







MESSAGE

The morning assembly is a cherished tradition in schools around the world, serving as a daily gathering that unites students and staff in a shared space of learning and reflection. It is during these moments that we set the stage for the day ahead, fostering a sense of community, discipline, and enthusiasm among all participants. The Morning Assembly Weekly Activity Book has been crafted to enhance this essential practice, providing educators with innovative tools and activities to make each assembly engaging and impactful.

In an era where student engagement is more crucial than ever, this book aims to transform the morning assembly into a dynamic platform for creativity and collaboration. Within these pages, you will discover a variety of activities designed to spark interest and participation from students of all ages. From interactive discussions to creative performances, each activity encourages students to express themselves, share their ideas, and connect with their peers.

The importance of morning assemblies extends beyond routine; they are opportunities to instill values, celebrate achievements, and promote emotional well-being. The Activity Book and User Guide emphasize the significance of these gatherings by offering activities that not only entertain but also educate. By integrating developmental themes such as cognitive, physical, emotional and social development into your assemblies, you can create an environment that nurtures both academic success and personal development.

As you explore this book, we encourage you to adapt the activities to suit the unique needs of your school community. Flexibility is key; feel free to modify or expand upon the ideas presented here to ensure they resonate with your students. Our goal is to empower educators to create memorable experiences that inspire students and foster a positive school culture.

We hope this Activity Book serves as a valuable companion in your journey to enrich morning assemblies in your school. Together, let us cultivate an atmosphere where every student feels valued and motivated to contribute, making each assembly a highlight of their school day.

Date: 13 November 2024

Shri. Swapnil Tembe, IAS State Project Director &

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MESSAGE

In the vibrant tapestry of school life, the morning assembly stands out as a cornerstone of community, learning, and personal growth. It is more than just a gathering; it is a daily ritual that sets the tone for the day ahead, fostering a sense of belonging and unity among students and staff alike. This Activity Book on School Morning Assembly is designed to enhance this vital tradition, providing engaging resources that inspire creativity, reflection, and participation.

Morning assemblies serve numerous purposes: they instill discipline, promote values, and encourage public speaking skills. They are an opportunity for students to come together, share their achievements, and celebrate their diversity. Each assembly is a chance to cultivate an environment where respect, empathy, and collaboration flourish. This book aims to enrich that experience by offering a variety of activities that not only engage students but also deepen their understanding of the significance of these gatherings.

Within these pages, you will find a wealth of ideas—ranging from thought-provoking discussion prompts to creative expression activities—that can be seamlessly integrated into your morning assembly routine. Each activity is thoughtfully crafted to encourage student participation and reflection, making assemblies more interactive and meaningful. By incorporating these elements, we hope to transform morning assemblies into vibrant platforms for learning and growth.

As educators, we have the unique opportunity to shape the minds and hearts of our students. The morning assembly is a powerful moment each day where we can inspire them to become responsible citizens, compassionate leaders, and lifelong learners. We invite you to explore this Activity Book with enthusiasm and creativity. Let us work together to make our morning assemblies not just a routine but a cherished experience that resonates with every student.

May this book serve as a valuable resource in your journey to enrich the morning assembly experience in your school. Together, let us nurture a culture of positivity, engagement, and community spirit that will leave a lasting impact on our students for years to come.

Date: 13 November 2024

Smt. R.S. Manners, MCS

Director,

Educational Research & Training

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COGNITIVE DEVELOPMENT ACTIVITIES

7-1

RIDDLES

Activity for: All age groups

A riddle is usually a question or statement that has multiple meanings and needs to be solved. Riddles can be asked in the morning assembly to children just like a quiz.

Why is it important?

Riddles can improve children's problem-solving, logical and critical thinking abilities. The act of grappling with a riddle for a period of time can develop students' concentration, focus and mental dexterity.

- 1. Collect the riddles to be asked in the assembly (related to various subjects or relevant to their learning), eg: Where can you find cities, towns, shops and streets but no people? Answer- Map
- 2. Assign a student to read the riddle on the assembly stage.
- 3. Let other students answer the riddle.
- 4. Reveal the answer





A quiz is a game or competition in which someone tests students' knowledge by asking questions.

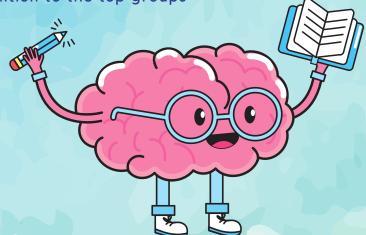


Why is it important?

Quizzes are enjoyable for the majority of children. Adding quizzes during morning assembly improves students' concentration, identifies knowledge gaps, boosts confidence and helps children retain information about various topics that they learn in the classroom including essential General Knowledge.

- 1. Come up with a topic or theme (subject/ special occasions/ personalities/ place etc.) at least two days before the assembly.
- 2. Circulate the topic amongst students and ask them to collect information about it and prepare to participate in the quiz (you can suggest books or other sources to refer to)
- 3. Collect the relevant guizzes based on the theme
- 4. Select the quiz masters to anchor the quiz
- 5. Divide students into groups (class-wise or house-wise)
- 6. Give each group scores according to their answer for each question







A tongue twister is a sequence of words or sounds, typically of an alliterative kind, that is difficult to pronounce quickly and correctly.

Why is it important?

Tongue twisters are enjoyable for students to attempt and recite. They are also an effective way to practice pronunciation. Additionally, tongue twisters are beneficial as they help students' brains recognize patterns and recall words more quickly.

- 1. Assign student anchors/language club members to collect the tongue twisters in different languages.
- 2. Student anchors can recite one or two twisters to students in the morning assembly.
- 3. Students will repeat it and practice during assembly.
- 4. Give some students a chance to say the tongue twister during assembly.
- 5. Language teachers should ask the tongue twisters after assembly in their classrooms for reinforcement.





Students can read current affairs or the main headlines of the news in the morning assembly.

Why is it important?

News reading:

- Brings ideas and current events to students
- Builds local, regional, national and global awareness.
- Promotes social consciousness
- Increases vocabulary

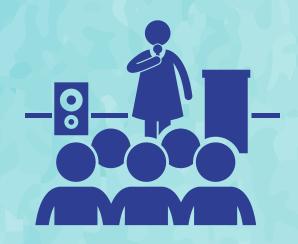
- 1. Select a team of students (could be the current affairs team or press club of the school)
- 2. The team collects the leading news headlines from various newspapers or daily news platforms
- 3. Categorize the news into literature, sports, arts, crafts, culture, science and technology, entertainment, etc
- 4. Rewrite the news in a way that all students can understand
- 5. Read the news in the assembly. The news reading task could be given to students who can read like professional news readers.







The Head of School, Principal or a Teacher can give a formal talk to students that is informative, relevant and contextually appropriate.



Why is it important?

This will help students become more knowledgeable about the events and the world around them.

- Select the topic: Relevant and contextual topics or motivational speeches on important days, dates, etc.
- 2. Collect the talking points from different sources.
- 3. Prepare a speech script that is short, simple, and engaging, catering to all age groups. Include fun and exciting elements to ensure it resonates with everyone. For younger students, focus on relatable topics like friendship and teamwork, while for older students, highlight themes like career aspirations and future opportunities.
- 4. Craft a speech that establishes the institution's tone by embodying its values, mission, and vision. Highlight the institution's image and reputation while fostering a strong sense of belonging and unity among all stakeholders.
- 5. Deliver the speech: Ensure that all students hear the speech. Ask questions in between to engage students.



PHYSICAL DEVELOPMENT ACTIVITIES



Activity for: All age groups

Warming Up - Warming up should consist of a gradual increase in physical activity for individuals to increase joint mobility, stretching and various sports-related activities.

Cooling Down - After a workout/game it is equally important to ensure that the body cools down.

Why is it important?

Mass PT plays a crucial role in daily life by enhancing physical fitness, strengthening muscles, improving overall health, and bringing a sense of enjoyment.

How to execute?

Warm Up

Students should engage in a warm-up session lasting about 8-12 minutes or as required, focusing on dynamic stretching. This includes running and stretching key joints such as the wrists, elbows, shoulders, neck, trunk, hips, knees, and ankles.



Cool down

A five to ten-minute walk or light jog will cool down the body temperature and relax the muscles.



Spend around ten minutes on static stretching exercises, including stretches for the chest, biceps, hamstrings, calves, hips, thighs, front of the trunk, and quadriceps. Each stretch should be held for 10 to 30 seconds.



Why is it important?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

How to execute?

Students can hum at the beginning and end of the morning assembly.

- 1. Humming or chanting can be included at the beginning of the activity, with students humming tunes from rhymes or cultural and traditional pieces like Nanggo Rere Gose Rong or Ri Khasi Baieid Jong Nga, etc. while meditating.
- 2. Mental body scans- Students can have a few minutes of quiet time and concentrate on themselves to have peace. Get students to close their eyes and focus on one body part at a time. Start from the top of their head to the tips of their toes and get them to tighten, then relax, every individual part.
- 3. Storytelling- It can be an excellent attention grabber. Students can concentrate on the story, imagine themselves being in the story, or imagine the story in the picture while they keep their eyes closed. Read a story to children at the end of their practice while they keep their eyes closed. Ask them to relax, allowing them to reflect on the story being told.
- 4. Brief meditation- It involves teachers playing soothing music or a guided meditation script, encouraging children to follow the prompts or reflect on a central question.



When integrating stretching and exercise in the morning assembly, several poses, and exercises can be introduced to students. The stretching, poses, and exercises mentioned are especially easy to integrate into the school environment.

Why is it important?

Dynamic stretching and exercise help in increased flexibility, muscle strength and improved respiration. It also supports in maintaining a balanced metabolism.

How to execute?



1. Mountain pose- Students will pose like a mountain as instructed in the activity.

Have students close their eyes and focus on each body part one at a time. Begin at the top of their head and move down to their toes, asking them to tighten and then relax each part individually.



2. Tree pose- Students will pose like a tree as instructed in the activity.

- From the mountain pose, get children to transfer their weight to one side.
 They will then place the bottom of one foot on the inside of the opposite thigh or calf (avoid the knee).
- Ask children to place their palms together in a praying position at their chest.
- Ask them to stand tall like a tree, make a bike stand with one of your feet, and place your hands in a praying position.
- More flexible children can extend their legs up to their thighs and raise their hands above their head (similar to mountain pose extension).



3. Warrior pose- Students will pose like a worrier as instructed in the activity.

- From the tree pose, move into a lunge position with one foot back and one forward. Get children to bend their front knee and hold their palms in a praying position over their heads with their arms straight. They can then look up toward the sky.
- Move into a runner's lunge. Turn your front foot forward like you are running and press both hands together over your head.
- · Spread arms parallel at their sides like a plane.



4. Cat/Cow pose: Students will pose like a cat/cow as instructed in the activity.

- Get children to move onto their hands and knees with their arms straight and legs arm's length apart. Get them to tuck their head and arch their back.
- Get down on all fours like a baby learning to crawl. Ask them to tuck their head in between their arms and lift their spine like a cat waiting to pounce.
- Get children to lift their heads and lift their bottoms.



5. Child's pose- Students will pose like a child as intructed in the activity.

- Begin on all fours in a tabletop position. Get children to push their arms alongside their torso, palms facing down.
- Lower down to the floor and put arms and legs in a table position. Push arms forward as far as possible with arms straight and relax.
- Children can start on their knees and push forward with their arms.





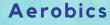
Why is it important?

Energizer activities or exercises are performed continuously to help children develop a sense of rhythm. This not only enhances skills like coordination and teamwork but also energizes them, enabling active and focused learning throughout the rest of the day.



Action Song

Encourage students to perform rhythmic movements matching the song's lyrics using only their hands, legs, head, or body. Gradually, have them learn the lyrics and incorporate actions step by step to create a complete action song performance.





Ask the students to perform the exercises on counts. Once the movement required in each count is clear to the students, then introduce beats and, later on, music for the presentation of exercises. Sometime during Aerobics, the student may use equipment like steps, pom-poms, etc., to increase the impact of the entire production. Synchronisation of movements/exercises is critical in Aerobics.

Folk Dances



Encourage students to incorporate body movements, eye expressions, and facial expressions to convey the essence of a specific folk dance. At an advanced level, a teacher will be responsible for selecting and teaching particular dances to students. Although there are many folk dances to choose from, the teacher makes this choice based on factors like the school's interests, location, state traditions and local preferences.

Steps to prepare for the folk dance performance:

- 1. A dance teacher or designated teacher will post a notice on the board, announcing which class (on rotational basis) will perform in the assembly, at least two weeks ahead of time.
- 2. Students will practice for a minimum of 30 minutes after school each day for two weeks. (parents will be notified in advance of the students' schedules.)

For costumes, teachers may enlist parents' help to create costumes for the students using old clothing.

EMOTIONAL DEVELOPMENT ACTIVITIES



Activity for: All age groups

This involves students imitating facial expressions that show different emotions.

Why is it important?

This activity helps students recognize and understand the visual expressions of different emotions.

How to execute?

A designated teacher or student can stand on stage to demonstrate various emotions through facial expressions, which the others will then imitate. Afterwards, students can be asked to identify the emotion being expressed.

OR

(For small group)

Students can be arranged in rows named Row 1, Row 2, Row 3, and so on, with each pair of rows facing each other (e.g., Row 1 faces Row 2, Row 3 faces Row 4, etc.). Each student in Row 1 expresses an emotion through facial expressions, which the student directly across from them in Row 2 imitates. Likewise, each student in Row 3 displays an emotion that Row 4 students copy, and so forth.



This activity involves inhaling positive energy by visualizing a calming color and exhaling negative energy by picturing a color that represents anger, frustration, sadness, or other negative emotions.

Why is it important?

The Colour Breathing Technique is a quick and simple breathing and visualization exercise that helps you better manage anxiety and stress. It grounds your thinking in the present and promotes relaxation and overall well-being.

How to execute?

Ask your students to think of a relaxing colour and another colour representing anger, frustration, or sadness. Now, have your students close their eyes and imagine breathing in the relaxing colour and letting it fill their bodies. On the exhale, ask them to picture the "negative" colour leaving their body and dissipating throughout their surroundings.



Activity for: All age groups

This activity is about bringing an expert to talk about a topic which is relevant and important to all learners.

Why is it important?

This activity provides students with an opportunity to learn from experts in the field, expanding their knowledge. It can also serve as inspiration, encouraging them to aspire toward their own goals.

How to execute?

- 1. Identify and invite the speaker on the day
- 2. Ensure to communicate the time limit to the expert
- 3. Introduce the speaker to children
- 4. Encourage the speaker and students to make the assembly interactive and ask questions



Activity for: All age groups

This activity will teach students to learn three magic words - Thank you, sorry and please and practice them in their daily life .

Why is it important?

Encouraging students to use "thank you," "sorry," and "please" promotes respect and empathy in their interactions. These "magic words" improve communication skills and help build positive relationships with their peers.

- 1. In class, teachers introduce the "magic words" and demonstrate their importance to students.
- 2. Students are asked to prepare a "thank you," "sorry," or "please" note for someone, to be shared at the next assembly.
- 3. Encourage a few students to read their notes aloud during the assembly.
- 4. Create a "Magic Jar" in each classroom where students can add notes with these words daily.
- 5. Set aside a time for students to read the notes aloud.
- 6. Teachers should be part of this activity once in a week.



This activity will allow students to reflect on their experiences from the week's activities at the end of the week.

Why is it important?

This weekly practice is an excellent way for children to pause and reflect on how their week went.

How to execute?

- 1. Teachers need to define the goal of the reflective session
- 2. Teachers need to assign 5 minutes
- 3.Teacher will ask some students to present their reflections in the assembly
- 4. Teachers can summarize the key reflections of students



Activity for: All age groups

This activity is about bringing gratitude to children and feeling good about themselves for what they have.

Why is it important?

Humans tend to remember the negative more easily than the positive. Practicing gratitude helps us maintain a balance by focusing on the positive aspects.

How to execute?

Ask children to close your eyes (or sit in silence) and take 2-3 minutes to think about what they are thankful/grateful for. And then later share it with others, or writing on their notebooks.





Activity for: All age groups

This physical game involves rules that delineate the two roles of players, which determine how the player should act.

Why is it important?

In this active game, players practice control of their physical body and emotions.

How to execute?

In this game, one student calls out "Red light!" and "Green light!" on the mike.

When the 'green light' is called out, the students can move around from their place. When the 'red light' is called out, they must stop.

Post this game, students can go back to the place where they were standing.





Activity for: All age groups

This activity involves taking the children out in nature and asking them to observe things around them.

Why is it important?

Connecting with nature helps in involving all the five senses, enhances power of observation and develops compassion and empathy among children. It helps adults as well in releasing stress and ensuring mental health.

How to execute?

Take your little ones outside to indulge their five senses.

Ask them to explore the changing colour of leaves, different leaf shapes, and more. Listen for birds and other critters. Lie down on the grass and feel the earth beneath you as you look up at the blue sky. After they come back, ask them to share their observations.



Activity for: All age groups

This activity allows each student to choose how they would like to be greeted.

Why is it important?

When you give students a choice, they can evaluate their wants and needs and their mood



coming to the school/classroom. This activity also helps the teacher understand each learner's current mood.

How to execute?

When students arrive in the assembly area/classroom, give them a list of different greeting options. Some popular choices are wave, foot tap, high five, fist bump, thumbs up, jazz hands, elbow bump.



In this activity, students will listen to music, a poem or a story and then express their reactions through art.

Why is it important?

Art is a great way for students of all ages to relieve stress and express their emotions positively and healthily.

How to execute?

- 1. Play a piece of music (or a poem or story) for the students and ask them to respond through art. Provide prompts such as:
- 2. How did it make you feel?
- 3. Does this music seem happy or sad?
- 4. What colors does the music remind you of?
- 5. Students can use art supplies like paper, pencils, colors, or paint to express their reactions.





Activity for: All age groups

Students will use their creativity to draw an outline of their face profile and write empowering statements about what makes them unique and amazing.

Why is it important?

Having students reflect on their own amazing character traits will allow them to have a better understanding of what makes them unique.

How to execute?

Give a small white paper to each student. Ask them to bring colours. Ask students to create a portrait of themself. Then write about their strengths in their portrait. Later they can take this and paste it into their classroom.



Activity for: All age groups

This activity will enable students to learn new words everyday and include it in their day to day activities.

Why is it important?

Teaching vocabulary in schools is not just about memorizing words; it's about equipping students with the tools to understand, express and engage with the world around them.

- 1. Teachers or students will share the new words and their meanings and usage to students.
- 2. Ask students to prepare sentences using those words.
- 3. Encourage few children to read out their sentences in the assembly
- 4. Prepare a Word Jar in classrooms where children pick one chit and will try to remember what that word means.
- 5. Set a time where children can share the words in the whole week.
- 6. Teacher should be part of this activity once in a week.



SOCIAL DEVELOPMENT ACTIVITIES



Activity for: All age groups

Why is it important?

Theatre is an excellent activity for students to broaden their perspectives. It can help shy students become more confident and allow outgoing students to flourish in a creative setting. Even children who prefer to stay out of the spotlight can contribute by working in the costume or production department.

- 1. Identify themes for theatre performances, such as festivals, seasons, events, or specific monthly themes.
- 2. Create a timetable for sections to perform plays on a rotational basis.
- 3. Encourage teachers to supervise and support preparations for each class.
- 4. Award the best-performing class.





Provide opportunities during the morning assembly for students to interact with various experts.

Why is it important?

It exposes students to society and provides them with the opportunity to interact with individuals from diverse backgrounds.

How to execute?

- 1. Identify experts with the help of SMC and teachers
- 2. Send them invites for the morning assembly
- 3. Connect with the expert to explain the format and purpose
- 4. Prepare an introduction for the expert
- 5. Introduce the expert and facilitate the interaction.



Activity for: All age groups

The game presents structured social skills activities, like starting a conversation and talking about specific subjects based on cards.

Why is it important?

The game helps learners learn how to talk to others appropriately and carry a conversation with perspective and empathy. It teaches good manners and self-control by showing them how to enter a conversation, when to talk politely, and when to listen.

Using socialization games like this, you structure conversations to develop the social skills necessary to handle different situations in their daily life.

How to execute?

- 1. Develop a set of situations for children to play-act- for example, Talking to a shopkeeper, Inquiring about staying in a hotel, confronting a friend about returning a borrowed book, etc. Each situation should have at least 2 characters and should be categorized according to age group.
- 2. Cold calls students (call out class, division and roll number) in the assembly and explain the situation
- 3. Give 5 mins for the performance
- 4. Invite any two students to give feedback on the performance (what went well and what could have been better for each student actor)
- 5. Applaud and give feedback in assembly (Make sure to motivate than point out flaws)





Activity for: 1st - 5th grade students

The players must obey all commands that begin with the words "Simon says". E.g., if the leader says Simon says jump, everyone has to jump.

Why is it important?

Simon Says builds social skills for kids' self-control, listening, and impulse control as they copy their peers' movements and follow instructions. It also helps keep the attention on the game and rewards good behavior for those who follow the rules throughout the game.

- 1. Designate someone as Simon.
- 2. If Simon gives a command by first stating, "Simon says..." the listeners must obey Simon's command. If Simon gives a command without first saying, "Simon says..." the listeners must not obey his command.
- 3. If a listener incorrectly obeys or does not obey Simon's command, they are eliminated from the rest of the game round. They must sit out until another game round is started.



A school garden teaches children how to care for a living thing, offering a unique learning experience compared to other social skills activities.

Why is it important?

Gardening with others enhances social skills by teaching children responsibility, as they must care for their plants and cannot neglect them. This activity also encourages outdoor engagement and can have a calming effect on kids.

How to execute?

- 1. Allocate smaller areas of the school land to different classes for gardening (if possible).
- 2. Provide seeds, saplings and necessary gardening tools.
- 3. Schedule gardening time for each class during the assembly.
- 4. Ensure that students regularly take care of their assigned gardens.

LANGUAGE DEVELOPMENT ACTIVITIES



Activity for: All age groups

A group of students will read a story, prepare and present a role-play around it.

Why is it important?

Role play makes reading more engaging for participants and other students, helping to develop a greater interest in reading.

How to execute?

- 1. Select a group of students.
- 2. Assist students in choosing a story.
- 3. Help students prepare the dialogues and plan their actions.
- 4. Conduct a dry run (rehearse the act).
- 5. Perform the enactment during the assembly.



Activity for: All age groups

Summarizing the Story: Students are encouraged to read a story and condense it into a summary of about five sentences.

Why is it important?

This activity encourages students to consider the story from beginning to end, helping them identify and distinguish between its key elements and less significant details.

- 1. Select a few students.
- 2. Assign them a story to read.
- 3. Ask them to summarize what they have learned during the assembly.
- 4. Conduct the activity with different students rotational basis.





Activity for: 1st - 10th grade students

One student will recite the poem and the rest of the students will follow along. Poetry is meant to be read aloud, repeated frequently and shared in groups.

Why is it important?

When children listen to poems orally, they build their listening skills. They learn to attend to the words they hear and to think about what those words mean together.

How to execute?

- 1. Choose a student to recite the poem.
- 2. Review and practice the recitation before the actual morning assembly.
- 3. Conduct the poem recitation during the assembly.
- 4. Have other students repeat the poem after the reciter.
- 5. Conduct the activity with different students on rotational basis.



Activity for: All age groups

A student will share a few lines about a book they have read from the classroom reading corner, class library, or school library. Additionally, they will be assigned another age-appropriate book to read.

Why is it important?

This activity will encourage students to read and help develop the habit of reading.

How to execute?

- 1. Select the student who will present the book review
- 2. Conduct a practice before the actual morning assembly
- 3. Conduct the book review activity
- 4. Ask the student to prepare 2-3 MCQs related to the review
- 5. Conduct the activity with different students on rotational basis.



Activity for: 1st to 10th grade students

Every year 22nd February is celebrated as International Mother Tongue Day. The teacher will select any book in any language (including regional/mother tongue) and then ask the students to present the summary in assembly.

Why is it important?

"Learning to read in the mother tongue helps to accelerate children's learning"

- 1. Select a few students from different native language backgrounds.
- 2. Ask them to bring a write-up, such as a story, poem, essay, folktale, etc.
- 3. Review their write-ups.
- 4. Have them read their write-ups during the assembly.

SAMPLE ASSEMBLY FLOW

SCHEDULE

05 Min- Prayer/Folk song/cultural song/ Motivational Song





10 to 12 Min-Special Activity



03 Min- National Anthem & Closing



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