

Annual Report 2023





NAGALAND STATE COMMISSION FOR WOMEN

Annual Report

2023

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Foreword

I take this privilege to share a message on the annual activity magazine (2023) of the Nagaland State Commission for Women (NSCW). As we reflect on the past events and look forward to more opportunities to the fore, I am filled with a deep sense of pride and gratitude for all that we have accomplished together. Our annual activity magazine serves as a testament to the enthusiasm, fervour and collective effort of all the officials. Every page of this magazine would facilitate us to witness the stories of inspiration, contentment and labor. And each article and photograph of this magazine delightfully encapsulates the commitment and spirit of our Commission in particular and women at large.

I extend my heartfelt appreciation to my colleagues and the supporting team for their unwavering commitment and tireless dedication that enabled us to bring out this beautiful magazine.

And as we embark on the journey ahead, let's continue to uphold our shared values of excellence, integrity and inclusivity. Let this magazine serve as a beacon of inspiration, education, and advocacy, guiding us towards a more inclusive and equitable world for all.

A handwritten signature in black ink, appearing to read 'W. Nginyeih Konyak'.

(W. NGINYEIH KONYAK)

Chairperson
Nagaland State Commission for Women

NAGALAND STATE COMMISSION FOR WOMEN (NSCW)

VISION

The Nagaland State Commission for Women (NSCW) envisions the women of Nagaland in a safe environment, living her life with dignity, being aware about her constitutional rights and entitlements, and pursuing her chosen occupation in life with great freedom.

MISSION

- To create state wide awareness of women's right to access legal protection and redressal in situations where their rights are being violated.
- To reach the women from all backgrounds, rural or urban, with information about the assistance and guidance available at NSCW.
- To enlighten women on equal opportunities in all areas of life.
- To assist women victims of sexual harassment in the workplace, trafficking, blackmail, cyber-crimes and domestic abuse.

CONSTITUTION & ADMINISTRATIVE SET-UP

The Nagaland State Commission for Women was constituted vide Government of Nagaland Notification NO. LAW/ACT. 218/2006 dated 30th Nov. '06 under the Nagaland Women Commission Act 2006 (Act No. 6 of 2006) and was formally inaugurated by His Excellency the then Governor of Nagaland Shri. K. Shankarnarayanan on 28th March 2007. The Commission still functions from hired premises at the NBCC Complex, 1st Floor, Bayavü Hill, Kohima.

The following persons have been appointed as Chairperson and Members of the Nagaland State Commission for Women by the State Government vide order No. SW/NSCW-24/5/14 dated 17-05-2023, for a period of three years.



SMT. W. NGINYEIH KONYAK
Chairperson



SMT. KEKHRIENUO MEYASE
Member



SMT. AKOKLA LONGCHAR
Member



SMT. BODENO S. COLO
Secretary, NCS

The Nodal Department of the Commission is the Social Welfare Department, Government of Nagaland.

FUNCTIONS OF THE COMMISSION:

1. According to Section 5 of the Nagaland State Commission for Women Act-2006, the Commission shall:
 - a. Study/research and codify the customary laws relating to Naga women, family institutions, social security for women and children, on tribe-wise, district-wise and on other basis that may be considered necessary for protecting family institutions from breaking up and for protecting against children particularly girl children from being rendered as orphans.
 - b. Study, research and report on the advisability of reorienting some of the customary laws and practices into legislative enactments;
 - c. Study, research and report on all Acts of Parliament including Civil Procedure Code, Criminal Procedure Code and Indian Penal Code etc., regarding their applicability or otherwise to Naga women, for enabling the Nagaland Legislative Assembly to take appropriate action under article 371-A(1)(a) of the Constitution of India;
 - d. Study, research and report on all Acts of Nagaland Legislative Assembly that affect women so as to plug loopholes and for more effective implementation;
 - e. Study, research and report on the advisability of including specific provisions in the Constitution of India for further protecting the interests of women in Nagaland, both in general and special ways;
 - f. Formulate alternative policies for the socio-economic and educational advancement of women in Nagaland for consideration of the State Government;
 - g. Study, research and report on the conditions of women in general, in Nagaland.
 - h. Study, research and report on the conditions of women in private and public work places in Nagaland
 - i. Study and report on the conditions of women in Jails, Remand Homes and other places of custody to ameliorate their conditions against atrocities and human rights violations
 - j. Receive complaints relating to the status, conditions and affairs of women from individuals and bodies, investigate them and report to the State Government ; and
 - k. Perform all other functions which are connected with or incidental to functions enumerated above.
2. It shall be the duty of the Commission to make special study, research, investigation and inquiry into matters or questions affecting the welfare and empowerment of women in Nagaland, that are referred by the State Government to the Commission.

POWERS OF THE COMMISSION (NWC ACT -2006):

1. While performing functions under section 5 of this Act, involving investigation and inquiry, the Commission shall have the powers of a civil court trying a suit and, in particular, in respect of the following matters:
 - a. Summoning and enforcing the attendance of any person from any part of India and examining him on oath.
 - b. Requiring the discovery and production of any documents
 - c. Receiving evidence on affidavits
 - d. Requisitioning any public record or copy thereof from any court or office
 - e. Issuing Commissions for the examination of witnesses and documents, and
 - f. Any other matter which may be prescribed.
2. The Commission may for the purpose of conducting investigations and inquiry under this Act, utilize the services of any officer of the State Government with its prior approval.
3. The other procedural details in regard to conduct of investigations and inquiries under this Act shall, as far as possible, be the same as the procedure followed by a Civil Court and may also, if found necessary, further be prescribed by rules to be made by the State Government.

MAIN ACTIVITIES OF THE COMMISSION:

The Commission has been engaged mainly with sensitization efforts since its inception:

- a. About Women/Girls' Legal Rights under the Constitution.
- b. About access to legal authorities for redressal of grievances.
- c. Need to urge the authorities to include women members in decision-making bodies.
- d. Create awareness for a safe environment within the family by discouraging domestic violence in homes and encouraging women to report such cases to the authorities promptly.
- e. Conducting awareness programmes about women's rights on equal share of inheritance of acquired property and working towards the enactment of such a law.
- f. Documentation of Traditional Practices, Skills and Knowledge relating to women.

Activities

OF THE COMMISSION

2023



I. INTERNATIONAL WOMEN'S DAY 2023:

A. On 8th March 2023 the Nagaland State Commission for Women in collaboration with the Department of Social Welfare, Department of Women Resources Development, Nagaland State Social Welfare Board and Mission Shakti organized International Women's Day 2023 on the theme, "**DigitALL Innovation & Technology for Gender Equality**" at The Heritage, Kohima.

The occasion was graced by **Dr. P. Kilemsungla**, Padma Shree Awardee and former Member of Union Public Service Commission (UPSC). The Program was chaired by Smt. Meneno V, State Hub for Empowerment of Women. A special prayer was pronounced by Smt. Nini Bendang, Associate Pastor (Women), City Church.



In the Keynote address **Smt. Anenla T. Sato, IAS**, Commissioner & Secretary, Women Resources Development and Horticulture said that the International Women's Day is celebrated through the observation of various themes primarily aimed at empowering women across the world and celebrating the social, economic, cultural and political achievements of women and the day also marks a call to action for accelerating gender parity.

Smt. Martha R. Ritse, IAS, Secretary, Social Welfare gave an introduction to Mission Shakti, Umbrella Scheme for Safety, Security and Empowerment of Women.

She pointed out that for effective implementation of various schemes and programmes of the Nodal Ministry- i.e., Ministry of Women & Child Development (GoI), has classified all major schemes under 3 umbrella Missions viz.

- ✓ **Mission Shakti** (Mission for Protection and Empowerment of Women)
- ✓ **Saksham Anganwadi and Mission Poshan 2.0**
- ✓ **Mission Vatsalya** (Child Protection Services and Child Welfare Services)

Smt. Ritse highlighted that the objective of the **Mission Shakti** is to provide to all women and girls including socially and economically marginalized and vulnerable groups, in need of care and protection, with short term and long-term services and information for their holistic development and empowerment.

Mission Shakti has two sub-schemes - “Sambal” sub-scheme is for safety and security of women and the “Samarthya” sub-scheme is for empowerment of women.

The components of ‘Samarthya’ sub scheme consists of erstwhile schemes of Ujjwala Homes, Swadhar Greh (merged as Shakti Sadan) and Working Women Hostel, (SakhiNiwas) National Crèche Scheme for children of working mothers (Palna) and Pradhan Mantri Matru Vandana Yojana (PMMVY) . It also consists of HUBs at the State and District levels for Empowerment of Women.

The components of ‘Sambal’ sub scheme consists of schemes of One Stop Centre (OSC), Women Helpline (WHL), Beti Bachao Beti Padhao (BBBP).

Under Mission Shakti -there is a new Component called Hubs for Empowerment of Women (HEW) which aims to facilitate inter sectoral convergence of schemes and programs meant for women both at the State and District level. Ritse added that The Department of Social Welfare through Mission Shakti is striving to achieve its ultimate vision which is to strengthen the processes that promote holistic empowerment of women. *We are also persuing with the Ministry to establish the District Hubs for Empowerment Of Women, One Stop Centre, Beti Bachao Beti Padhao, etc in the newly formed Districts.*

Smt. Ritse encouraged the stakeholders- Civil society, Educational Institutions, NGOs and Government Departments present in the programme to be the ambassadors to sensitise both men and women in the community about issues related to gender and the need to empower and also disseminate information at the grassroots level.

B. TECHNICAL WORKSHOP FOR STUDENTS/FACULTY

i) Digital Citizenship & Gender Equity

Dr. Theyiesinuo Kreditsu, an Assistant Professor, Kohima College, spoke mainly in sharing her journey on social media in particular and on etiquettes on social media, how we can use social media as a platform in a positive way to address social and political matters/ issues, and the importance of exploring economic avenues through social media.



ii) Women in Technology: Scope for Information Technology

During the Technical Workshop on International Women's Day (IWD) 2023, side-lining the theme **“DigitALL: Innovation and technology for gender equality”**, **Ms. Moakumla Aier**, Assistant Engineer, NIELIT, presented on the topic **“Women in Technology: Scope for Information Technology”**.

She commented that the numbers of women are gradually increasing in every profession and leadership level. Though many women are interested to join the IT sector, only a few actually do because of some practical issues and misconceptions. Since women are bombarded with various responsibilities in the society, it is

difficult for them to accommodate the long working hours in the IT companies. Nonetheless, there is no industry where women don't participate today. Women face every difficulty in life and overcome them to reach heights.

On the question of 'why women in Tech matter', Ms Aier stated that higher female representation in technology will bring an entirely new dimension to the entire scope of the work. There have been decades of research pointing to the fact that diversity makes us smarter. In addition to problem solving, diversity fosters innovation. There is a huge cultural shift that happens when more females are being represented. Women contributed to a lot of programming languages and helped change the male-dominated field of technology. Information Technology is an industry with great scope to flourish and it is well utilized by women, especially in the recent years.

She further highlighted data of women in big IT Companies which shows that only 30% of Google workforce is female, out of which 17% are of tech jobs. In Yahoo and Facebook, female workforce constitutes about 37% and 31% respectively. Women accounts for 50% of workforce in Twitter but only 10% of female workforce are engaged in tech jobs. This means that only a meager number of women are in IT sector, of which greater amount of them are in non-tech jobs.

She also enlightened the audience about the 'Emerging Technologies' such as Virtual Reality, Artificial Intelligence, Blockchain, 3D Printing and Modeling, Robotic Process Automation, Web, Mobile Development & Marketing, Cloud Computing, Cyber Security, etc.

Ms Aier brought to light the scope of information technology. She stated that IT industry is an industry that is growing at a very fast pace and providing a tremendous amount of employment opportunities. The students with proper education in the field could go places with great career opportunities. She further mentioned that Information Technology is the most preferred industry today by the graduates because of the exciting job opportunities that it provides in India and even abroad. IT has always been a cost-effective industry and after the COVID-19 pandemic, the 'work from home' mode has gained more traction.

iii) Safety and Security in Digital Spaces

Coinciding with the celebration of International Women's Day (IWD) 2023, **Mr. Kihika Sumi Chishi, DySP Cyber Cell**, gave a presentation on "**Safety and Security in Digital Spaces**" at a Technical Workshop for the students/faculties.

Mr Chishi briefed about the broad classification of Digital Spaces, vis-à-vis, Internet, Mobile Phone and Computer.

While addressing on the General Internet Safety Precautions, Mr Chishi stated that invention of internet has revolutionized the way of communication and information sharing. However, unsecured internet may pose risks to an individual or organization. Internet security includes browser security, website security, network security, software applications, etc. Unsafe internet practices may lead to risk from phishing, online viruses, Trojans, worms, business email compromise, financial loss, etc.

On the **DO's** of General Internet Safety Precautions, Mr. Chishi advised the following:

- be vigilant while clicking or downloading from suspicious links
- clearing browser history after confidential activities
- cloud storage to be used with appropriate security
- judiciously use services that require location information. Also avoid posting photos with GPS-coordinates.
- privacy settings must be carefully chosen before posting any content over internet
- friend requests on social media must be accepted only after verification with proper caution

DON'Ts

- use public Wi-fi or computer to carry out any financial transactions
- use email address, phone numbers and details on payment card on untrusted and unsecured websites
- share unverified contents on social media and messaging apps
- use social media without multi-factor authentication(MFA)
- log into social media from untrusted systems
- open/reply to email links giving any luring offer

Mr. Chishi also cautioned that data theft, financial loss, unauthorized access, malware infection etc. may be a result of mobile phone compromise. The following general guidelines for mobile phone safety should be followed:

1. Be cautious with public Wi-fi. Information shared over public network may be misused.
2. Review the default privacy settings of smartphones, mobile apps and social media accounts.
3. Before downloading any app, its reputation/authenticity should be checked.
4. Register for Do Not Disturb (DND) service with telecom operators.
5. Use Parental Control mode while handing over mobile to kids or minor.
6. Protect your phone with a strong password/PIN.
7. Do not reply or click on the link sent through SMS, emails or chat messengers by strangers.
8. Do not store any classified/sensitive (text/video/photograph) data in the phone device.
9. Always use different password for different accounts. Immediately change any password which might have been shared or revealed by mistake.
10. Do not share password, OTP through chat, mail or any other electronic communication.
11. Do not reveal password on Questionnaires or security forms.
12. Do not choose/select "remember my password" on banking/sensitive sites.

Common Cyber Crimes prevalent in Nagaland are identity theft/hacking, impersonation/Amazon gift cards, loan scams/Apps, lottery scams, e-commerce scams, QR code scams, sextortion, defamation, Nigerian/Gift scams, Crypto currency scams/Ponzi scheme, Banking personnel scams, Helpline fraud, fake shopping pages, Cyber bullying, shaming, attacks through infected mobile applications, Electricity bill scams, etc.

During the Technical workshop, certificates were given to the students for their participation.

II. LEGAL AWARENESS PROGRAM AT JO FOUNDATION INCLUSIVE SCHOOL

Legal Awareness Program was organized by Jo Foundation Inclusive School in collaboration with Nagaland State Commission for Women on 24th February 2023 at the School premises.



III. LEGAL AWARENESS PROGRAM (LAP) IN COLLABORATION WITH LIFECONNECT NAGALAND ON 19TH APRIL 2023 AT PANCHAYAT HALL, NEW MARKET, KOHIMA.

The LifeConnect Nagaland in collaboration with Nagaland State Commission for Women (NSCW) conducted Legal Awareness Program (LAP) on 19th April 2023 at New Market Panchayat Hall, Kohima, to make a positive impact in the communities they serve, recognizing the challenges faced by women in New Market, particularly those involved in the local wine and alcohol industry.

Imlijung Kichu the resource person of the program through her powerful presentation, shed light on the various prevalent issues faced by the local community, particularly those related to alcohol addiction, rape, cyber fraud and domestic abuse. The session proved to be an eye-opener for all attendees, as they gained valuable insights on their rights and available legal recourse. By equipping them with knowledge about their legal rights and empowering them with information on how to seek help, it is believed that a significant step had been taken towards breaking the cycle of despair that has plagued the community for far too long.



In the concluding remarks the LifeConnect expressed their heartfelt gratitude to NSCW for the support in making the event possible and the contribution of NSCW has made a tangible difference in the lives of these women, giving them hope for a brighter future. Moving forward, organizing similar programs are necessary to create awareness and empower communities facing similar challenges.

IV. SEMINAR ON CELEBRATING NAGA WOMEN ATTIRE- CELEBRATING US!

A National Seminar on *Celebrating Naga Women Attires- Celebrating us!* was organized in collaboration with Women Cell & Anti Sexual Harassment Cell of Japfü Christian College on 6th May 2023 to create positive vibes and help women and girl child to celebrate themselves as God's special and unique creations.



V. REGIONAL LEVEL SEMINAR ON “WOMEN AND HEALTH”:

The Chairperson Smt. W. Nginyeih Konyak and Member Smt. Kekhrienuo Meyase, attended Regional level Seminar on “Women and Health: A holistic and life-cycle approach” which focuses on health issues and factors that influence the health of women on a lifecycle continuum approach on 25th May 2023 at Guwahati, organized by National Commission for Women (NCW) in collaboration with Assam State Commission for Women and Department of Women and Child Development, Assam.



VI. SEMINAR ON WOMEN IN SPORTS:

Seminar on **"Women in Sports"**, was held on 17th June 2023 at the Indira Gandhi Sports Academy, Kohima. The seminar was organized by the Nagaland State Commission for Women (NSCW), in collaboration with Life Sports Nagaland and Department of Youth Resource & Sports and supported by National Commission for Women (NCW), New Delhi.



Keynote Address on "Women in Sports"

Smt. W. Nginyeih Konyak

Chairperson, Nagaland State Commission for Women (NSCW)

In her keynote address, Smt. Nginyeih Konyak stated that more women and girls should participate in sports. Society has made an excuse that women are weaker than men and neglected women in sports. Our past culture and religion did not allow women to participate in activities other than their normal kitchen chores.

She stated that this seminar on **'Women in Sports'** is being held with the concept that sports provide dramatic spectacles of victory and defeat, which reflects and help shape public attitudes and beliefs about individual excellence, political community, identity, race and gender.

Smt. Nginyeih Konyak pointed out that as we think of the world of sports globally, nationally or even in Naga Society, the picture is completely dominated by men. Women in sports are usually invisible and more so when it comes to women from Nagaland or the North-Eastern States. However, even with negligible representation, sports women from North Eastern States have contributed significantly to our Nation's achievements in sports. She cited examples of few women from the North-Eastern States who had represented India in various international games and sports and made India proud through their achievements, such as, Anshu Jemsenpa (Mountaineering, Arunachal Pradesh), Chekrovolu Swuro (Archery, Nagaland), Dipa Kamarkar (Gymnastics, Tripura), Mary Kom (Boxing, Manipur), Gohela Boro (Archery, Assam), H.Lalrinfeli (Hockey, Mizoram), Mirabai Chanu (Weightlifting, Manipur), etc.

She highlighted that looking at these outstanding women from North-Eastern States, there is a great disparity in participation of women in sports from Nagaland. She further suggested that this gap can only be filled if girls are encouraged to participate in all categories of sports by parents and also if a platform is given by State Government and NGOs.

She also encouraged all the girl students as well as women of all ages to come forward with a vision of self-reliance and resilience for thorough involvement and participation in different sports activities.

SEMINAR PROCEEDINGS

A. Sports Policies and Opportunities for Women in Sports

Shri. Nyuvitho Nyuthe, Assistant Director, Directorate of Youth Resources and Sports

Shri. Nyuvitho Nyuthe, Assistant Director, Directorate of Youth Resources and Sports highlighted on "Sports Policies and Opportunities for Women in Sports".

He stated that the Nagaland Sports Policy was introduced in 2006 to streamline sports policy and its promotion. It envisages introduction of awards and incentives to encourage the sportspersons who bring laurels to the State.

He further stated that the Revised Sports Policy was started in 2021. Under the Revised Sports Policy, 5% job reservation for outstanding athletes will be given in all Government departments. In addition, state will also provide cash incentives under various categories:

Sl no.	Category	Gold Medallist	Silver Medallist	Bronze Medallist	For Participation
1.	Olympic Games	₹ 60 Lakhs	₹ 40 Lakhs	₹ 20 Lakhs	₹ 5 Lakhs
2.	World Cup Championship	₹ 30 Lakhs	₹ 20 Lakhs	₹ 10 Lakhs	₹ 3 Lakhs
3.	Asian Games	₹ 20 Lakhs	₹ 15 Lakhs	₹ 8 Lakhs	₹ 2 Lakhs
4.	Commonwealth Games	₹ 20 Lakhs	₹ 15 Lakhs	₹ 8 Lakhs	₹ 1 Lakhs
5.	Internationally Recognised Games	₹ 2 Lakhs	₹ 1 Lakhs	₹ 75,000/-	-
6.	National Games	₹ 1.5 Lakhs	₹ 90,000/-	₹ 70,000/-	-
7.	National Championship (Senior)	₹ 60,000/-	₹ 40,000/-	₹ 25,000/-	-
8.	National Championship (Junior)	₹ 40,000/-	₹ 30,000/-	₹ 20,000/-	-
9.	School Games Federation of India/ Khelo India	₹ 30,000/-	₹ 20,000/-	₹ 8,000/-	-
10.	North-East Games	₹ 30,000/-	₹ 20,000/-	₹ 10,000/-	-

Mr. Nyuthe further mentioned that most of the athletes are from the student community. Therefore, the revised Sports Policy aims at waiving of minimum attendance percentage required to sit for examinations for the sportspersons representing the State and the Nation and re-conduct or reschedule examination, if it clashes with the sporting events. This would pave the way for them and encourage their participation in sports without compromising their studies.

He concluded that women are emerging in all fields and in sports too, and are second to none. Sports requires sincerity and dedication and women possesses these qualities more than men. Therefore, he opined that with the support from the community and the government, women can excel in sports and can even fare much better than their male counterpart.

B. A Sportsgirl's Story

Ms. Khrolou T Mero, Alumnus of IG Sports Academy

Miss Khrolou T Mero, an Alumnus of IG Sports Academy, shared "A Sportsgirl's Story". She recalled how she used to play football with her brothers since childhood. As narrated by her, her brothers were not willing to play with her because of her being a girl. So she was allowed to play as 'Goalkeeper' only.

Initially, she did not know much about football and her parents were also not very supportive. Her dream to become a footballer became a reality after she was introduced to 'Life-Sports'—a sport's club in Nagaland that aims to guide and mould young players. Later on, after getting their support she represented Nagaland State and participated in many events.

Her success story was, however, not without struggles. She recollected the hardships faced by her as she was raw and weak in studies. Also, there was a social stigma attached with women in sports. Due to this, she got many negative comments and discouragement for choosing sports as her career goal on many occasions. Another struggle was the financial hardship. At times, her pocket fell short to meet even the taxi fares. So, she had to walk a long distance from her hostel to attend classes. Lack of infrastructure was another challenging issue. There was lack of basic amenities and infrastructure was very poor. She recalled how falling from a football ground could severely injure the players.

Gradually, she got support from various well-wishers and loved ones. Among them was her dad who encouraged her to show what women can really achieve in sports and proved the critics wrong. She explained how she gained so many knowledge through sports, such as, the importance of team work, leadership, and self-realisation. She also asserted that her involvement in sports built her self-confidence and even improved her communication skills and increased her knowledge.

Miss Mero advised the students not to waste time or stay with a blank goal. She opined that one should be disciplined as it is one of the most important key to success and also one should be consistent even in the face of victory or defeat. She challenged the students to not give up their studies even if they pursue sports and give equal importance to both studies and sports.

She highlighted how women are excelling in sports and expressed her desire to see more girls participating in sports and represent not only Nagaland but also India in the days to come.

C. Importance of Grassroot Sports and Education

Shri. Cüneyi Lohé, Coordinator, Life Sports Nagaland

Introducing Life Sports Nagaland, Mr Cüneyi stated that it organizes sports events and sports infrastructure development for children. Life Sports envisions developing Nagaland into a Sports State. He acknowledged the NSCW team for organising this focus seminar to inspire especially the girl sportspersons. Such innovative program, he stated are important to reach out to the present generation and hoped that more of such activities will be conducted in the coming days.

Mr Cüneyi stated that, “if the Government can give more importance to grassroot sports training we can hope for greater and faster success in sports arena.” Starting serious sports training at an early age is the key to developing a professional sportsperson he added.

In Nagaland, in the past most sportsperson used to be school dropouts but today every sport aspirant is a student therefore grassroot sports training and educational institution must go hand in hand to develop professional sports. According to him, given the right focus, training and discipline, he believes that many of our children can become professional sportspersons. Indira Gandhi Sports Academy is the right place right now to kick off the professional sports in Nagaland.

If good education is given to the aspiring sportsperson then he or she can also have many career options even if they happen to fail in sports. So, one should not neglect studies and sports coaches should also encourage the students to do well in studies besides the sports activities and trainings. The students at IG Sports Academy are fortunate to get the opportunity to train professionally under qualified coaches with the best of sports facilities in the State.

He ended his topic by encouraging the students to give their very best in sports training and finish their sports career at the top podiums including Olympics and World Cups and bring laurels to the state. Above all he stated, “be of good character and fear God then you will do well and succeed in life and be a blessing. Love sports, Love yourself and Love God.”

D. Scope of Rural Sportsperson at National & International levels

Dr. Neeta Kumari, Head Coach (Boxing) Khelo India Center of Excellence, Kohima

Dr. Neeta started her session with queries to the students about the meaning of scope and explained the meaning of scope as “opportunities”. She further questioned the students on what they understood by rural? What is the role of rural sports at national and international level and what are the scope of this? She stated that if we look at the athletes, majority of them are coming from the villages, from different rural areas of districts across India. Similarly, in Nagaland there are 16 districts with different tribes. So, do the athletes from these districts have any scope in national and international level? she questioned. She asked the students if they believe that they have the capacity for national and international sports or if they can play at such platforms.

From her experience as a Coach, she stated that she has seen most of the sportspersons comes from rural areas. That is why a lot of importance is given to encourage sports in rural areas . To prove her point , Dr.

Neeta gave the example of 8 times boxing champion Mary Kom, Mirabai Chanu and L. Sarita who came from the villages in Manipur; Neeraj Chopra from Haryana and Shashi Malik also came from villages and has participated at Olympics.

She cited that the majority of the population of Nagaland is dependent on agriculture and engage in agricultural work. This make them physically strong and since they cannot leave their work half way they become mentally strong as well, as their mind is being trained in completing a task. The urban athletes have the advantages of better sports training facilities in comparison to rural areas but due to the physical activities and hardships faced in the villages, the athletes from rural areas are much stronger than those from the urban areas.

Observing the current scenerio of Sports in Nagaland, she expressed that the Sports facilities have been neglected by the Government in the past but now with the Central Government giving so much importance to Sports, she could also see the keen interest for the improvement of Sports in the State. As an initiative of the Central Government, Khelo India Coaches are there for that very purpose to bring up the Athletes to their best forms. Dr. Neeta said that the youngsters have the talent and the strength but they need to be nurtured and coached and so the Coaches are ready and working hard to do so.

She cited examples from the recently held Nagaland Olympics, where nine female Boxers participated and eight of them got medals. At the national level also, they are sending their Boxers, Archers and Wrestlers at junior and sub junior national levels. All these efforts are done to expose them and make them work hard to reach international standards.

Dr. Neeta stated that Nagaland being a hilly area, even the child becomes stronger in the womb due to physical exercises of the mother. Citing her experience of staying at a homestay in a village, the owner, an 80 year old woman, would go to the field and come back carrying a heavy load and still managed to cook for her family and the guest. Being a Coach, she knows that she is strong but the strength of this old lady astounded her.

She also cited example of how villages conduct sports events from time to time where village children participate and subsequently, they develop their Sporting skills. Their competitive nature for Sports is also developed at an early age because of their participation in such Sporting events. These Sports activities also develops their mental strength as they become competitive and when they become more competetive, they try to live up to the expectations of their State and Country.

She also encouraged the students stating that there are other career options for a sportsperson as well. One of her boxers has joined Assam Rifles after participating at a sports competition. She wished all the students the very best and to excel at whatever they are doing so that they will make Nagaland proud.

E. Awareness on Ethics & Harassment in Sports

Ms. Apila Sangtam, Legal Consultant, NSCW

Speaking of her fondness for sports especially football in her childhood, Ms Sangtam talked about how she had looked forward to this seminar. She prepared her topic, "Awareness on Ethics & harassment in Sports" by dividing it into two parts, that is Ethics in 'Sports' and 'Harassment'.

For ethics in Sports there are some values of which she wanted to speak on four key points:

- i. The first value is Fair Play or Fairness.** This is one of the key components in Sports, whether you are playing with your opponent or whether you are playing it as a team, you need to play fairly.
- ii. The second value is Integrity.** Integrity in simple term, are things that you do even if nobody sees. Integrity is doing things when no one sees you, the 100% effort that you put in your practice without being monitored shows your integrity.
- iii. The third value is Responsibility.** If a sportsperson does not take full responsibility there will be some lapses in his or her training. One should take full responsibility while training and playing. Likewise, as a team, whether you lose or win a game, every player should take full responsibility for the outcome.
- iv. The fourth value is Respect.** Respect should not be based on wrong standards. Citing examples, she said that just because someone is short or is not good in playing, he or she should not be treated differently. Everyone should be respected equally.

With these four key values which are the basics for ethics in sports, she requested the students to keep them in mind so that they will be disciplined in their profession. She also emphasized on some rules regarding sports such as:

- Do not violate the rules of the games.
- Do not use performance enhancing drugs.
- Do not cheat while playing the game.
- Do not lie to opponents or officials in sports.
- Do not intentionally harm another player within the team or an opponent.
- Play fairly and play hard.
- Be modest in your victory.
- Respect officials and their decisions.
- Observe all training and team rules.

The second part of her topic was on “Harassment in Sports”. The latest news on the harassment related to Wrestlers is an example of harassment in Sports. There are many aspects to harassment but she emphasized on the four key aspects of harassment:

- a. Physical harassment-** The coach may not literally beat you and harass you but even during play, purposely shoving or bumping into each other is harassment. It may not only be the coach, the teacher but even within the team there are also instances where physical harassment takes place. Citing the example of a football game where, while running someone may intentionally push or shove each other or act physically intimidating or purposely blocking another player’s path are physical harassment. So, one must ensure that one is aware of such incidents so that, they do not become the victim nor the offender.
- b. Sexual harassment:** - Sexual harassment is a bitter truth in the field of Sports too. In between 2010-2022 around 45 cases have been registered in the Ministry as well as in the SAI. The recent situation of the Wrestlers in India which was out in the media is also about sexual harassment. Cases such as unwanted sexual relations, vulgar or sexual comments, forcing a player to wear unnecessary sexual uniforms, awards

in exchange for sexual favours are some of the sexual harassment incidences happening in India. She cautioned the students to be aware and vigilant of such incidents.

- c. Emotional harassment:** - Explaining on emotional harassment she cited the example when the players don't play very well and they are shown facial expressions that send a message that the player is unwelcomed and unwanted. These expressions demoralizes the team or the player and they never come back. She stressed that one should not be the victim or a perpetrator of such incidents.
- d. Gender or racial harassment:** - Gender or racial harassment is also happening in Nagaland. Giving such derogatory terms such as suggesting one's skin colour or height or suggesting that somebody is not from their place/village etc are examples of gender or racial harassment.

Ms. Apila further stated that the mentioned harassments may not be happening in the Academy but being aware of the kinds of harassment will further equip them to avoid such incidences. She also encouraged the students to speak up if there are any such harassments as there is a forum for redressal, one of which is the Nagaland State Commission for Women (NSCW).

For students or athletes who are below 18 years the Government provides protection under the POCSO Act that is the Protection of Children from Sexual Offences Act 2012 which is a very comprehensive and aggressive act to protect children from sexual harassment. But to understand it in a very easy way she explained about bad touch and good touch. Parts of our body such as mouth, chest /breast, private parts or buttock/bottom are not to be touched by others unnecessarily. People who do so might have bad intentions and such small incidents mostly lead to sexual assault. Ms. Apila stated that such incidences should be reported to parents, teachers and coaches immediately and once these incidences are established than the POCSO Act will protect the victims. She gave a demonstration of how to differentiate between good and bad touch.

Sexual Harassment at workplace or the POSH Act was also explained by her in short. In the latest 12th May 2023 incident, the Supreme Court has given a significant judgement to set up an Internal Complaints Committee to Government sectors, statutory bodies and universities etc. She ended her topic with the suggestion that an Internal Complaints Committee should be set up for the Indira Gandhi Sports Academy also if the same has not been done.

F. Concluding Remarks

Smt. Kekhrienuo Meyase, Member NSCW

Concluding the Seminar, Smt.Kekhrienuo Meyase summarized the importance of sports as a career for women and girls. She hoped that the students had learned and benefited from such knowledgeable resource persons. Sports as a career are getting the attention of the government and private agencies and if followed with passion and dedication, it is only a matter of time that we will soon see many sports personalities from Nagaland as well. She thanked the resource persons, officials and staffs of NSCW for the successful program and the participants for their active participation.

VII. SEMINAR ON WORKING OF MAHILA THANA:

OPENING SESSION

A one-day seminar on **"WORKING OF MAHILA THANA (WORKING, EFFICIENCY & EFFECTIVENESS)"** was organised by Nagaland State Commission for Women (NSCW) in collaboration with Dimapur Police Commissionerate and supported by National Commission for Women (NCW), on 23rd June 2023 at Rhododendron Hall, Police Complex Chumoukedima. The Participants of the seminars were Police Officers & Female Personnel of Dimapur Police Commissionerate, 15 NAP (IR) Mahila Battalion.

Smt. W. Nginyeih Konyak, Chairperson, NSCW delivered the welcome address and expressed appreciation to Shri. Rupin Sharma, IPS, Director General of Police, Nagaland; Shri. Kevithuto Sophie, IPS, Commissioner of Police, Dimapur and all the resource persons and members present at the seminar. The Chairperson, expressed concern on the escalating levels of violence against women and lack of deterrence to prevent crime against women and observed that many complaints of violence against women go un-registered. She further voiced the fact that the Mahila Thana was set up to provide victims with a more female friendly setting that is specifically designed to deal with cases of violence against women. Therefore, keeping in mind the important role of Mahila Thana, she affirmed that the Nagaland State Commission for Women supported by National Commission for Women had come up with the Seminar on Working of Mahila Thana with the aim to conduct deliberations, discussions and exchange of thoughts and facilitation which will help in identifying the deficiencies and initiatives relating to the effective enforcement of the same and will help in understanding utility of initiatives taken at various level of policy.



Keynote Address

Shri. Rupin Sharma, IPS, Director General of Police, Nagaland

In the "Keynote Address" **Shri. Rupin Sharma, IPS, DGP, Nagaland** said that a seminar on working of Mahila Thana is important but the most important thing is sensitisation of people about crime against women, a requirement not only in investigation but also in enhancing the trust and faith of women in the criminal justice system- the law and the police. He stated that the police being the implementing agency for the laws which are framed, play a vital role in the enforcement of these laws.

While acknowledging that a lot of laws have been enacted and many legal provisions have been made to protect the women's rights and safeguarding of crime against women in recent years, Sharma stressed that it is equally important to protect the identity of the victims as well as the complainants.

Mentioning an article he once wrote on the issue, he had suggested a system that can be devised across the country whereby codes can be allocated to victims, complainants and family members to ensure protection of their identities.

Sharma stated that while in western societies, there is no stigma attached with victims, it is not the case in developing countries like India. He said that there is a need to educate the people not to think of victims as a stigma. He said that any woman or girl who comes out to report a case to police should not be thought of as someone who has been defiled or demeaned but should be lauded for her act of courage.

Sharma remarked that in the current scheme of things, the higher courts have been very active even to the extent of stating that non- consensual sex in a marriage amounts to rape. Sharma further said that if a sexual act is done using threat, fear, coercion and without consent, then it is rape.

Sharma also urged the female police officers to realise that the victims reach out to them in distress and they should be respected. He admitted that there is certainly a generic police mentality at play which makes them look at anyone with suspicion whenever they are dealing with someone especially an adult and lamented that while we are skilled investigators, we often tend to take things at face value. He stated that investigation should not be about proving someone wrong but to arrive at the truth, especially in crimes against women where we should be sensitive and should have an open mindset to ascertain what has happened or what is being reported.

He also appealed to the officers to maintain proper records of people engaged in crimes like domestic violence offenders. He added that if records are not kept, the police will not be able to detect repeat offenders. He also cited instances where a person may commit a crime in one place and may move to another place and commit the same kind of crimes but if there is a proper documentation of all kinds of cases, both major and minor, the offenders may be kept in check not only in crimes against women but in all the other crimes like human trafficking, organ trade, etc.

He also spoke on the importance of timely reporting of crime against women such as rape because if it is not reported on time, the evidence gets lost and it gets very difficult to get conviction in the court. He further encouraged the officers to improve the quality of investigation and cited that there are lots of scientific investigations yet to be done.

He called upon the lady officers and senior officers and encouraged them to be sensitive on the issue of maintaining the trust and faith of the people and to reach out to people in distress as their works are not just to stop crime but also to win over the faith and trust of the people to get justice. He said that when people reach out to the police, they see the police not just as police officers but as the upholders of law of the land and if the police fails to provide them justice, people may start going to civil societies and unions to get their problems solved and that there will not be any more requirement of police in the State if things can get settled elsewhere.

TECHNICAL SESSION

A. "Overview of Mahila Police under Dimapur Police Commissionerate"

Dr. Tiamenla Phom, NPS, ADCP (Women & Juvenile)

In the Technical Session, the first Topic "**An overview of Mahila Police under Dimapur Police Commissionerate**" was presented by Dr. Tiamenla Phom, NPS, ADCP (W&J), Dimapur where she presented an outline on the strength of Mahila personnel (298) under the Commissionerate; rank wise category of Mahila Police personnel from DCP to NCE; deployment of Mahilas in three District (Dimapur, Niuland & Chumoukedima) and the summary of deployment in the three districts.

Dr. Tiamenla mentioned that as per report, 1 out of every 3 women suffers from physical or sexual violence in her lifetime. The Government has come up with various legislations to address the issue of crime against women. Even if there is legislation, there should be someone in the field to implement it. Police personnel are the first point of contact for any problem or crime against women and children. Initially, there was no separate Women Police Station. Only a 'Women Cell' was there. In an attempt to facilitate the implementation of women rights and more efficient justice delivery mechanism in related to crime against women, All-Women Police Station was established in Dimapur in 2002. Women Police Station tackle cases like Children Act, Immoral Trafficking Act, Juvenile justice Act, Dowry Prohibition Act and select sections under IPC dealing with women and children.

1. The total strength of Mahila Police under Dimapur Police Commissionerate is 298 (including 33 NPTO and 9 Ministerial staff) at present. The breakup is shown as under:

Unit	89
Attached from other unit	167
NPTO (Wireless)	33
Ministerial Staff	9
Total	298

2. The posted strength in rank-wise is as follows:

DCP	3
ADCP	1
ACP	2
UBI	1
UBSI	4
ABSI	1
ASI	8
THC	3
HAV	16
NK	15
L/NK	16
CN	170
NCE	16
Total	256

Summary of Deployment:

The total posted strength of the unit is 1585 (both male and female). Out of this total strength, Mahila Police representation made up of 18.23% of the Total Unit Strength.

She also highlighted that there is only one All-Women Police Station in Dimapur district. This Police Station also covers the districts of Chumoukedima and Niuland as Women Police Station are yet to be set up in those two Districts. Cases related to crime against women registered from Police Stations in these Districts and also from Sub-Division of Medziphema are being transferred to the All-Women Police Station at Dimapur.

According to 2011 census, women population in Dimapur (including Chumoukedima and Niuland) is approximately 1.80 Lakhs. So this Women Police Station is catering to 1.80 lakhs population.

B. “Management & Working of Mahila Thana”.

Smt. Rose Yanthan, UBI, OC Women Poilice Station

UBI. RoseYanthan, Officer-in-Charge, Women PS spoke on the second topic **“Management & Working of Mahila Thana”**.Yanthan, in her speech, spoke on how the Mahila Thana has been a safe haven for women, young and minor girls who have been wronged and are physically and mentally abused. Holding steadfast to the main objective of the Mahila Thana, the officers addresses the complaints and grievances of crime/violence against women and minor girls and thus, the Mahila Thana plays a very vital role in providing timely support to this particular category of people in the society who are in distress.

Yanthan cited some guidelines which the officers of Mahila Thana abide by for the smooth functioning of the Thana.

1. Prompt response to complaints is the first and foremost step to be taken by the personnel of Mahila Thana.
2. Counselling especially in domestic violence/physical assault cases is a major activity in Mahila Thana apart from issues relating to criminal offences. When the counselling session is arranged, it should be conducted in complete privacy and there should be atleast nine (09) rounds of counselling sessions for an individual.
3. On receipt of any type of complaint be it verbal, telephonic or in written form, rigorous enquiry should be carried out to ascertain the facts in order to initiate further investigation.
4. The attitude of personnel of MahilaThana should always be warm and hospitable and cases should be carefully and sensitively addressed without any biasness.
5. No Mahila Police in uniform should do counselling and examination of minors.
6. In cases relating to minors, the minor should be interacted comfortably only in a child-friendly room.

Yanthan further stressed on the importance of coordination with other support services such as Childline, Sakhi-One Stop Centre, and Child Welfare Committees (CWC) in the district. This collaboration, she said, enhances the effectiveness of Mahila Thana in addressing the various needs of the affected individuals.

In terms of management, she highlighted the need for adequate staffing to cover day and night duties to ensure the smooth functioning of the thana at all times. Proximity between the Thana and Shelter Homes for women and minors in distress was emphasised stating that Shelter Homes should not be too far off from Mahila Thana due to security reasons and to avoid any unnecessary delays during the shifting process.

Yanthan also voiced that a lady Medical doctor should be available for 24 hrs in dealing of rapes and female victims of assault cases and also stated that no lawyer should be permitted to enter Mahila Thana for either of the parties.

She also pointed out that prompt process for LBS & CDR requisition related to cases is another vital role to be initiated in collaboration with various companies of service providers etc.

For the smooth working of the Mahila Thana , the Officer in Charge of Mahila Thana stated that the Thana needs to be facilitated with clean drinking water, sanitation room to cater to the primary need of women in distress as well as alleged women accused.

C. “Case Studies with regard to work relationship with Mahila Thana”

Smt. Weri-U Mero, Centre Administrator, One Stop Centre, Dimapur

Centre Administrator, Smt. Weri-u Mero, began with the introduction of Sakhi- One Stop Centre, an initiative of Ministry of Child and Women Development. It provides integrated assistance to women who are victims of violence, be it domestic or in public spheres. All the services that are required by a woman who is a victim of violence are provided through One Stop Centre.

Smt.Mero mentioned that One Stop Centre provides services such as police assistance, help to women in lodging FIR, legal assistance through free legal aid at OSCs, providing counseling by trained Counselors, shelter to women in distress up to five days, and other facilities such as video conferencing to carry out court procedures to protect the identity of the victims/clients instead of appearing in physical before the court.

There are OSC in all the districts of Nagaland, except in the three new districts. The OSC in Dimapur was started in 2016 and was integrated with Women Helpline 181.

Since its inception the OSCs have being working closely with the Mahila Thana. Some of the types of cases handled by the OSCs along with Mahila Thana, as highlighted by Smt Mero, includes:

1. *Rescue and Rehabilitation*:- If the cases are not severe, the OSCs handles the situation alone. However, in cases of severe or violent nature, the OSCs seeks the intervention of Mahila Thana for rescue and rehabilitation.
2. *Counseling*: The OSC also provide counseling through trained Counselors at the OSCs. There are many cases of missing women or runaways children. After their retrieval, they are provided counseling. The counseling can be to women, to the spouse, or any family members.
3. *Emergency Shelter*: There are some women who are mentally challenged or from other districts within the State or from other States. The OSCs provide them emergency shelter as they cannot be brought to Mahila Thana.

4. *Suicide intervention*: The OSCs also intervene with the Mahila Thana in cases of women with suicide tendencies and provide counseling to the victim or the family.
5. *Domestic Violence*: The OSCs and Mahila Thana also work together in lodging FIR and arrest of abusive husbands or culprits. In cases of domestic violence, even after lodging of FIR, further assistance such as legal assistance are provided. Also in cases which required longer duration of observation, the police referred them to OSCs.
6. *Repatriation of clients*: The OSCs and the Mahila Thana also intervene in cases of repatriation of women by verifying and identifying their location or relocating them to their State of origin or homeland.
7. *Coordination*: The OSC also provide coordination to OSCs from other Districts or States, and also police from other States by verifying or identifying the victims or help in the relocation of victim's family.
8. *Mentally challenged Women*: In case of loitering of mentally challenged women, if the police failed to locate their family or relatives immediately, they are provided temporary shelter at OSCs as they cannot be kept in Police Thana.

D. "Sensitization of Mahila Police in dealing with Victims"

Smt. K. Ela, Director, Prodigals Home

The fourth topic of the Technical Session which was on **"Sensitization of Mahila Police in dealing with Victims"** was delivered by Smt. K. Ela, Director, Prodigals Home, who, on the occasion, spoke at length about sensitization of Mahila police in dealing with victims and shared various concerns. She said that confidentiality and privacy is an issue that needs improvement and that information about identities does get leaked. She said that the leaking of information with regard to identities is traumatizing not only to the victims but also to those who are trying to help, and as long as such things are compromised, the justice system will always remain a far cry.

Ela said that it is not easy for victims to report crimes like rape and it often takes years for the person to come out with their harrowing stories. She said that violence against women is under-reported and only the most distressed ones reach out to the police, either bound by circumstances or voluntarily and it takes a lot of courage. Therefore, the police should understand their situation before questioning them for being late. She said that the police should be sensitive in dealing with the victims and applaud them for their courage instead of chastising them for being late.

Ela, voicing her apprehensions, stated that many victims are hesitant to go to the police and instead reach out to NGOs as they do not perceive police positively. She said that the police should not judge the life of others and stick to seeking information related to the case and not dwell on other aspects of the lives of victims that are not related to the case at hand. She referred to the "judgmental mentality" of the police as a stumbling block in policing and called for uniform treatment towards all, regardless of power, money and influence, adding that she comes across people who do not want to go to the police as they feel they are too poor to get justice from the police. She appealed to the police to be gender sensitive. They should respect every gender and handle cases accordingly. Ela admitted that there is a divide between the police and the public and there is a need to gain the trust of the people.

Ela suggested that the police personnel should know the basics of counselling so as to deal with the victims and people who are being unreasonable. She also proposed periodical trainings of the police on latest developments and amendments concerning women as well as better infrastructural facilities at the Women Police Stations.

E. “Workplace Stress Management”

Dr. Temsuyanger, Nodal Officer, DMHP

Dr. Temsuyanger pointed out that possible stress factors in respect to Mahila personnel may be in the form of relationships, financial and domestic/family matters. He also said that compared to non-uniformed women, women in police force are more stressed as they have to bear the double stress of personal as well as duty related stress.

He also mentioned that stress is a part and parcel of a person's life. It helps us to complete a task. However, severe stress can lead to negative consequences and it also affect the efficiency of a person and his/her relationship with their colleagues. In view of the importance of stress management, he advised that one should find out or identify the main cause of stress and list out possible solutions.

He also shared on the importance of ‘*Assignment and Responsibility Management Technique*’ in respect to workplace stress management. According to him, one should cut down assignments and responsibilities, such as less involvement in community organisations, work distribution among families and colleagues. He mentioned how a simple task such as maintenance of a ‘to-do lists’ and time management can ease our stresses.

Dr. Temsuyanger pointed out two stress situation, namely, Acute Stress Situation and Chronic Stress Situation. In dealing with *Acute Stress Situation* (such as mob controlling, etc.), he advised the personnel to remain calm and composed and take counsel and guidance from seniors. For *Chronic Stress Situation*, he suggested that it is important not to allow our thoughts to be pre-occupied so that we can be able to analyse and rationalise the situation. He further suggested that one should try to distract the thought that is bothering them and find time to relax and do leisure activities.

Discussion

The technical session was followed by Discussion time where the Commissioner of Police, Dimapur, Shri. Kevithuto Sophie, IPS, Shri. Vesupra Kezo, NPS, DCP (Dimapur), Shri. Kilangyanger Walling, NPS, DCP (Niuland) gave valuable insights on the working of Mahila Thana.

On sharing his experience of 30 years in service, Shri. Kevithuto stated that many a times, police personnel face frustration as they become like a punching bag of the public. So one needs to have a lot of patience and act without biasness. He touched upon the importance of ethics in policing stating “Conscience is our own judge” and that “We cannot command respect. We have to earn it.”

Shri. Vesupra Kezo, NPS, DCP, revealed that most victims of crimes against women are known to the culprit(s). He suggested that people should be more cautious and awareness should be generated about ‘good touch’ and

'bad touch'. He also brought to light that during course of investigation, many victims/relatives of the victims do not cooperate. Delay of reports also lead to lack of evidence and manipulation of evidence. He, therefore, recommended timely reporting and immediate and quick response from the police personnel. He also said that it is important to update the progress of investigation to the families of the victims so as to gain their trust and confidence.

Other panelists also expressed their views such as NGO's and OSCs should act as communication bridge between the victims and the police, public should not pressure in police investigation, and importance of the coordination between police, hospitals and Courts were discussed.

Closing remarks:

The seminar concluded with a closing remark from Dr.Tiamenla Phom, NPS, ADCP(W&J), Dimapur. She expressed her discontentment over the fact that de-feminization takes place among the female police once they join the force and urged the Mahilas to change this mindset. She also urged the Mahilas to maintain discipline and professionalism.

She also stressed that it is important for the Mahilas to be aware of women related rights such as POCSO Act and Juvenile Justice Act. They should acquire different skills required for handling cases and also have a positive and friendly attitude when they are approach by the victims.

She challenged the uniformed personnel to bring down the rate of crime against women which is happening not only at home or to the public but also happening among the uniformed personnel at workplace.

VIII. REGIONAL LEVEL SEMINAR ON "SAFETY FOR DOMESTIC EMPLOYEES AND OTHERS":

The Chairperson Smt. W. Nginyeih Konyak and Member Smt. Akokla Longchar, attended Regional Seminar on **"Safety for Domestic Employees and others"** which was organized by Mizoram State Commission for Women in collaboration with National Commission for Women (NCW) on 27th July 2023 at Aizwal. The Seminar deliberated on the scarcity of employment and women going abroad for employment in domestic, nursing, spa & salon and other works.



IX. OBSERVATION OF WORLD DAY AGAINST TRAFFICKING IN PERSONS, 2023

The World Day against Trafficking in Persons was observed on 30th July 2023 at Nagaland Police Headquarter, Kohima, on the theme “Reach Every Victim of Trafficking, Leave No One Behind” which was jointly organized by Department of Social Welfare, Nagaland State Commission for Women, Nagaland State Social Welfare Board, Mission Shakti & Mission Vatsalya.



X. SEMINAR ON “CYBER SAFETY AND DIGITAL EMPOWERMENT”:

The Chairperson Smt. W. Nginyeih Konyak and Members Smt. Kekhrienuo Meyase and Smt. Akokla Longchar, attended seminar on “Cyber Safety and Digital Empowerment” organized by National Commission for Women (NCW) at Vigyan Bhawan, New Delhi on 9th August 2023. The seminar was aimed to create awareness and capacity building among women to navigate the digital world safely and confidently, by bringing together distinguished experts and policymakers.



XI. ONLINE MEETING WITH STATE COMMISSIONS FOR WOMEN OF NE REGION:

The National Commission for Women (NCW) had convened a North-East Region online meeting on the possible avenues/collaboration for economic empowerment of women by boosting/encouraging traditional medicinal plants as well as local health traditions on 19th September 2023.



XII. POSHAN MAAH AWARENESS PROGRAM:

An Awareness program on 'PoshanMaah' under the theme **"Suposhit Bharat, Sakshar Bharat, Sashakt Bharat" (Nutrition-rich India, Educated India, Empowered India)** was conducted on 26th September 2023 in collaboration with Jo Foundation Inclusive School, Kohima supported by National Commission for Women (NCW) New Delhi.

The program was chaired by Mrs.Kekhrienuo Meyase, Member NSCW. She warmly welcomed all the participants present in the program, the resource persons, media fraternity and thanked the School Authority for giving the opportunity to conduct the program in the school. Meyase also gave a brief introduction on Poshan Maah.



Smt. Nginyeih Konyak, Chairperson NSCW also highlighted on the theme **'Nutrition - rich India, Educated India, Empowered India'** pointing out the importance of the nationwide awareness programme on PoshanMaah. She said that the program also known as National Nutrition Month was an annual event in India which aims at raising awareness about the importance of nutrition and promoting healthy lifestyle.

A short introduction about the JO Foundation Inclusive School was shared by the Chairman Shri Daniel Thong. He also thanked the Commission for conducting the Awareness program on "Poshan Maah" program at JO Foundation Inclusive School, which has created the much required awareness amongst the students. A special song was presented by the LKG and UKG students.

Smt. Reyivolu Kezo, CDP0 Kohima gave a short note on the topic **'Nutrition-rich Diet for Growth'** where she spoke about the importance of Macronutrients and Micronutrients which are needed to promote Healthy Body Growth, promotes mental growth and emphasized the importance of drinking water, maintaining a balanced diet and regular physical activities. She also highlighted the need to enrol at the Anganwadi Centres for Children below 6 years of Age, Adolescent girls (10-19 years), pregnant women and lactating mothers to avail such schemes for Fortified food - Rice, oil, Milk, SNP, Deworming, PMVVY etc.

Dr. Kethosino Thou, Medical Officer Kohima spoke on the topic **“Health and Hygiene”** where she highlighted on the importance of keeping oneself clean and tidy and maintaining hygienic lifestyle. She also impressed upon the girls to maintain good menstrual hygiene and for the boys to respect the natural bodily changes that every girl goes through.

Ms. Apila Sangtam, Legal Consultant NSCW, spoke on the topic **‘Legal Awareness’** and touched briefly on the Protection of Women from Domestic Violence Act 2005, the Protection of Children from Sexual Offences (POCSO Act, 2012) and the Right to Education Act, 2009.

Mrs. Akokla Longchar, Member NSCW proposed the vote of thanks. She thanked the National Commission for Women (NCW) New Delhi for sponsoring the awareness program and expressed gratitude to all the participants, the School Authority for providing the space and platform to conduct the program. She also thanked the students and the faculty staff of JO Foundation Inclusive School for their participation and also thanked the media fraternity for the full coverage of the program.

XIII. STATE LEVEL SEMINAR ON “SUBSTANCE ABUSE IN NAGALAND AND ITS IMPACT ON WOMEN”:

A State-level seminar on “Substance abuse in Nagaland and its Impact on Women” was organized by the Nagaland State Commission for Women (NSCW) supported by the National Commission for Women (NCW) at the Capital Convention Centre in Kohima on October 5, 2023.

Shri Rupin Sharma, IPS, Director General of Police (DGP), Nagaland graced the occasion as the Special Guest and Shri A. Asholi Chalai, Joint Secretary, NCW was the Guest of Honour. Participants from various stakeholders both from the Government and Non-Governmental Organisations (NGOs) attended the seminar. The attendees were representatives from the Department of Social Welfare, Nagaland Police, District Administration, various Voluntary Organisations, Tribal Associations, Student unions, churches, College students and Media personnel.

I. Inaugural Session

Smt. Kekhrienuo Meyase, Member, NSCW presided over the session as the Chairperson. In her welcoming note, she acknowledged the presence of all the dignitaries and stakeholders. She shared that the objective of conducting this significant state level seminar was to understand the gravity of the problem and to deliberate on the way forward to achieve a larger goal of “Drug-free Nagaland” through collective effort. Invocation prayer was pronounced by Shri. Bendangtemsu Jamir, Pastor, New Capital Baptist Church, Phezoucha, Kohima.



Smt Kekhrienuo Meyase, Member, NSCW

Short Speech:

Smt. Imkongzenla, Deputy Director, Social Welfare, Govt. of Nagaland

Smt. Imkongzenla shared about various activities of National Action Plan for Drug Demand Reduction (NPDDR) which is being implemented by the Department of Social Welfare funded by the Ministry of Social Justice and Empowerment (MSJE), GoI. Some major Initiatives which she highlighted are:

- Eight NGOs are availing fund for implementation of NPDDR funded by MSJE, GoI in four districts i.e., Dimapur, Kohima, Longleng and Phek
- In the past three years the Department had given Grant-In-Aid to nine registered NGOs working in the field of substance abuse
- Two special projects under prison settings, sanctioned under NPDDR for the year 2022-2023 are under process for implementation in two districts i.e., Dimapur and Mon.
- MSJE, GoI has decided to extend the implementation of Nasha Mukh Bharat Abhiyan (NMBA), across all uncovered districts of the country. An amount of Rupees 10 Lakh per District is being earmarked by the MSJE for its implementation, for which the Department is taking up with respective Deputy Commissioners (DC) who is the Chairperson for NMDA to submit District Action Plan for onward submission to the Ministry.
- The **International Day against Drug Abuse and Illicit Trafficking**, or World Drug Day, is observed on 26th June every year both at the State and District level in collaboration with Line departments and stakeholders.
- Other ongoing initiatives of the Department includes advocacy, sensitization and mass awareness programmes across the districts in collaboration with line departments and stakeholders. Prevention of substance abuse and treatment intervention in prison settings, counseling services, and Community detoxification camps are organized as well.

She also highlighted that a consultation meeting was also held with key stakeholders to deliberate about the raising trend of use of drugs and substance abuse and to revise the existing policy- 'The Nagaland State Drug Prevention and Treatment Policy 2016'.



Smt Imkongzenla, Dy. Director, Social Welfare

Speech of the Guest of Honour:

Shri A. Asholi Chalai, Joint Secretary, National Commission for Women



Shri A. Asholi Chalai, Joint Secretary, NCW

Shri A. Asholi Chalai at the opening of his address remarked that Nagaland State is endowed with a rich cultural heritage but shared his concern about high rate of substance misuse. He emphasized that the underlying reasons are a result of a confluence of psychological, social, historical, and economic variables. Reflecting upon Nagaland's long history of using traditional substances like "locally brewed rice beer" which were used by our ancestors for medicinal or cultural purposes, he lamented that in current times it is used as an excuse and alcohol consumption has become accepted and normalized which needs to be challenged. He further emphasized about easy accessibility of narcotics and alcohol owing to the region's geographical location and its shared borders with the Golden Triangle, which includes Myanmar in particular and stressed on the need to strengthen cross-border trafficking of drugs and illegal substances.

Joint Secretary, NCW shared that curiosity and peer pressure have contributed to the issue's emergence among the young drug users which is also increasingly impacted by socio-economic factors like unemployment. He urged the state government to create job opportunities, which he believes will undoubtedly reduce and limit the issue of substance abuse among young people. Emphasizing on the role of State apparatus to be proactive in spreading awareness, he shared that a highly comprehensive approach incorporating schools, universities, churches, communities, municipalities, etc., are required for prevention. Further, sharing about social stigma and negative judgement linked to a substance abuser, especially in women, he stated that society must change their mind-set and step forward to provide necessary support to help the victims.

In conclusion, he urged the State government to provide adequate facilities and establish proper institutions where victims can be given quality treatment and rehabilitation. He stressed that the society should have empathetic approach to the victim in order to provide mental support, love and affection which will aid in the restoration and rehabilitation of addicted persons.

Keynote Address:

Smt. W. Nginyeih Konyak, Chairperson, Nagaland State Commission For Women



Smt. W. Nginyeih Konyak, Chairperson NSCW

Smt. W. Nginyeih Konyak, Chairperson NSCW in her keynote address stated that illegal drugs and alcohol use has had a very severe negative influence on all sections of the society in Nagaland, casting a long shadow over many people's futures. She indicated that various data and reports reveals substance abuse disorders are becoming more prevalent in the State, posing a rising challenge. She stated that State's history of substance misuse extends way back to the 1980s, when young people were rampantly using narcotics like heroin. She also stated that, there is a resurgence of drug abuse in the State due to 'sunflower,' which is regarded as one of the cheapest type of drug, and cautioned that as new forms of substance abuse emerge, there is a growing challenge to address this pressing issue with more inclusive and comprehensive intervention and strategies for prevention, treatment and social re-integration.

The NSCW Chairperson shared that women are among the most vulnerable group when it comes to the societal ramifications of substance addiction stating that, "On the one hand, women's substance addiction is a problem; on the other, women bear the weight of their family member's drug abuse". She added that, due to feelings of loneliness, melancholy, and inability to handle life's challenges, many women who are experiencing difficulty begin abusing drugs and alcohol. She remarked that, "When it is discovered that women are frequently drug dealers, they face further discrimination and stigma and that prevents them from getting help because it is seen as a moral failure. As a result, women are disproportionately affected by a range of cultural and socio-economic variables".

She concluded that, all stakeholders involved must work collaboratively to mitigate substance usage in order to enhance the wellbeing of all citizens, and especially that of women. She made an appeal to all those involved in this matter—including Government departments, law enforcement agencies, civil societies, Nonprofit Organizations, student bodies, representatives from various entities, and all other parties in attendance—to work together to address this problem and to establish an ecosystem free from drug abuse.

Speech of the Special Guest:

Shri. Rupin Sharma, IPS, Director General Of Police, Nagaland

Shri Rupin Sharma, DGP Nagaland expressed that although there are mechanisms in place at various levels to address substance abuse, the biggest impediment to effectively address the issue of substance abuse in the State is the lack of coordination among enforcement agencies. He added that in order to fulfil the intended larger goal, significant feedbacks received from seminars have to be turned into practical actions. He exhorted the attendees to use social media platforms to spread awareness about these issues which is one of the most effective tool in the current times to educate the public, especially young people.

Giving an overview of current situation the DGP lamented that women are often seen to be drug peddlers, traffickers or transporters and that they even go to the extent of granting support to a spouse or other member of the family involved in the illegal activity. He cautioned women about the widespread misuse of their services and that, owing to their gender, they often assume that they may not be subjected to scrutiny or questioning but he gave a strong message that such offences are neither discretionary nor forgiving. Noting that the Police department or other Government enforcement agencies serve as a link between any individual, Organisations or civil society, he urged the public not to take the law into their own hands which is not only illegal but also outside of their mandate or jurisdiction and he cautioned that they may be prosecuted for extortion, kidnapping, aiding and abetting crime, or illegal confinement.

The DGP proposed imposing a type of reverse stigma on persons involved in drug trafficking, transportation, or consumption by treating them as criminals rather than victims and preventing them from being released from prison. Also, he stated that consenting to the policy of "Self-disclosure" will aid in preventing and avoiding the inappropriate approaches in addressing the problem of substance abuse in schools and other settings. He highlighted the lack of facilities for rehabilitation and detox centres, as well as the high cost of such facilities, which makes them prohibitively expensive for many. He proposed that one of the most efficient approaches would be for the Government to make utmost use of vacant spaces available for setting up such facilities, and afterwards to initiate plans to properly set up permanent facilities.

The DGP assured that the Police will take up every possible step to strengthen the mechanism for investigation and urged the people to assist the Police in combating the problem by reporting drug-related activity.



Shri. Rupin Sharma, IPS, DGP Nagaland



Section of the participants

II. TECHNICAL SESSION

The technical session was moderated by Ms. Gracy Ayee, State Mission Coordinator, State Hub for Empowerment of Women (SHEW), Mission Shakti, Nagaland. Giving an overview of key points deliberated in the first session she stated that the technical session will focus mainly on three target groups of women who are grievously impacted by substance abuse:

- Women who are substance abusers
- Women who have family members as substance abusers e.g. husband, children etc.,
- Women involved in the distribution of drugs and other illegal substances.

The Moderator introduced the four Resource Persons who have vast experiences working in the field to address substance abuse. The following four key topics were deliberated from Police, NGOs and Legal perspective:

1. Major impact of drug abuse in family and society
2. Importance of early intervention and support
3. Drug abuse, criminality and victimization of women
4. Substance abuse and law

1. MAJOR IMPACT OF DRUG ABUSE IN FAMILY AND SOCIETY:

Shri. Abou Mere, President, Network of Nagaland Drugs and Aids Organization (NNAGADAO)

Shri Abou Mere shared his tumultuous yet victorious personal journey with substance abuse. He reminded that the State of Nagaland had a harrowing history with drug use with each family losing one member to addiction which also led to the rise of HIV/AIDS in the State. He harks back to the first case of HIV diagnosed at their Rehab Centre among the injecting drug users, which can be traced back to 1990s. Mere who is also the Director of Kripa Foundation-Nagaland Chapter elaborated that, the present scenario of the rapidly growing number of drug users taking heroin called “sunflower” is a recurrence of history. He stated that, “The sunflower drug was introduced in Nagaland around 5-6 years ago, but it became widely used, particularly by adolescents, during and after COVID pandemic”.



Shri. Abou Mere, President (NNAGADAO)

He impressed on the need to conduct extensive awareness about the many repercussions of drug use stating that drug users are at high risk of contracting HIV, Hepatitis-B and other diseases and that the use of opioid drugs can lead to overdose, amputations and even mental disorders. He lamented that alcoholism is a serious issue confronting Naga society which has negatively impacted our economy as large portion of our income is spent on meeting addictive urges. Alcohol-related liver cirrhosis is another major health condition that has resulted in the deaths of many individuals in the state, he stated.

Shri Mere pointed out that in 1956 the American Medical Association had conducted extensive research and concluded that “Addiction is a Disease”, which was also endorsed by WHO in 1958. He stated that, “Addiction is not an individual disease; it is a family’s disease as everyone involved with the addict suffers”. Further stressing on women who are caregivers being in a state of heightened stress and anxiety he remarked that most women suffer from physical health issues resulting from an intense focus on the person using substances. He stated that “Due to inconsistency, unreliability and lying involved with addiction, it upsets the entire familial structure which leads to dysfunctional families placing the children at an increased risk of ill effects and sufferings like isolation, depression, anxiety, low self-esteem and dysfunction. Financial issues also stem from supporting a child or spouse as dependency on substance can lead to numerous health issues that require medical attention which lead to gradual depletion of financial resources resulting to bankruptcy”. He cautioned that this cycle will ultimately give rise to antisocial activities like theft, drug peddling, prostitution and many more problems.

Shri Mere asserts that as the state proclaims war against drugs, it is critical that strategy and cooperation across government agencies and civil organizations be in place, as well as appropriate funding be provided to carry out. He that “The right to health is inextricably linked to life and dignity, and it is the government’s responsibility to ensure that this right is safeguarded and promoted for all individuals, regardless of gender, race, religion, or socio-economic situation”. He remarked that, first and foremost, immediate action must be rendered to address the issue of addiction by targeting fundamental root causes of the problem and prioritizing people’s whole health and well-being. He emphasized that Drug use results in decrease in productivity and added that stigmatization can further lead to involvement in antisocial activities.

2. IMPORTANCE OF EARLY INTERVENTION AND SUPPORT:

Ms. K. Ela, Director of Prodigals Home

Ms. K. Ela started her presentation by quoting that, “If we build strong children today, we won’t need to repair broken men and women tomorrow”. Stressing on the importance of early intervention she shared that prevention is always preferable to treatment. Highlighting the present scenario she stated that “We wait for children to develop severe addiction before admitting them to rehab centres or providing them with any type of assistance. When we wait for those who have become dependent to come forward and seek assistance, it is often too late since their physical and mental health has been irreparably damaged”. She stressed that many harmful behaviours develop during adolescence and pose significant public health difficulties stating that, “ Substance addiction has a significant impact on individuals, families, and communities because its consequences compound, adding to substantial social, physical, and mental health problems. A child who struggles with addiction matures into an adult who suffers from mental instability, bodily degeneration, and spiritual bankruptcy, putting a great burden



Ms. K. ELA, Director of Prodigals Home

on society". She cautioned that our society faces a very dismal future if we do not actively and aggressively shield our children and youth from the scourge of substance abuse today.

She lamented that most parents, particularly mothers are in denial primarily due to ignorance and stated that the mother has the most influence in keeping her child from engaging in any addiction, since they are natural caregivers at home. She stated that "If we take a poll of every family in Nagaland, we will discover that every household has a history with some type of substance misuse". According to her case studies, she shared that many children as young as 11-12 years old are battling with substance abuse stating that "They develop this habit in hostels, which is a rising breeding ground, or through peer pressure in schools, but in many cases, they acquire the habit at home from their families". Another contributing factor she stated is that, school officials have a tendency to victimise the student out of fear of bringing dishonour to the school's name. She suggested that if a youngster is found with intoxicants, the concerned authorities are required by law to denounce the supplier or seller for selling to underage children and face penalties under the Juvenile Justice Act. She highlighted on the need to educate and create extensive awareness on laws that is related to substance abuse prevention in all sectors of society, beginning with the family and schools. She strongly reiterated that school-based interventions based on a combination of social competency, need-based counselling, and social influence techniques have shown anti-drug effect, and that we must take action in that direction.

Ms Ela suggested that we as a community-based society have to reflect whether we are devoting enough time and resources to our young people, and that we must provide quality of life to our children, particularly the ones from dysfunctional households, stressing that children require uncompromised quality care and upbringing. She concluded by stating that both the Government and civil society should collaborate to remove the stain of substance addiction and clean up our community. She reiterated that the most important action is to catch them when they are young.

3. DRUG ABUSE, CRIMINALITY AND VICTIMIZATION OF WOMEN:

Dr. Tiamenla Phom, NPS, Addl. Deputy Commissioner of Police, Dimapur

When it comes to female victimization and drug use, according to Dr. Tiamenla Phom, there are two groups to consider:

- Women who use drugs and
- Women who abstain from drug use but become victims of drug problems because of a loved one.
- In addition, she stated that there are two categories of women who commit crimes:
- Those who use drugs and are criminals

Those who do not use drugs but commit crimes involving drug-related offences like drug peddling, distribution of drugs, and so forth.



Dr. Tiamenla Phom, NPS, ADCP, Dimapur

Dr.Tiamenla Phom presented some cases received by the police without revealing the person's identity and stated, "The distinction between victimization and criminal behavior in women is quite nebulous because, in the majority of cases, the women who commit crimes in drug-related situations were also victim". Further based on the case studies, she remarked that women who abuse drugs or are exposed to drug users are more vulnerable to domestic abuse, sexual assault, HIV, STIs, and other societal stigma. She lamented that the ground reality is bleak because Nagaland lacks information and data on the number of drug abusers, making it difficult to assess the State's positive or negative progress in this particular domain. Giving Case studies about this vicious cycle, she gave a perspective that women who are criminals are victims too. Based on situational analysis she shared that various circumstances pushes a woman who is a victim to become a criminal.

She deliberated further that educational institutions and schools are essential in determining when negative conditions and behaviour first arise stating that, "Young people should have access to positive encouragement and counseling in academic settings to provide them with the right advice, guidance and directions. She added that school authorities should also notify parents/guardians and, if necessary, law enforcement agencies about a child's negative development and behavioral changes. She encouraged pressure groups that as a community we should express our concerns and propose our needs to the government for additional facilities and services, she added. Challenging the general attitude and mindset, she highlighted on key roles that can be played by community based organizations, civil society including churches to collectively address this menace and progress as a society.

4. SUBSTANCE ABUSE AND LAW:

Ms. Apila Sangtam, Legal Consultant, NSCW

Ms. Apila Sangtam, defined substance abuse as excessive use of drugs in a way that is detrimental to self, society or both. Emphasizing that curbing it should be the highest priority, she stated that, "The phenomenal rise in drug trafficking and drug abuse amongst the youth, children and adolescent has serious implication adversely affecting National health, State health and overall Economy"



Ms. Apila Sangtam, Legal Consultant, NSCW Dimapur

Remarking that drugs have spread their dreaded tentacles in the State, Ms. Apila presented about the current scenario stating that, "The horrible dimensions which this menace has acquired can be caught from the average age of initiation of drugs which is as low as 9-10 years". She lamented that the illicit cultivation of plants from where the substance of drugs are derived is an area of major concern and highlighted about the legal provisions to identify land owners and donors and to accordingly implicate them as well. She stated that "The efforts to combat the menace of narcotic drugs and trafficking started at the International level with single Convention on Narcotic Drugs by the United Nations in March 1961. And thereafter, a protocol amending the resolution of this Convention was adopted in March 1972. The United Nation Convention on Psychotropic Substances was held in 1971 followed by the United Nations Conventions against Illicit Trafficking in Narcotic Drug and Psychotropic Substances in 1988 and India is a signatory to all such Conventions".

Speaking about “Indian Drug policy” she stated that “It has its roots in Article 47 Constitution of India which mandates that the State shall endeavor to bring about prohibition of the consumption except for medical purposes of intoxicating drinks and of drugs which are injurious to health. It is founded and aligned with Gandhian principles. Thus, the Constitution explicitly mandates that the State needs to act and prevent, reduce, or stop the consumption of injurious drinks or drugs. Policies and Acts to regulate it includes the Narcotic Drugs and Psychotropic Substances Act 1985, Prevention of Illicit traffic in Narcotic Drugs and Psychotropic Substances (NDPS) Act 1988, COPTA Act etc.” She pointed out that in India, particularly in Nagaland State, substance abuse is on the rise among the youth making them vulnerable and that, “The epidemic of drug use in younger generation has assumed alarming dimensions and today all over the State we see rehabs and lockups filled with drug users.”

Ms. Apila highlighted key legal provisions given in the NDPS 1985 as stated under:

- ✓ According to the section 18 of the NDPS Act, Cultivation of Opium, cannabis etc. without a license, as per the act the punishment will go up to 10yrs and fine up to 1 lakh rupees.
- ✓ Knowingly allowing one’s own premises to be used for committing an offence will lead to rigorous imprisonment up to 10years and fine of 1 lakh, Section 25
- ✓ External dealing or engaging or restricting trade whereby drugs are procured outside India and supplied to person outside India- 20yrs of imprisonment regardless of the quantity, as per Section 24.
- ✓ Violation pertaining to controlled substance, violation of this will result in minimum of 10 years, as per Section 24(A)
- ✓ Financing, traffic and harboring offenders – 10-20yrs with a fine of 1-2 lakhs
- ✓ Punishment for violation not elsewhere specified- 6 months or fine or both, discretion of the courts, as per Section 32.

She noted that most complaints in Nagaland are filed under the NDPS Act under Section 21 and Section 22. Section 21 deals with Punishment for contravention in relation to manufactured drugs and preparations. Contravention involves commercial quantity, with rigorous imprisonment up to 20years but where the contravention involves small quantity, rigorous imprisonment for a term which may extend to six months, or with fine which may extend to ten thousand rupees, or with both.

She highlighted that understanding the three layers of the legal system, i.e., the District and Session Judge Court, the Chief Judicial Magistrate Court, and the Magistrate Court stating that it is crucial to know legal provisions like:

- NDPS cases will be tried at the district and session court and it is a non-bailable offence.
- Only agencies approved by the NDPS Act have authorization to conduct investigations.
- Only authorised agencies are permitted to conduct searches, seize narcotics, make arrests, or dispose of narcotics.

Ms. Apila emphasized that the sole act that responsible citizens can do to aid the Government or authorized Agency is to report or file a complaint because failing to do so could result in legal ramifications if we cross our jurisdictions.

OPEN HOUSE DISCUSSION:

After the presentation by the panelist, extensive Open House Discussion followed. NGOs, Tribal Women Associations, Student Union representatives and Church leaders participated in the joint deliberation as they shared their perspectives and recommendations to address this pertinent issue.

Some challenges and way forward that were deliberated during the Open House Discussion are as highlighted below:

- There is a need for increased awareness and sensitization about the consequences of substance addiction at all levels. This initiative should begin at the grassroots level and spread through all the facets of the social system, including schools, churches, community gatherings, and so on.
- Addiction does not discriminate and that we must take a comprehensive approach to substance usage because it impacts everyone, regardless of gender.
- There is a need for one nodal Organisation/ Agency or authorised Committee to coordinate all Governmental and Non-Governmental Organisations to jointly work towards meeting a larger objective and to create action plans to address the problem of substance abuse in the State.
- To deal with and manage people who have addiction, a specific set of skills-based training is required. The capacity to provide critical services to the aggrieved due to a lack of experienced and trained specialists in this field is a major concern.
- Data collection and preservation of accurate records on all instances and cases in the State should be recorded in a proper order. Also, research and examination of the acquired data should be undertaken to provide evidence so that, those areas and factors can be improve upon.
- Most drug users are skilled but are held down by their addiction. Concerted effort is required to establish platforms and avenues for reformed drug users to receive skills-based training, which will not only make them self-sufficient and productive, but will additionally, empower them to lead a respectable and independent life.
- The International Trade Centre in Dan-Pangsha, Noklak lacks International checkpoints, which encourages an influx of antisocial elements and drug-related activities. As a result, young people start abusing drugs due to their ease of access.
- It has become more and more challenging for the existing institutions to offer services or assistance to everyone who needs it. It is a result of the State's rapidly rising drug and substance abuse rates and the dearth of facilities and rehab Centres to meet the demand. Therefore, it is suggested that each district in the State should have at least one detention or rehabilitation facility.

The Open House Discussion concluded with active participation from all major stakeholders present. Significant roles that women play at home and in the society were deliberated and acknowledged. It was agreed upon that Gender-based exploitation of women occurs; particularly in the context of drug trafficking and distribution which is an extremely serious issue and comprehensive action is required to address the same in the context of Nagaland. A strong recommendation that was reiterated was the need to implore the Government to formulate more concrete regulations to combat the detrimental effects of drug abuse in the community and safeguard our people from this scourge.

Vote of Thanks:

Smt. Akokla Longchar, Member Nscw

In the concluding address, Smt. Akokla Longchar appreciated all the speakers and resource persons who shared their insights and opinions based on their vast knowledge and experiences. She expressed gratitude to the National Commission for Women for the constant support provided. She thanked all the attendees who took part in the meaningful discussion and hoped that collective action can be taken to better the situation in the state.



Smt. Akokla Longchar, Member NSCW



Section of the participants

XIV. WOMEN'S BASKETBALL TOURNAMENT 2023:

The Nagaland State Commission for Women (NSCW) co-sponsored Women's Basketball Tournament organized by Vision Trinity under the theme 'Start Unknown, Finish unforgettable' from 19th to 21st October 2023 at Loyola Higher Secondary School, Jakhama.



XV. LAP ON WOMEN'S RIGHTS AT YONGHONG:

The Nagaland State Commission for Women (NSCW) had organised Legal Awareness Programme on “Women’s Rights” at Yanghong under Tobu Sub-Division, coinciding with the Konyak Nyupuh Sheko Khong (KNSK) Mopong Unit General Session 2023 on 8th November 2023. The keynote address of the program was given by Chairperson Smt. W. Nginyeih Konyak, and the Resource Person of the program Ms. Apila Sangtam spoke on legal provisions relating to Women’s Rights.



XVI. PROGRAM ON 'WAR AGAINST DRUGS' AT MON:

The Nagaland State Commission for Women (NSCW) Chairperson Smt. W. Nginyeih Konyak, attended the Mon Area Students' Union program on “A call for War against Drugs” as Special Guest. The participants were mainly drawn from the students union, higher secondary and college students.

XVII. CONSULTATIONS WITH NORTH-EAST ZONE AT GUWAHATI:

The National Commission for Women (NCW) in collaboration with Centre for Law, Justice and Development (CLJD) organized zonal consultations on the project titled ***"Rehabilitation of Survivors of Domestic Violence"*** with representatives from various Ministries, State Commissions for Women, Civil Society Organizations working on women and child rights, Child Welfare Committees, prisons, legal luminaries, protection officers, renowned psychologists, sociologists, health and public policy experts to give their comments and recommendations on the preliminary draft. The Chairperson NSCW attended the programme.

XVIII. INTERACTIVE MEETING WITH STATE COMMISSIONS FOR WOMEN AT GOA:

The Chairperson Smt. W. Nginyeih Konyak along with Secretary Smt. Bodeno S. Colo, attended National Commission for Women 1st Interactive Meeting with State Commissions for Women and Advisory Committee Members for the financial year 2023-24 on 26th November 2023 at Goa in collaboration with Goa Commission for Women. Further deliberation on the draft on "Rehabilitation of Domestic Violence Survivors" with the members of Advisory Committee and stakeholders took place.



XIX. DISTRICT TOURS:

As part of the Functions of the Commission to study and report on the conditions of women in Jails, Remand Homes and other places of custody to ameliorate their conditions against atrocities and human rights violations, the Nagaland State Commission for Women (NSCW) led by its Chairperson Ms. Nginyeih Konyak and the two Members Mrs. Kekhrienuo Meyase and Mrs. Akokla Longchar visited **District Jails, Hospitals, Women Police Stations and Sakhi-One Stop Centres** from 12th June 2023 to 10th November 2023.

The NSCW held brief meetings with the Deputy Commissioners and the Superintendents of Police and also with the Apex Tribal Women Organizations/Hohos in their respective Districts. During the visits, the Commission also extended some assistance in cash and kind to the female inmates and female patients.

Kiphire:



Kohima:



Longleng:



Longleng (Contd.):



Mon:





Phek:



Tseminyu:



Wokha:



Mokokchung:



Chairperson NSCW, Smt W. Nginyeih Konyak with Smt. Delina Khongdup, Member, National Commission for Women (NCW), during Mokokchung District visit

Zunheboto:



Chairperson NSCW, Smt W. Nginyeih Konyak with Smt Delina Khongdup, Member, National Commission for Women (NCW), during Zunheboto District visit

XX. OBSERVATION OF 16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE (25TH NOVEMBER TO 10TH DECEMBER 2023)

In pursuance to the United Nations General Assembly adoption of the ***“Declaration on the Elimination of Violence against Women”*** from **25th November - 10th December**, the Social Welfare Department, the Nagaland State Commission for Women (NSCW), Mission Shakti Nagaland, and the District Administration, Kohima jointly organized a brief program to launch the 16 days of Activism against Gender Based Violence on 25th November 2023, which culminated on International Human Rights Day, 10th December.



International Day for the Elimination of VIOLENCE AGAINST WOMEN
Theme: UNiTE! Invest to Prevent Violence Against Women & Girls!
Date : 25th November, 2023 | Time : 11:00 AM | Venue: Kohima Town, Old NST Junction

Chairperson : Smt Kekhrienuo Meyase
 Member, Nagaland State Commission for Women

Order of Programme

Invocation : Rev Thsadongse Sangtam
 Pastor, Sangtam Baptist Lithro Kohima

Keynote Address (3 min) : Smt Martha R. Ritse, IAS
 Secretary, Social Welfare

PLEDGE TAKING & LAUNCH OF 16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE

Message (3 min) : Shri Rupin Sharma, IPS
 Director General of Police Nagaland

Special performance : Ms Lenen Jamir

Message (3 min) : Shri Kumar Ramnikant, IAS
 Deputy Commissioner, Kohima

Special performance : Ms Mengu Suokhrie

Poetry Reading : Dr Theyiesinuo Keditso
 Indigenous Feminist, Poet, Academic & Educator

Concluding Remarks : Smt Imkongzenla
 Joint Director, Social Welfare

Organised by:
 Department of Social Welfare, Nagaland State Commission for Women,
 State Hub for Empowerment of Women and BBBP- District Administration, Kohima



16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE
 Starting on the International Day for the Elimination of Violence against Women, 25th November and culminating on the 10th December, Human Rights Day

I PLEDGE:

- To never commit, condone, or remain silent about domestic violence, sexual harassment, cybercrime, or any form of violence in our homes, communities, workplaces and digital spaces.
- To raise my voice and help women who are victimized by gender-based violence.
- To encourage men and women to mentor children to live violence-free.
- To educate myself and others about healthy relationships.
- Whenever possible, I will report all known, suspected or witnessed incidents of violence against any woman or child to an agency/ organization who can assist the victims.

Name: _____
 Signature: _____

 EVERYONE CAN WEAR A PURPLE RIBBON AND HELP SPREAD THE MESSAGE TO END GENDER-BASED VIOLENCE.

Note: This Pledge is an initiative of the Department of Social Welfare, Mission Shakti & Nagaland State Commission for Women to call upon all responsible men and women to help end violence against women in Nagaland and beyond.

To raise public awareness on this serious issue, the launch program started as an open air program from 11:00 am at Old NST, Kohima Town under the United Nation's 2023 theme: ***“UNiTE! Invest to Prevent Violence against Women & Girls”***. Special performances from renowned artists of Nagaland namely Ms. Mengu Suokhrie and Ms. Lenen Jamir, and Poetry Reading, by Dr. Theyiesinuo Keditso, an Indigenous Feminist, Poet, Academic & Educator were the highlights of the day.



Smt. Kekhrienuo Meyase, Member NSCW



Dr. Theyiesinuo Keditso



Ms. Mengu Suokhrie



Ms. Lenen Jamir

Keynote Address:

Smt. Martha R. Ritse, IAS, Secretary, Social Welfare

In the Keynote Address, Ritse said that violence against women and girls (VAWG) remains one of the most prevalent, pervasive, and systematic Human Rights violations in the world, affecting more than an estimated 1 in 3 women. It continues to be mostly unreported due to the impunity, silence, stigma and shame surrounding it.

Its manifestation encompasses physical, sexual and psychological forms, some of which are highlighted in the IEC material that has been distributed today. Unfortunately the data from One Stop Centres and Women Helpline in our State shows that of all the types of gender-based violence Cases reported, the highest number has been that of Domestic Violence –it is very disturbing that this is what’s happening in our own homes.

Violence against women is an obstacle to achieving equality, development, peace as well as to the fulfillment of women and girls’ Human Rights. The promise of the United Nations’ Sustainable Development Goals (SDGs) and that of our State Government’s commitment in the Vision 2030 for *Gender Equality and Leaving No One Behind*- cannot be fulfilled without first putting an end to violence against women and girls.



Smt. Martha R. Ritse, IAS, Secretary, Social Welfare



Section of the participants

Ritse said that the solution to end this menace lies in robust responses at various levels: At the Central level, the Ministry of Rural Development, Government of India is collaborating with the Ministry of Women & Child Development and several other relevant Ministries in observing the **Nayi Chetna, 2.0**, a community-led campaign against gender-based violence from 25th November to 23rd December, which symbolically aims to **link violence against women and Human Rights, and to emphasize that such violence is a Human Rights violation**.

Nagaland too has joined the rest of the world in commemorating this significant day at the state level, thereby launching the 16 Days of Activism against Gender Based Violence, which will be observed in all the Districts, headed by the Deputy Commissioners as Chairperson of Mission Shakti, in carrying forward the agenda with the Beti Bachao Beti Padhao, District Hubs for Empowerment of Women and the Sakhi One Stop Centre teams in conducting sensitization and awareness programs. The campaign culminates on Human Rights Day, 10th December.

Ritse concluded that the odds are great that you and I may know someone who has experienced or is experiencing violence. By wearing the **purple ribbon badges**, we are giving a voice to them, and declaring that we stand in solidarity with them, and condemn all forms of violence against women and girls. Every woman and child deserves to live without fear, abuse, threats, harm, and violence. Let us all be a part in ending this menace in our society.

PLEDGE TAKING & SIGNATURE CAMPAIGN AND LAUNCH OF 16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE:

Smt Martha R. Ritse, IAS, Secretary, Social Welfare, and DGP Nagaland, Rupin Sharma led the gathering in taking the pledge to Stop Violence against Women and also report such cases to the police.



Shri. Rupin Sharma, IPS, DGP Nagaland



Shri. Kumar Ramnikant, IAS, DC Kohima

Short Speech:

Shri Rupin Sharma, IPS, Director General of Police, Nagaland

The Director General of Police, Nagaland, Shri Rupin Sharma, IPS who addressed the gathering as Special Guest said that although there are biological differences between men and women, these differences should be respected. He said that the Police Department is handicapped to deal with women related issues because it does not have 50% women police personnel and also unable to achieve 33% reservation. The DGP added that the department has consciously decided to request recruitment of more women personnel.



Shri. Rupin Sharma, IPS, DGP Nagaland

He pointed out that the traditional mindset in most societies is that women are considered weaker, but given an opportunity, he said that women will do better in many aspects. He encouraged the public to report instances of violence against women to police. Violence should not be allowed and should be stopped at the first instance. He also added that cases of abuse are often not isolated cases of abuse but a series of incidences of abuse.

He said that the State should work out a mechanism with the concerned Department so that such instances are reported and documented even if a police case is not registered. Non-punitive measures to document violence against women and children, not necessarily for punishment but for other reasons like counseling should be made.

Short Speech:

Shri. Kumar Ramnikant, IAS, Deputy Commissioner, Kohima

Kohima Deputy Commissioner, Kumar Ramnikhant observed that people tend to accept violence against women and children and so it goes silent in the society. While things are changing, it is still very less vocal and also too slow.

He said there are legislations on violence and crime against women and children but those need to be more stringent, he said while calling for change of mindset from not sending girls out to importantly teaching the boys not to abuse women and girl child.



Shri. Kumar Ramnikant, IAS, DC Kohima

He also asserted that the District Administration is all there to support those suffering from any form of violence once the matter is reported. He appealed for availing the services of **Sakhi One Stop Centre** or **dial 1098** for child related cases and **181 for women** related cases.

Concluding Remarks:

Smt. Imkongzenla, Joint Director, Social Welfare

During the concluding remarks Joint Director, Social Welfare, Smt. Imkongzenla, thanked all the participants, the organizing departments, the programme participants, Dr. Theyiesinuo Kreditsu, the two female renowned artists who made the program so alive by their performances, to the media fraternity that the launching and observation will be disseminated through print & digital media and specially to the Director General of Police Shri Rupin Sharma, IPS and Deputy Commissioner of Kohima Shri Kumar Ramnikant, IAS and also requested all the participants to uphold the pledge and be a role model of the campaign.



Smt. Imkongzenla, Jt. Director, Social Welfare



Section of the participants

Observation at District and Sub-Division Headquarters:

In order to create awareness among the general public in all the District Headquarters and Sub-Divisions, the Nagaland State Commission for Women (NSCW) in collaboration with the Apex Women Hohos distributed IEC Materials and displayed banners & posters in all the prominent places during the observation of 16 Days of Activism against Gender Based-Violence.

Following is a photo report of the same:



Zunheboto District



Tuensang District



Noklak District



Kiusam Sub-division



Tseminyu District



Kiphire District



Longleng District



Peren District



Mon District



Ahthibung Sub-Division



Mokokchung District



Shamator District



Meluri Sub-Division



Wokha District



Sanis Sub-Division under Wokha District



Bhandari Sub-Division under Wokha District

XXI. SPEEDY DISPOSAL OF CASES:

The Commission promptly disposed cases of physical assault, domestic violence, harassment to daughters & wives, acquired property etc. by collaborating with appropriate authorities and agencies both within and outside the state, thereby ensuring the safety, security and welfare of women.

XXII. FREE LEGAL AID CELL FOR WOMEN AT NSCW OFFICE:

The Nagaland State Commission for Women (NSCW) with support from the National Commission for Women (NCW) had set up Free Legal Aid Cell to facilitate women seeking grievances relating to women issues. The services may be availed in the office chamber at NBCC Complex, 1st Floor, Bayavü Hill, Kohima, Legal Consultant 9485232722 Email: nscwkohima@gmail.com



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