



INTERNATIONAL YOGA DAY – 2018

HIGHER AND TECHNICAL INSTITUTE, MIZORAM
KAWMZAWL: PUKPUI, LUNGLEI – 796691, MIZORAM

Affiliated to Mizoram University
UGC recognized 2(f) and 12(B) Institution
Website: <https://www.hatim.ac.in>

International Day of YOGA 2018

Higher And Technical Institute, Mizoram

INTERNATIONAL DAY OF YOGA "Health & Physical Fitness"

Jointly Organised by :

NYK Lunglei



नेहरू युवा केन्द्र संयोजन
योग का सबसे बड़ा युवा विचार

NCC Unit, Gov't High School, Lunglei



NSS Unit HATIM College



21st June, 2018

HATIM Auditorium

International Day of YOGA 2018

Higher And Technical Institute, Mizoram



2018/6/21 16:31

International Day of YOGA 2018

Higher And Technical Institute, Mizoram





INTERNATIONAL YOGA DAY – 2019

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International Day of YOGA 2019



2019/6/21

International Day of YOGA 2019



International Day of YOGA 2019



International Day of YOGA 2019



International Day of YOGA 2019



2019/6/21 08:00

International Day of YOGA 2019



International Day of YOGA 2019

2019/6/21 08:



**Higher and Technical Institute, Mizoram (HATIM)
DEPARTMENT OF SOCIAL WORK**



**REPORT OF STATE LEVEL WEBINAR ON
COMMEMORATION OF WORLD MENTAL HEALTH DAY**


Date of the Event: 25th August, 2021

Platform: Google meet & YouTube Live-stream

The 10th of October, 2021 was World Mental Health Day, the department of Social Work organized Webinar in commemoration of World Mental Health day on the theme of '*Mental Health in an unequal world*'. The event was divided into two sessions where Dr. Grace L. Sailo Asst. Professor Dept. of Social Work, Mizoram University and Miss. Julia Vanlalruati Pachuau Guest Faculty Dept. of Clinical Psychology Mizoram University were the resource persons respectively.


The first session of the webinar was started at 7:15pm with an welcome speech from Mr. V. Vuansanga Principal, HATIM which was then followed by the lecture from Dr. Grace L. Sailo on topic of metal health management for youth in our day to day life. She stressed on the common problems that hampered the normal life of Mizo youths and how we can cope-up with such problems caused by the Covid-19 pandemic.


The second session was hosted by Lalruatfeli V-Semester, Department of Social Work. Miss Julia Vanlalruati Pachuau delivered lecture on the topic of "*Mental Health in an unequal world*" in which she explain the concept of individualism and how every individual is different from one another and has unique quality.




HIGHER AND TECHNICAL INSTITUTE, MIZORAM (HATIM)
 (Affiliated to Mizoram University)

WEBINAR
in commemoration of World Mental Health Day, 2021
Theme: Mental Health in an unequal world
 Date: 10th October, 2021 @7:15PM
Organized by Department of Social Work, HATIM

RESOURCE PERSONS:


Dr. Grace Lalhupuii Sailo,
 Assistant Professor,
 Department of Social Work,
 Mizoram University


Julia Vanlalruati Pachuau,
 Guest Lecturer,
 Department of Clinical Psychology,
 Mizoram University

Platform:  Google Meet
Live Stream on  YouTube HATIM YouTube Channel

For any queries, contact:

Convener:
 R.Lallianzela, Assistant Professor, Department of Social Work
 Email: xelakawini@gmail.com Phone: 8794916678

Co-Convener:
 RTC.Lalremruata, Assistant Professor, Department of Social Work
 Email: rtcarema6@gmail.com Phone: 8794087984

Discussion/O & A Session



Youtube Link: <https://youtu.be/O3rfoOuWnOk>



FIT INDIA FREEDOM RUN – 2020

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FIT INDIA FREEDOM RUN 2020



FIT INDIA FREEDOM RUN 2020



FIT INDIA FREEDOM RUN 2020



FIT INDIA FREEDOM RUN 2020



Higher and Technical Institute, Mizoram (HATIM)
Internal Quality Assurance Cell, HATIM



**REPORT ON
WORKSHOP ON EFFECTIVE CLASSROOM MANAGEMENT**

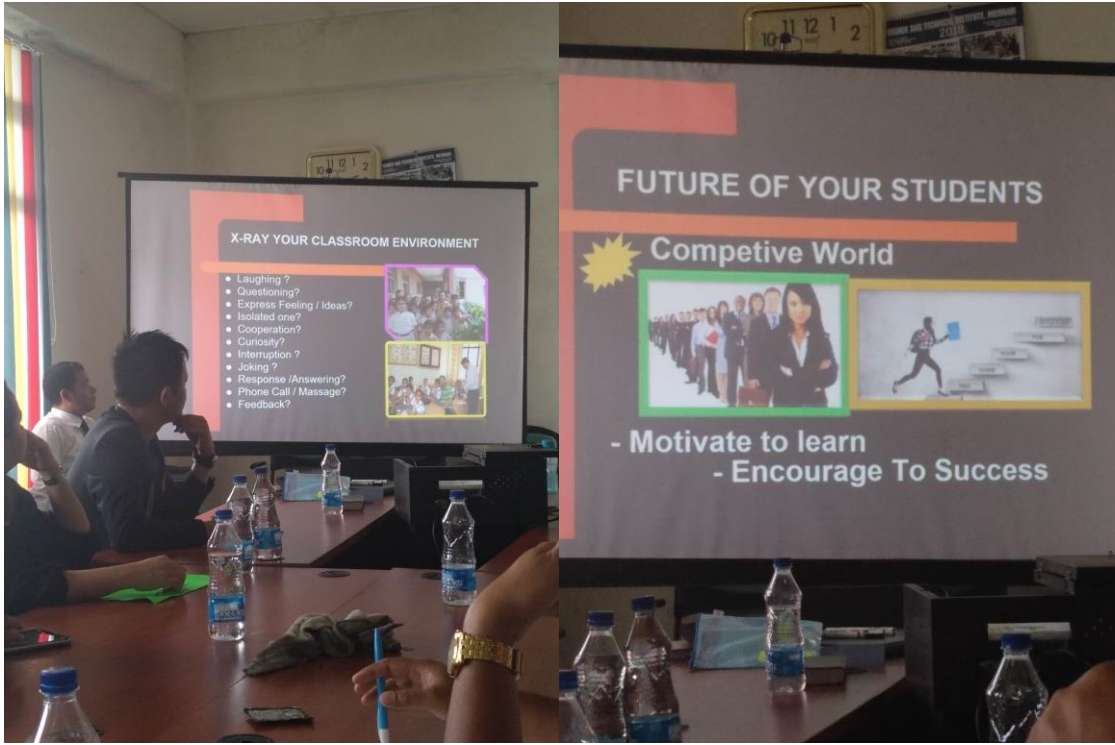
Organizing Department/ Cell : IQAC, HATIM
Date of the Event : 5th July, 2018
Venue : HATIM Conference room



Purpose of the Event: To be able to create a congenial atmosphere and interesting class room in HATIM.

Detailed Description of the Event: Apart from imparting syllabus lessons, Dr Rema Chhakchuak, Chairman, IQAC HATIM invited professionals to help the teaching staff in having effective classroom management. Three Resource Persons turned up from District Institute of Education and Training, Lunglei. Practical Sessions and interactive sessions were held – the Faculty members performed Brainstorming and role play enthusiastically. All the faculty members benefitted a lot from the program. **Resource person(s) Details(if so):**

Sl No	Name	Address	Designation (if so)	Paper Presented
1	HP Lalremtluanga	Rahsi Veng	Lecturer, DIET Lunglei	Constructivist Classroom
2	Janet Zonunmawii Hauhna	Zohnuai	Lecturer, DIET Lunglei	Constructivist Teaching and Lesson Plan Creation
3	Laldinthari Ralte	Zohnuai	Lecturer, DIET Lunglei	Methods of Teaching





ETIQUETTE AND PUNCTUALITY DRIVE

Department of Computer Science
HIGHER AND TECHNICAL INSTITUTE, MIZORAM
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Etiquette & Punctuality Drive

ACTION PLAN

Activity	Responsible personnel	Mode of Action
Kick off Program (6 th August)	K.Lalmuanpuia, HOD	Stage speech
Drive Explanation (6 th August)	H.Lalrinawma, Convener	PPT presentation
Presentation	Students	Role Play
	Students	PPT Presentation
	Students	Short video clip display
Closing of the Drive	Principal and Convener	Award Distribution

Etiquette and Punctuality will be focussed everyday alternately.

Month : August

Date:6th to 31st August.

No of Days of the Drive : 18 Days

Etiquette & Punctuality Drive

Important measures

1. **Punctuality of the students** in the class, Devotions and in the Bus.
2. **Punctuality of the Staff members** in the Arrival, Class and Afternoon Thanksgiving prayer.
3. **Behaviour and Conduct of each student** in Etiquette and manners towards other fellow students and towards Staff members.
4. **Behaviour and Conduct of each Staff member** in Etiquette and manners towards other fellow staff members and towards Students.
5. **The Drive is not a punishment.** It is Just a strategy to actually work out two of the important fields of Real-life Education.

Etiquette & Punctuality Drive



Hiccups: Excuse yourself for a moment, go to restroom, try some deep breathing, take a drink of water, and repeat as needed until they subside.

Etiquette & Punctuality Drive



Etiquette

When something
Embarrassing happens:

Yawning:

When a yawn is coming on, place your hand over your mouth and say, **“Please excuse me”**.

Etiquette & Punctuality Drive



Sneezing/Coughing:

Cover your nose and mouth with **handkerchief** to prevent germs from spreading around you. Turn your head away from the crowd or away from the food. After sneezing say, **“Please excuse me.”** Wash your hands or use hand sanitizer as soon as possible.

Etiquette & Punctuality Drive

ACTIVE LISTENING:

When you're talking to someone

1. Listen attentively: One of the greatest gifts we can offer someone is our undivided attention.

2. Keep good eye contact: Look directly at the other person (but don't stare) as you listen and talk.

3. Use body language as encouragement: Smile and nod your head occasionally so the talker knows you're listening.

4. Interrupt rarely: Let the other person finish before you respond or change the subject.

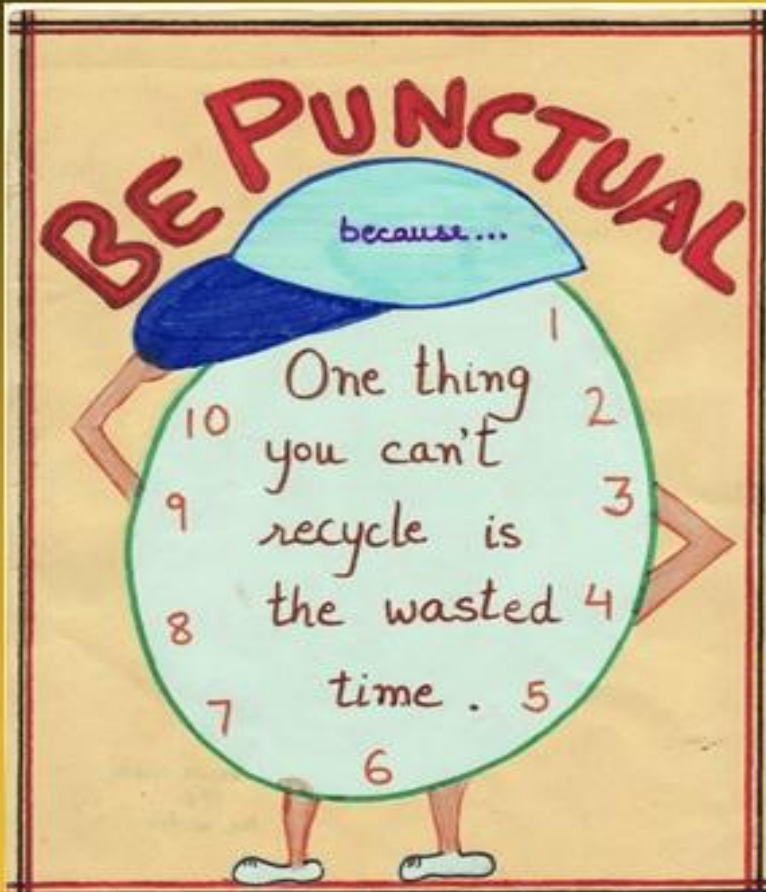
Etiquette & Punctuality Drive



By
Malsawma Sailo
5th Semester, BCA

Etiquette & Punctuality Drive

PUNCTUALITY *Drive*



Department of Computer Sciences, HATIM

Etiquette & Punctuality Drive

PUNCTUALITY *Drive*

Punctuality is not just limited to arriving at a place at right time, **it is also about taking actions at right time.**

Etiquette & Punctuality Drive

laughingcolours.com



**PUNCTUALITY
IS NOT ABOUT
BEING ON
TIME,
IT'S BASICALLY ABOUT
RESPECTING
YOUR OWN
COMMITMENTS.**



Time Management : **Failure Reasons**



- ✓ *No List For "TO-DO"*
- ✓ *Not Setting Personal GOALS*
- ✓ *No Priorities*
- ✓ *Failing To Manage Distractions*
- ✓ *Procrastination*
- ✓ *Too Many Tasks Without Plan*
- ✓ *No Breaks*
- ✓ *No Upgradation Based On Milestone Results*
- ✓ *Ineffectively Scheduling Tasks*

Diary Store

www.diarystore.com

Etiquette & Punctuality Drive

EARLY IS ON TIME.



ON TIME IS LATE.



and

LATE IS UNACCEPTABLE.

Etiquette & Punctuality Drive

"GOOD
MANNERS
ARE YOUR
BEAUTY."

-IMAM ALI (AS)-

*"Good manners will open doors
that the best education cannot."*

- Clarence Thomas

TOWN&COUNTRY

RESPECT PEOPLE

Who will find the time for
you in their busy schedule

LOVE PEOPLE

Who never look at their
schedule when you need them

Etiquette & Punctuality Drive

ASSESSMENT SHEET (Morning & Afternoon PRAYERS)

(During Punctuality Drive - AUGUST 2018)

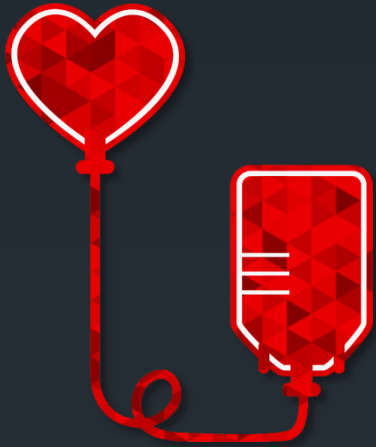
to know who are **ON TIME / LATE**

Emp No	DEPARTMENT	Name of EMPLOYEE	2nd Week of AUGUST					3rd Week of AUGUST												
			06-Aug	07-Aug	08-Aug	09-Aug	10-Aug	13-Aug	14-Aug	15-Aug	16-Aug	17-Aug								
1	Administrative Staff	Dr. Rema Chhakchhuak																		
2		Lalramnghaka Hnamte																		
3		PC Lalbiakdika																		
4		Dony Lalrinfeli																		
5	Department of Commerce	Vuansanga Vanchhawng																		
6		R.Lalnunthara																		
7		Ramnundanga																		
8		Laldinkimi Khiangte																		
9		Vankhawpuimawii Pachuau																		
10	Department of Computer Sciences	Joseph Lalhunmawia																		
11		H. Lalrinawma																		
12		K. Lalmuanpuia																		
13		H.Lalruatkima																		
14	Department of Social Work	Joseph Lalnunfela Pachuau																		
15		Dr. C Lalenzama																		
16		C. Lalremtluangi																		
17		Rosangliana Khiangte																		
18		R. Lallianzela																		
19	Department of English	RTC Lalremruata																		
20		H.T. Zuali																		
21		Sammuel Malsawmkima																		
22		Remruatpuii																		
23	Library	Isaac Lalthazuala																		
24		Benjamin Lalnunfima																		
25		Lalrokhawma																		
26	Computer Lab.	C.Lalruatkima																		
27		Vanlalnghaka Hnamte																		

Note:

1) Put TICK MARK (✓) for those who are ON-TIME

2) ON Leave : L, On DUTY: D



VOLUNTARY BLOOD DONATION

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VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram

16th August 2018



VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram



VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram



2018/8/16 13:40

VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram



2018/8/16 13:11

VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram



VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram



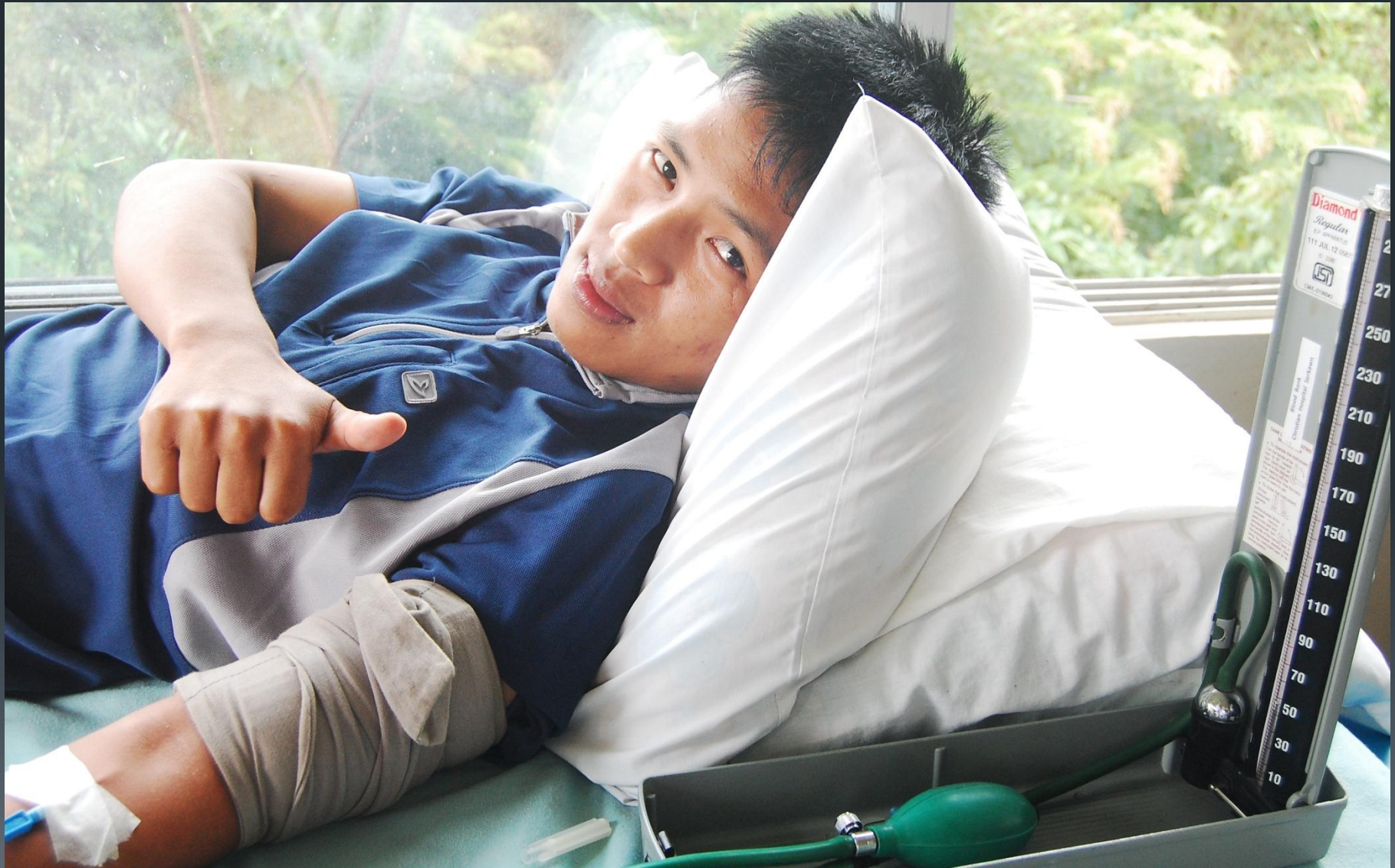
VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram



VOLUNTARY BLOOD DONATION

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VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram



VOLUNTARY BLOOD DONATION

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VOLUNTARY BLOOD DONATION

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VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram

24TH September 2020



VOLUNTARY BLOOD DONATION -2020

Higher And Technical Institute, Mizoram



VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram

25th January 2022



VOLUNTARY BLOOD DONATION

Higher And Technical Institute, Mizoram

25th January 2022





CLEANLINESS PROGRAMME

HIGHER AND TECHNICAL INSTITUTE, MIZORAM
KAWMZAWL: PUKPUI, LUNGLEI – 796691, MIZORAM

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CLEANLINESS WEEK

Higher And Technical Institute, Mizoram

In collaboration with Young Mizo Association: Chanmari Branch



CLEANLINESS WEEK

Higher And Technical Institute, Mizoram

Cleaning the Chanmari local street



CLEANLINESS WEEK

Higher And Technical Institute, Mizoram



CLEANLINESS PROGRAMME

Higher And Technical Institute, Mizoram
Cleaning of the main source of water for Lunglei Town.



CLEANLINESS PROGRAMME

*Higher And Technical Institute, Mizoram
Cleaning of the main source of water for Lunglei Town.*



CLEANLINESS PROGRAMME

Higher And Technical Institute, Mizoram

Cleaning of the main source of water for Lunglei Town.



CLEANLINESS WEEK

Higher And Technical Institute, Mizoram



CLEANLINESS WEEK

Higher And Technical Institute, Mizoram



CLEANLINESS WEEK

Higher And Technical Institute, Mizoram



CLEANLINESS WEEK

Higher And Technical Institute, Mizoram



CLEANLINESS WEEK

Higher And Technical Institute, Mizoram



CLEANLINESS WEEK

Higher And Technical Institute, Mizoram



2019/8/3 10:59

CLEANLINESS WEEK

Higher And Technical Institute, Mizoram



CLEANLINESS WEEK

Higher And Technical Institute, Mizoram



CLEANLINESS DAY

*Higher And Technical Institute, Mizoram
At Putlungasih Village: Lunglei District*



CLEANLINESS DAY

*Higher And Technical Institute, Mizoram
At Putlungasih Village: Lunglei District*



CLEANLINESS DAY

*Higher And Technical Institute, Mizoram
At Putlungasih Village: Lunglei District*



CLEANLINESS DAY

*Higher And Technical Institute, Mizoram
At Putlungasih Village: Lunglei District*



Higher and Technical Institute, Mizoram

DEPARTMENT OF ENGLISH

Chanmari, Lunglei- 796691



Special Lecture on “ A Ngaihna Hriat”

Following the departmental tradition of organizing seminars and special talks, this year is no exception despite the pandemic with different modes of attending classes: some semesters going offline and some online. With Ms. Janet Lawmsangzuali as the co-ordinator, the department organized a Special Lecture from from Mr. C. Ramengmawia.

Mr. C. Ramengmawia presented a Special Lecture on "**A Ngaihna Hriat**" on 7 March, 2022 at 1:30 p.m through Google Meet. As **Mr. C. Ramengmawia is a renowned musician from the band Triaux Trackx, a prolific producer and gifted songwriter, his talk was met with eagerness and enthusiasm.** He inspired the students with his stories of personal experiences as a youth in Champhai, Mizoram and his knowledge of music and songwriting motivated them to pursue their interests and passions with sensibility and dedication.

The discussion that commenced immediately after his lecture is a testament to the tremendous influence he has on shaping and encouraging the youth of Mizoram. Topics ranging from the kinds of books to read, Mizo as a language and the characteristics of an artist were discussed.



HIGHER AND TECHNICAL INSTITUTE, MIZORAM
(Affiliated to Mizoram University)

SPECIAL LECTURE

by

C. Ramengmawia (Triau Trackx)
(Musician, Songwriter and Producer)



Topic: A Ngaihna Hriat

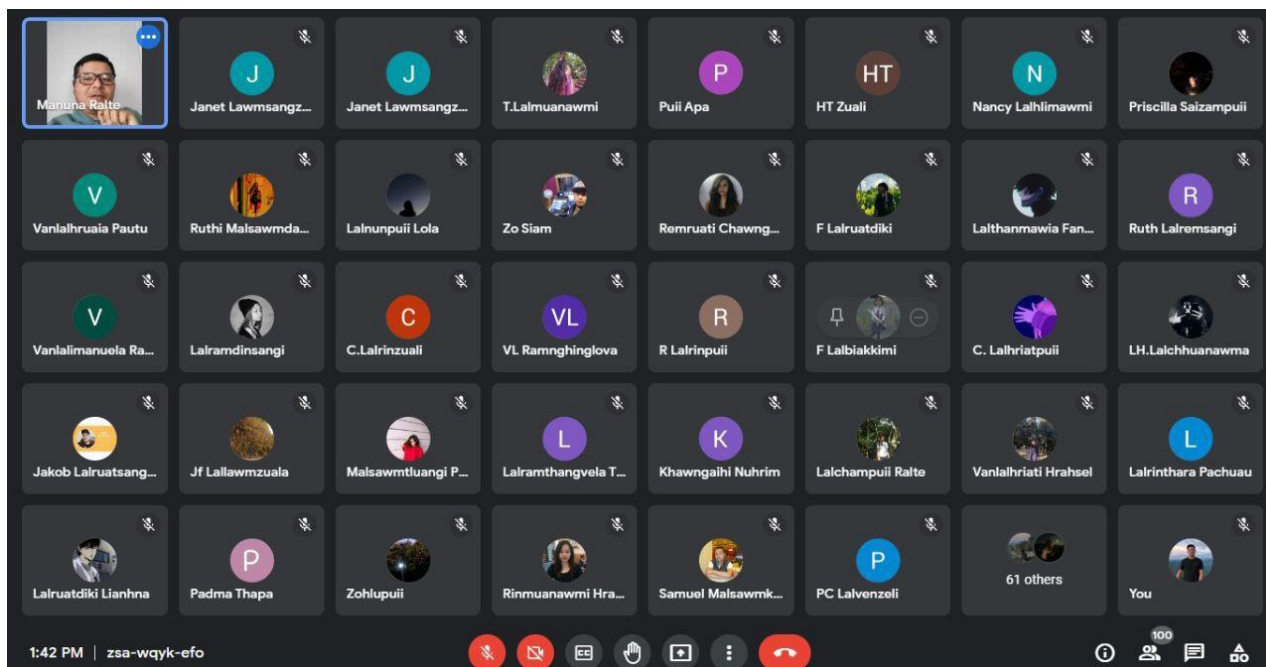
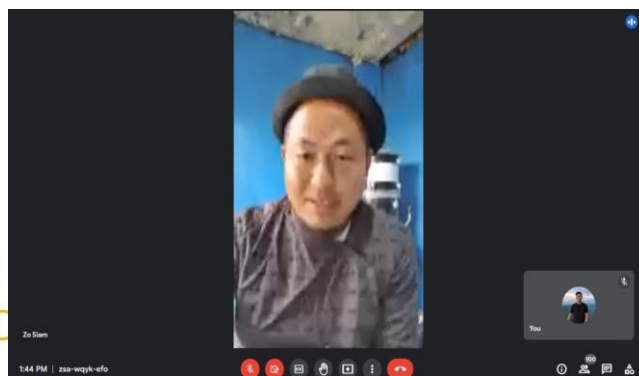
Organized by:-
Department of English, HATIM

Date:
7th March, 2022

Time:
1:30 PM

Platform:  Google Meet

Google Meet joining link:
<https://meet.google.com/zsa-wqyk-efo>



HIGHER AND TECHNICAL INSTITUTE, MIZORAM (HATIM)
Kawmzawl: Pukpui, Lunglei – 796691



CELEBRATION OF JANJATIYA GAURAV DIVAS
(Celebration of Tribal Freedom Fighter)

Organised by Deputy Commissioner, Lunglei
various NGO's and NSS Units within Lunglei town area.

On 15th November, 2022 (Tuesday), under the initiative of Deputy Commissioner, Lunglei, a programme called "**Celebration of Janjatiya Gaurav Divas (Celebration of Tribal Freedom Fighter)**" was organised and invited various NGO's and NSS Units within Lunglei town area in which 6 males and 8 females volunteer along with 2 PO's of NSS Unit, HATIM also participated.



Lunglei, Mizoram, India

PHE Rd, Lunglei, Mizoram 796691, India

15/11/22 07:12 AM

HIGHER AND TECHNICAL INSTITUTE, MIZORAM (HATIM)
Kawmzawl: Pukpui, Lunglei – 796691



CLEANLINESS DRIVE

(CLEANING OF HATIM CAMPUS)

Organised by HATIM Student Council (HSC)

As part of the **Cleanliness Drive** initiative, cleaning of campus was organized by **HATIM Students Council (HSC)** on **30th September, 2022** (Friday) Afternoon.

The whole community joins hands to clean the classrooms, offices, campus grounds and its vicinity

Link: <https://www.instagram.com/p/CjlwfbQsOd5/>









HIGHER AND TECHNICAL INSTITUTE, MIZORAM (HATIM)
Kawmzawl: Pukpui, Lunglei – 796691



CLEANLINESS DRIVE

(CAMPUS CLEANING DAY / COMMUNITY CLEANING SERVICE)

Organised by NSS Unit: HATIM

Campus Cleaning Day / Community Cleaning Service was organised by NSS Unit: HATIM on 2nd November, 2022. All community members are took active part in cleaning different parts of the campus.

**#community #cleaning #service #campus #cleaning #hatim #college #nss #unit
#cleanliness #drive #2022 #mzu #mhrd**

Link: <https://www.instagram.com/p/CkfzuhdSwTJ/>











HIGHER AND TECHNICAL INSTITUTE, MIZORAM (HATIM)
Kawmzawl: Pukpui, Lunglei – 796691



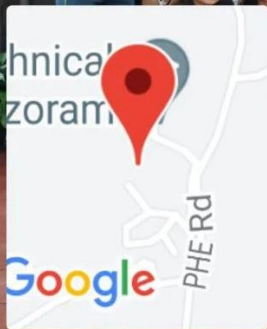
NATIONAL NUTRITION WEEK - 2022
Organized by NSS Unit: HATIM

In observance of **Rashtriya Poshan Maah (National Nutrition Week) 2022**, an awareness campaign on "**Nutrition and Education**" was organized by the NSS Unit, HATIM on 19th September 2022. Mrs. Remsangpuii Renthlei, Dietician Christian Hospital, Serkawn delivered a lecture among the students to strengthen nutritional content, delivery, outreach and outcomes with a focus on developing practices that nurture health, wellness and immunity to disease and malnutrition. The lecture was followed by interaction and Q&A session.

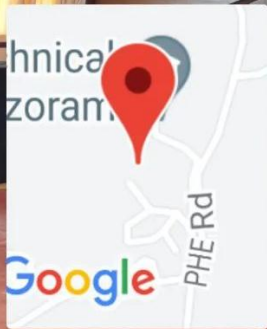
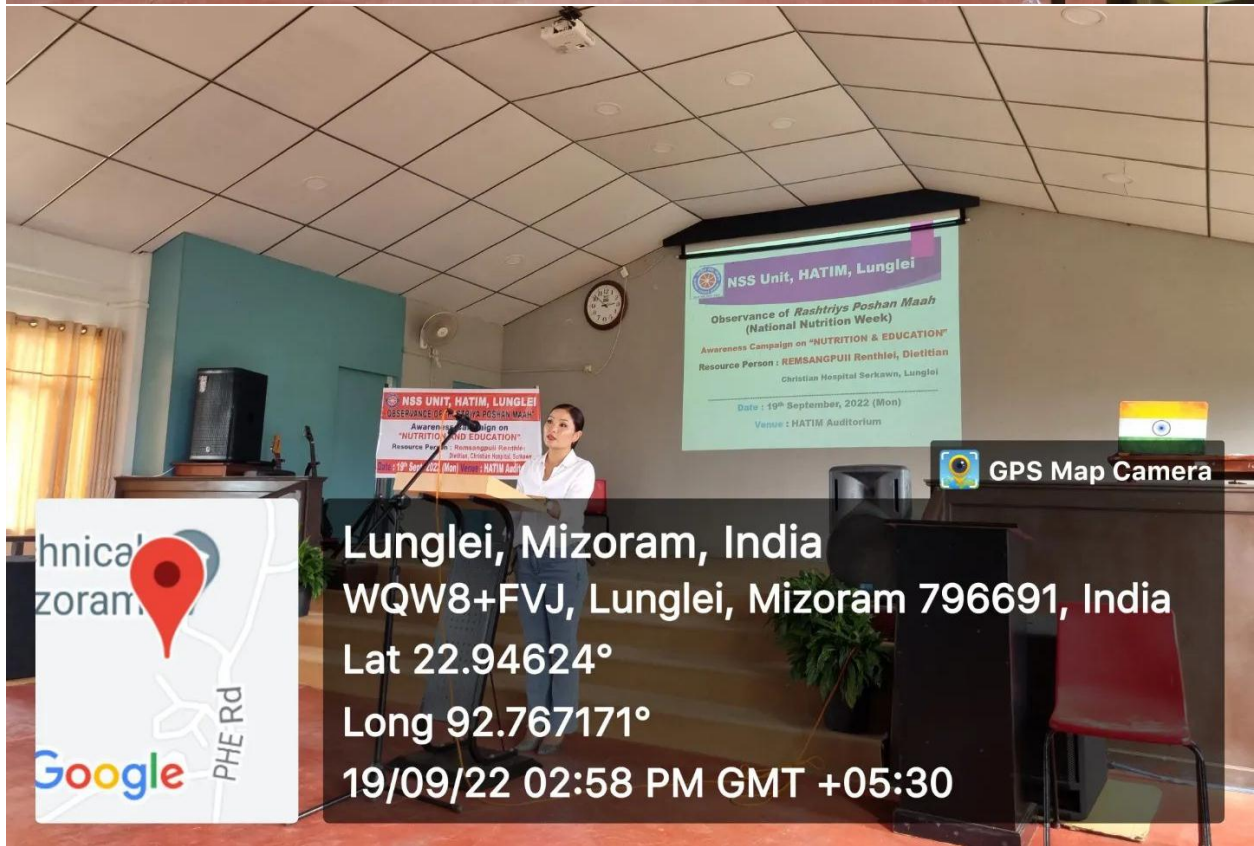
Prime Minister's Overarching Scheme for Holistic Nutrition (POSHAN) Abhiyaan which is also known as National Nutrition Mission is the central government's flagship programme whose objective is to ensure community mobilization and bolster people's participation for addressing malnutrition amongst young children, and women and to ensure health and nutrition for everyone.

#mzu #mhrd #nss #unit #hatim #poshanmaah2022 #nationalnutritionweek #nutrition #education

Link: <https://www.instagram.com/p/Cir3m6hPOvx/>



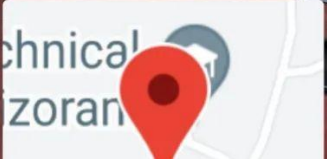
Lunglei, Mizoram, India
WQW8+FVJ, Lunglei, Mizoram 796691, India
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Long 92.767186°
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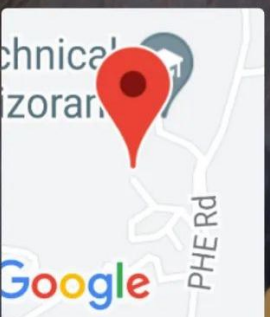
GPS Map Camera



Lunglei, Mizoram, India
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GPS Map Camera



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HIGHER AND TECHNICAL INSTITUTE, MIZORAM (HATIM)
Kawmzawl: Pukpui, Lunglei – 796691



RASHTRIYA EKTA DIWAS
“National Unit Day Run”

Organised by
various NGO's and NSS Units within Lunglei town area.

On 31st October, 2022 (Monday), under the initiative of Deputy Commissioner, Lunglei – a programme called ***Rashtriya Ekta Diwas - “National Unit Day Run”*** was organised and invited various NGO's and NSS Units within Lunglei town area in which 5 males and 7 females volunteer along with 2 PO's of NSS Unit, HATIM also participated.





HIGHER AND TECHNICAL INSTITUTE, MIZORAM (HATIM)
Kawmzawl: Pukpui, Lunglei – 796691



WORLD AIDS DAY - 2022

Organised by the Red Ribbon Club

in collaboration with the NSS Unit, HATIM.

In commemoration of World AIDS Day 2022, the community members of HATIM united in showing support for people living with and affected by HIV and to remember those who lost their lives to AIDS. In an attempt to put an end to the life-threatening disease, a social media campaign was also held by the Red Ribbon Club in collaboration with the NSS Unit, HATIM.

More than 50 students signed a pledge, to work towards ensuring that people infected with and affected by HIV/AIDS lead a normal life without discrimination and social stigma.

This year's theme for World AIDS Day is "Putting Ourselves to the Test: Achieving Equity to End HIV."

#worldaidsday2022 #hiv #aids #hivawareness #aidsawareness #makehivhistory #letsendit #support #msacs #Mizoram #redribbon #nss #unit #hatim #mzu #mhrd

Link: <https://www.instagram.com/p/Cln9dMbyL1N/>



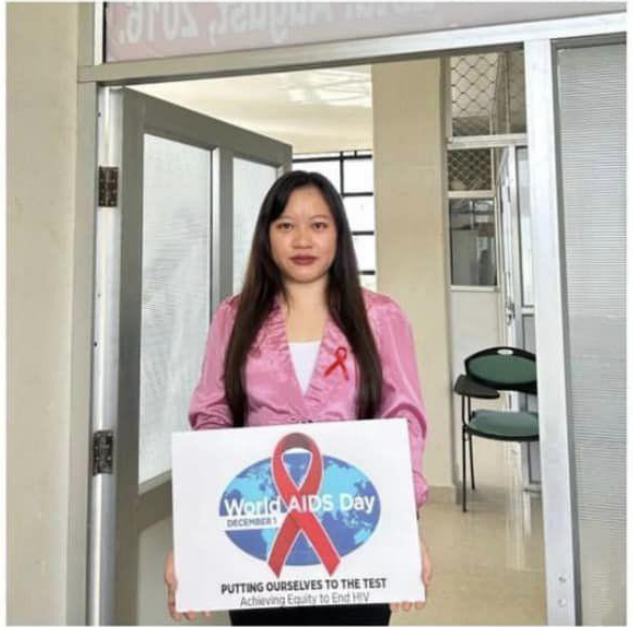
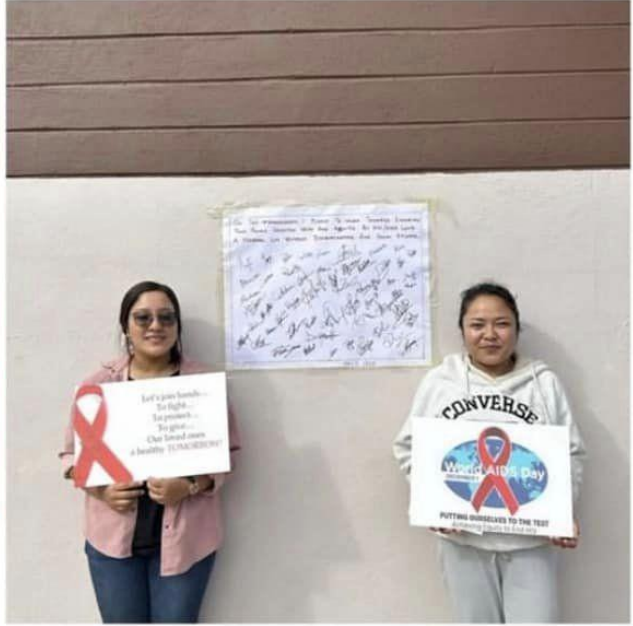
20
22



WORLD AIDS DAY

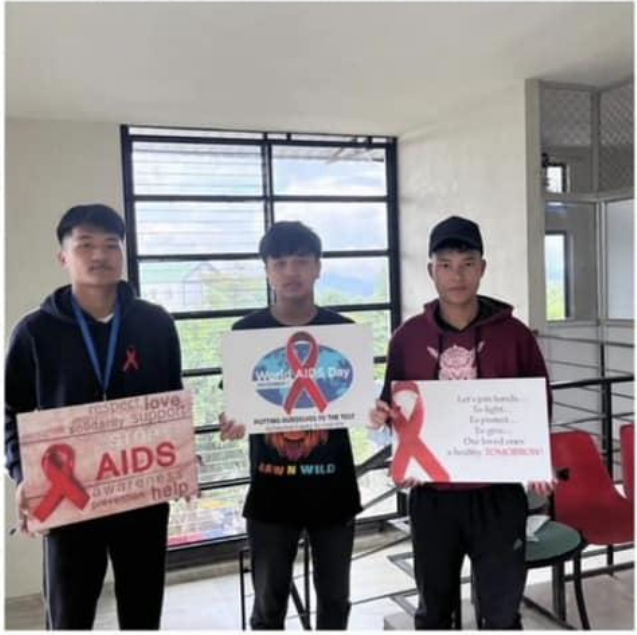
Putting Ourselves to the Test:
Achieving Equity to End HIV













ON THIS #WORLD AIDS DAY, I PLEDGE TO WORK TOWARDS ENSURING THAT PEOPLE INFECTED WITH AND AFFECTED BY HIV/AIDS LEAD A NORMAL LIFE WITHOUT DISCRIMINATION AND SOCIAL STIGMA.

A collection of handwritten signatures and names, including: Ahuvai, Rachuan, KABA Lmami, Elizabeth, Kemi, Reza, Pasha, Baha, Juafer, Marko, Hanis B, and many others.

DEC. 1 2022

