOUTH EXPEDITION

- ▶ Govt. Hrangbana College had conducted inter departmental project on case study of Phura village which is located on the southern tip of Mizoram
- ▶ 30students from five department participated in theis Project.
- ▶ This Project provides an insight studies on socio-economic research and the findings have been published in ISBN book “ TRAVELLOGUE”

A Case Study of Phura, Siaha



April, 2022



Research Objective

1. To expand **academic knowledge** and **developing life skills** and **self awareness**.
2. To visit places which are of **historical importance** to Mizoram and which have made significant contribution in enriching the local community.
3. To undertake mini research whereby all separate **groups of students** will study the *socio-economic structure, economy, infrastructure, and resource* of each village.
4. To analyze the prospect of growth and **advancement of the village** through the research.
5. To study **the cultural reality** of the village, **community practices** and ways of rural life.
6. To learn **the interaction, structure and organization of different tribes, clans and groups that exist in the village**.
7. To conduct an in-depth study of the **dispersal of villages** within the state of Mizoram, the pattern and **characteristics of each geographical area**.

Methodology

- ▶ Collection of Data : Structured Questionnaire (General&Household)
- ▶ Sampling Technique : Purposive Random Sampling
- ▶ Primary Data : 82%
- ▶ Secondary Data : 18% (Census Data)
- ▶ Sampling size : 44%
- ▶ Total Household : 282 (as of 2022)
- ▶ Total household Surveyed: 124

2022

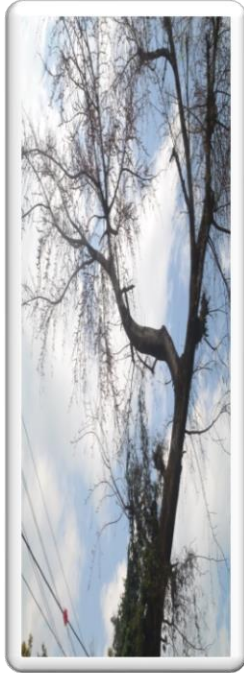


Historical background

Economy

Religion

• Problems



Clans

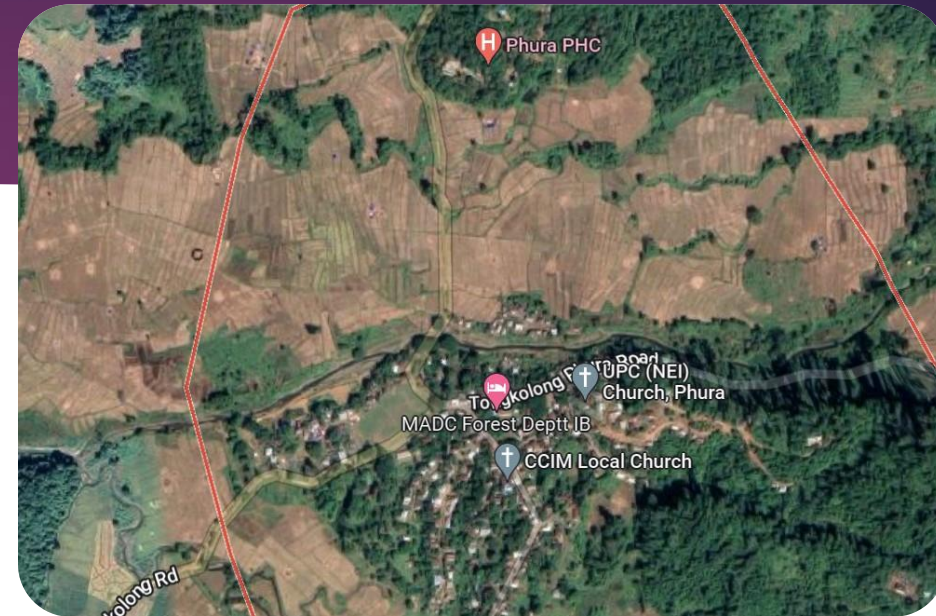
Culture

Education

Infrastructure

Phura Village

Establishment of the village- 1975



Overview of the Study Area

Elevation : 200m

- Lat: 23°18.336 N
- Log: 92°51.227E
- Direction of hills : North To South
- GPS Accuracy : 146
- Area of the entire Village : 1km sq.
- No. of full time farmers : 280
- No. of part-time farmers: 87
- Average size of Agricultural land: 2.8 bigha
- Average size of Agricultural Household: 5
- Approached Road: Non Metalled
- Sources of Water : Tributaries of Chhimtuipui and Rain water
- Approach Road : Tokolo , Tuipang Road

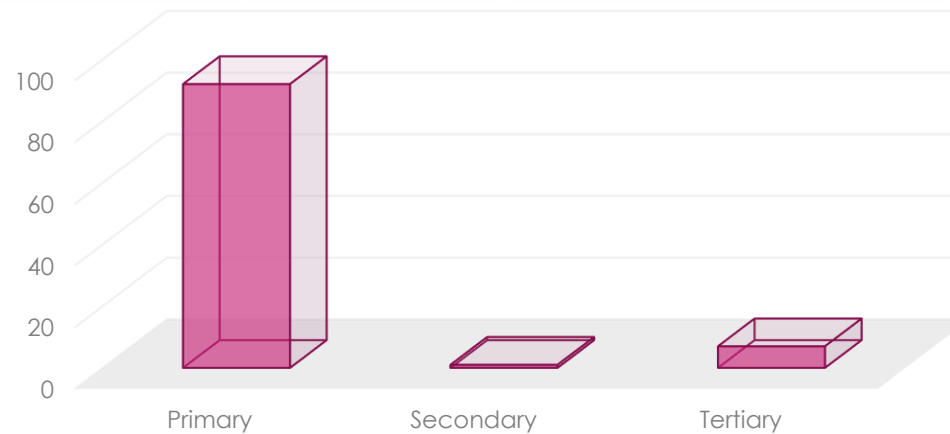
Case Study Profile , 20

Particulars	Total	Male	Female
Total No. of Houses	231	-	-
Population	1,068	553	515
Child (0-6)	193	108	85
Schedule Caste	0	0	0
Schedule Tribe	1,056	547	509
Literacy	86.17%	87.42%	84.88%
Total Workers	464	283	181
Main Worker	212	-	-
Marginal Worker	252	99	153

Economy of Phura



OCCUPATION PATTERN



Shifting Cultivation



Permanent Agricultural patch

Plantation



Slash and Burn
Cultivation of Phura

Rice Sample in WRC



Plantation in Phura

- ▶ Teak
- ▶ Oil Palm
- ▶ Rubber
- ▶ Neembu

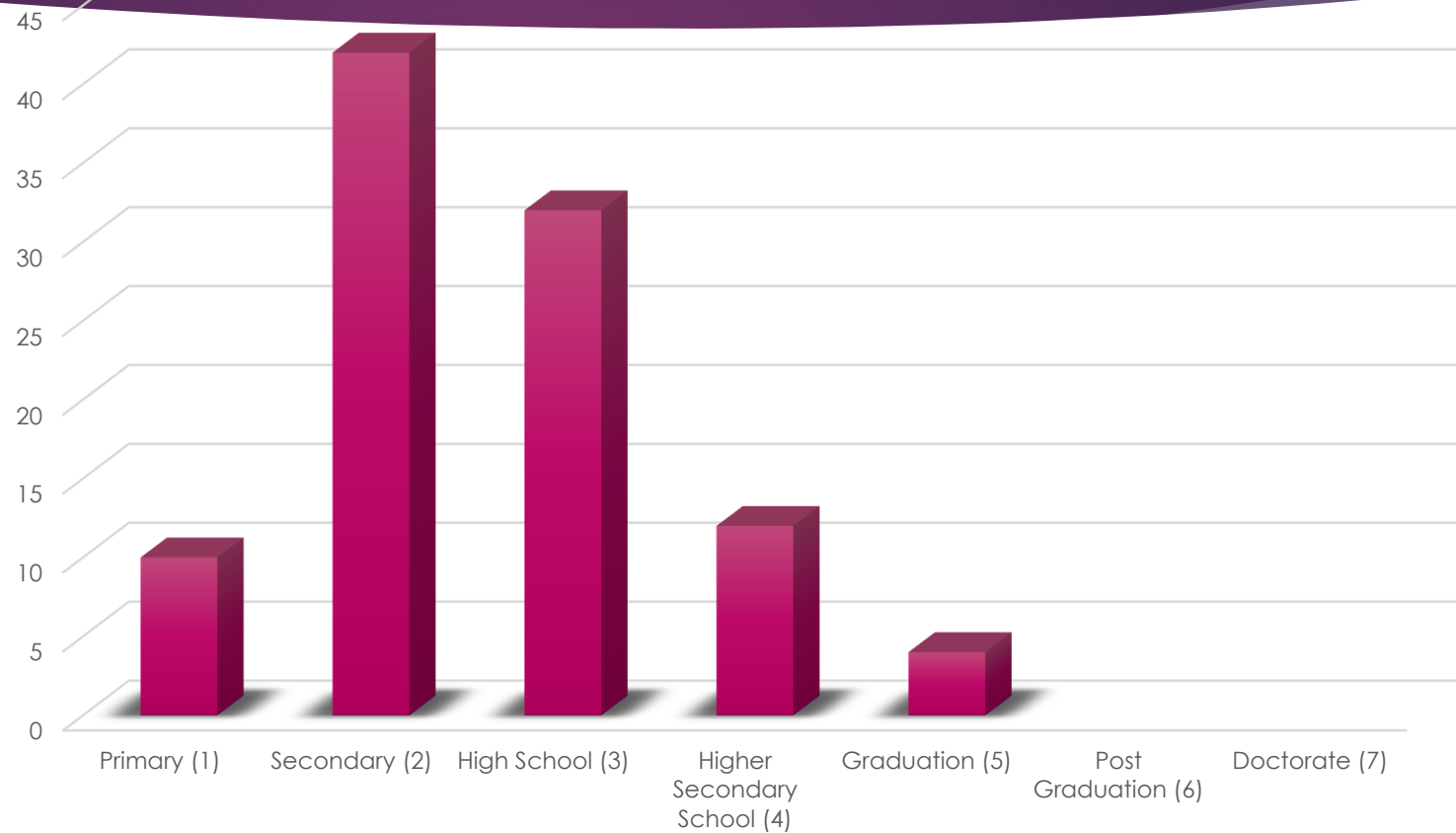


PADDY CUM PISI-CULTURE

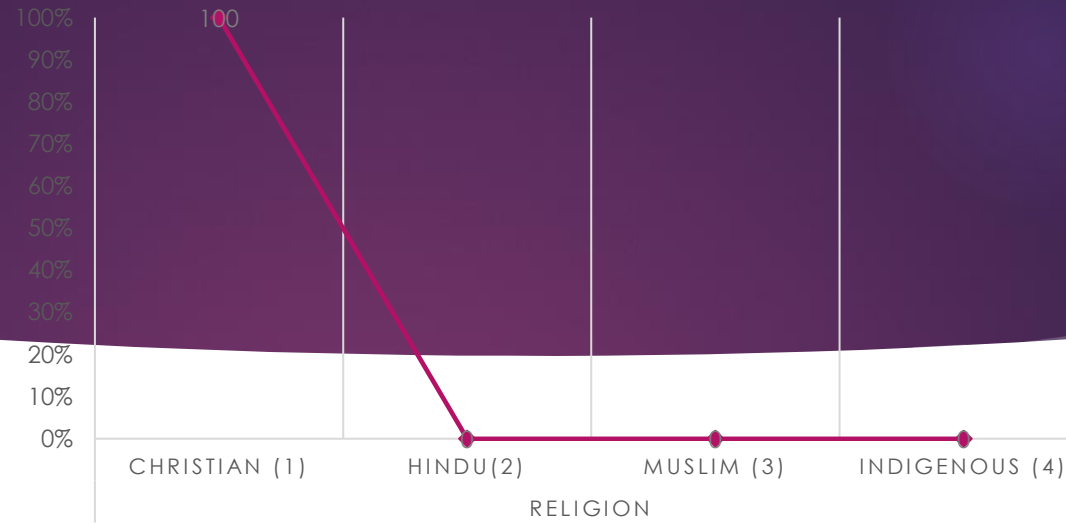


Education Profile

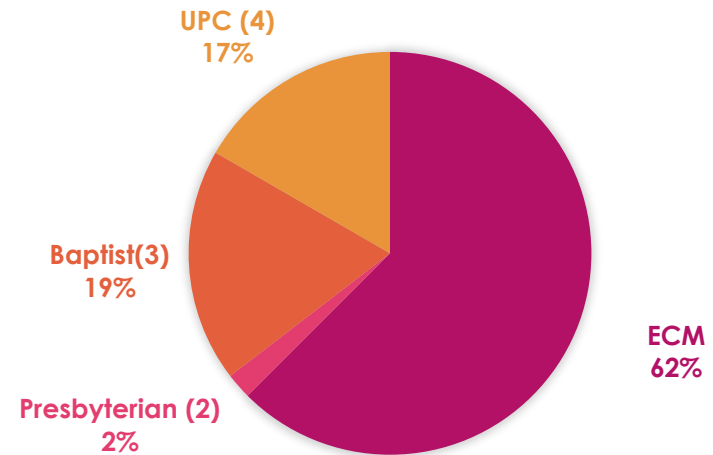
EDUCATIONAL ATTAINMENT



RELIGION CONCENTRATION

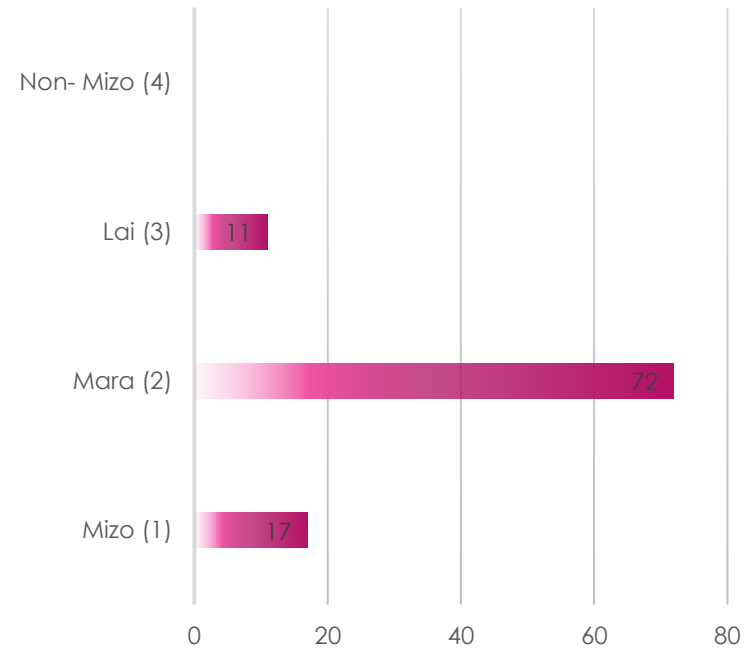


DENOMINATION IN PHURA VILLAGE

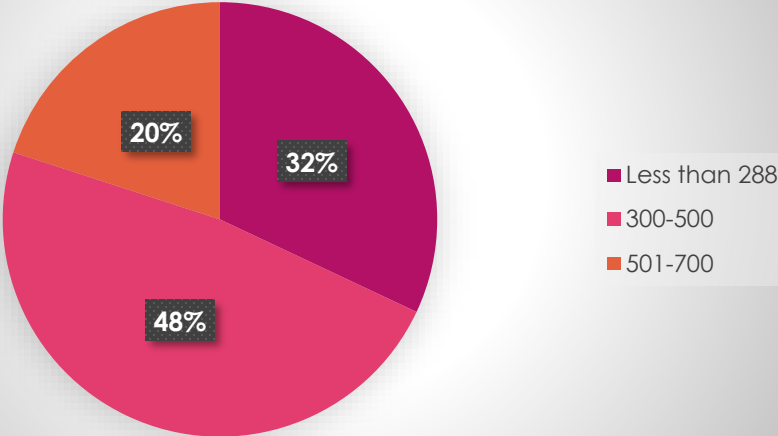


Socio Cultural Environment

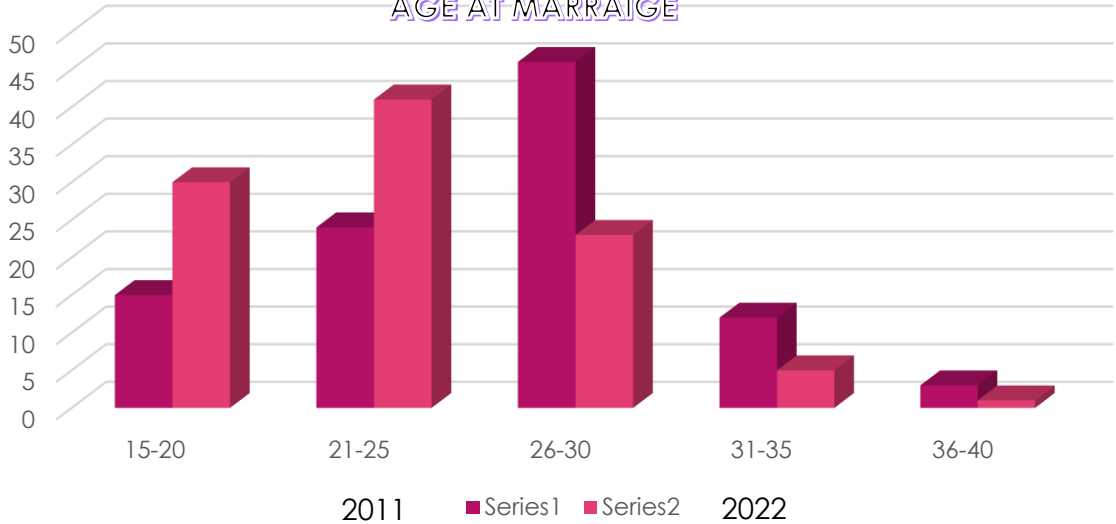
ETHNIC COMPOSITION



Area of the residence



AGE AT MARRAIGE



Geographical Asset

- ▶ Physiography
- ▶ Terrain-slope
- ▶ Temperature
- ▶ Rainfall
- ▶ Drainage
- ▶ Peak
- ▶ Altitude
- ▶ Settlement pattern



Rock varieties of the study area



Shale



Problems

Product
Marketing

Road
connectivity

Farmers
Educational level

Research Findings

- ▶ Mara tribe account for 72% of the villagers, Lai 11%, Mizo 17%.
- ▶ The size of houses are comparatively higher than other villages, this is due to the plain topography, 48% of the houses falls under the category of 500-700 sq feet, 32% under 200 sq feet, 20% has wide house dimension of 700sqfeet.
- ▶ General education attainment is quite low in Phura village, 10% of the sample population attain primary education, 42% of the population belongs to middle school, 34% have receive high school education, 11% higher secondary education. Remarkably, Graduation level accounts for only 3% , while Post Graduation and Doctoral level makes 0%. This shows identical low level of higher studies.
- ▶ Average size of the family is 5 members.

- ▶ Unlike most of the villages in Mizoram, Phura Village depict growing pattern of Early marriage. In 2011, 46% (majority) of the youth get married at the age of 26-30, while In 2022 (Household Survey), 23% of the youth get married at the age of 26-30, while majority 41% get married at the age of 21-25. This decadal data shows that there less economic choices for youth rather than to get married at early age.
- ▶ Economic activity of Phura village is completely characterise by agriculture, 95% of the households depend on Wet Rice Cultivation (Leilet) & shifting cultivation, while secondary activity is NIL in the area, 8% belongs to tertiary activity, tertiary workers in the village are worker coming from inter district, Quarternary and Quinary sector are Nil.
- ▶ Male population accounts for 58%, female contribute 42%, In particular Mizo tribe, female population are shrinking in Phura village due to marriage migration to surrounding districts and villages.
- ▶ In spite of dull development, migration rate is minimal at 12%, most of the migrating population are intra-state.
- ▶ Rock and soil sample has been taken from the study area, **rocks types** exposed in the area are mainly green Shale, Silty shales and mudstone.

Overall Research Findings

- ▶ Identity quest
- ▶ Mix culture
- ▶ Crossed marriage
- ▶ Minor conflict
- ▶ Feeling of alienation
- ▶ Backwardness in diverse angle
- ▶ Forest, Agri, PHE, PHC transit office are available at the village, but none of them function to its full capacity.



List of Students undertaking PROJECT, INTERN, Field Study (Department of Commerce)

Name of the value-added courses (with 15 or more contact hours) offered during the last five years	Course Code (where ever applicable)	Year of offering	Number of students who successfully completed the course in the specified year
Entrepreneurship project work	BC/4/CC/14P	2018-19	112
Entrepreneurship project work	BC/4/CC/14P	2019-20	100
Entrepreneurship project work	BC/4/CC/14P	2020-21	80
Entrepreneurship project work	BC/4/CC/14P	2021-22	125
Entrepreneurship project work	BC/4/CC/14P	2022-23	138
Computer Application in Business (practical)	BC/1/CC/04P	2018-19	112
Computer Application in Business (practical)	BC/1/CC/04P	2019-20	100
Computer Application in Business (practical)	BC/1/CC/04P	2020-21	80
Computer Application in Business (practical)	BC/1/CC/04P	2021-22	125
Computer Application in Business (practical)	BC/1/CC/04P	2022-23	138
Internet & WWW	BC/5/CC/20E	2018-19	112
Internet & WWW	BC/5/CC/20E	2019-20	100
Internet & WWW	BC/5/CC/20E	2020-21	80
Internet & WWW	BC/5/CC/20E	2021-22	125
Internet & WWW	BC/5/CC/20E	2022-23	138
E-Commerce (Practical)	BC/6/CC/26/EP	2018-19	112
E-Commerce (Practical)	BC/6/CC/26/EP	2019-20	100
E-Commerce (Practical)	BC/6/CC/26/EP	2020-21	80
E-Commerce (Practical)	BC/6/CC/26/EP	2021-22	125
E-Commerce (Practical)	BC/6/CC/26/EP	2022-23	138
			2220

List of Students undertaking PROJECT, INTERN, Field Study (Department of GEOGRAPHY)

Name of the value-added courses (with 15 or more contact hours) offered during the last five years	Course Code (where ever applicable)	Year of offering	Number of students who successfully completed the course in the specified year
Field Study Report of Animal Husbandry and Vety farm Complex, Thenzawl and it adjoining areas.	GEOG/VI/CC/11	2023	42
Field Study Report on A Geographical Study of Sairang	GEOG/VI/CC/11	2022	50
Field Study Report on A Geographical Study of Samlukhai Village, Mizoram.	GEOG/VI/CC/11	2021	46
Field Study Report of Reiek Village and its Adjoining Areas	GEOG/VI/CC/11	2020	45
Field Study Report on Muthi Village	GEOG/VI/CC/12	2019	40
Field Survey Report 2018 of Dilkhan	GEOG/VI/CC/13	2018	40
		Total	263

List of Students undertaking PROJECT, INTERN, Field Study (Department of ENGLISH)

Name of the value-added courses (with 15 or more contact hours) offered during the last five years	Course Code (where ever applicable)	Year of offering	Number of students who successfully completed the course in the specified year
Project on Verbal Ability Test/ Mock Interview	ENG/I/FC/1: ENGLISH 1 (Course 1 - FC)	2018	741
Project on Verbal Ability Test/ Mock Interview	ENG/I/FC/1: ENGLISH 1 (Course 1 - FC)	2019	660
Project on Verbal Ability Test/ Mock Interview	ENG/I/FC/1: ENGLISH 1 (Course 1 - FC)	2020	798
Project on Verbal Ability Test/ Mock Interview	ENG/I/FC/1: ENGLISH 1 (Course 1 - FC)	2021	857
Project on Verbal Ability Test/ Mock Interview	ENG/I/FC/1: ENGLISH 1 (Course 1 - FC)	2022	665
		Total	3721

List of Students undertaking PROJECT, INTERN, Field Study (Department of PSYCHOLOGY)

Name of the value-added courses (with 15 or more contact hours) offered during the last five years	Course Code (where ever applicable)	Year of offering	Number of students who successfully completed the course in the specified year
The Implications of Social Network Addiction on Perceive Stress and Mental Well being among the Young Adults of Aizawl	PSY/V/CC/10	2018	40
Study of Gender Difference in Mental Well Being	PSY/V/CC/10	2019	39
Astudy of Ethnic Identity and Academic Stress	PSY/V/CC/10	2020	44
A Study of Depression among Govt. Hrangbana College Students	PSY/V/CC/10	2021	42
A Study of Relationship between wellbeing and Self Esteem Among College Students in Aizawl City	PSY/V/CC/10	2022	38
A Study of Sleep and its effect on mental health among college students in Aizawl City	PSY/V/CC/10	2023	45
		Total	248