

Belinda W Sohkhlet

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Academic Qualification: M.A in Sociology
Additional Qualification: B. Ed and Certificate course in MS Office
Teaching in Umshyrpi College since the year 2005

Refresher Course and Orientation Programme Attended:

Sl. No	Name of the course	Organised by	Year
1	UGC Sponsored Refresher Course	UGC – Academic Staff College	2009
2	UGC Sponsored Refresher Course	UGC – Academic Staff College	2011
3	UGC Sponsored Winter School	UGC – Academic Staff College	2014

Speeches Delivered:

TOPICS	Venue / Beneficiaries	Organised by	Year
International Day Against Drugs and Illicit Trafficking on Topic Drugs and HIV/AIDS	Schools, Churches, Communities, villages	Various schools, churches, communities and villages in and around Khasi Jaintia Hills.	2000 till date (2023)
Peer Pressure	Schools, villages		
Parenting	Churches, villages and communities		
Counselling	Churches, villages and communities		
Group Counselling	Observation Home (Juvenile Home) Mawdiangdiang. New Shillong	Social Welfare, Government of Meghalaya in Collaboration with Church Youth Wing.	
Manners and Etiquette, personal hygiene, life skills etc...	Street Children, Day Care, Shelter homes, Rag pickers	Reach Shillong Ministry (RSM)	

Seminars/Workshops Participated:

SL. No.	Workshop / Training	Organised by	Venue	Year
1	Certificate Course on NGO Management	Adult and Continuing Education – NEHU	NEHU	2003
2	Integrated Management of Neonatal and Childhood Illness	India Clinical Epidemiology Network (INDIACLEN)	NEIGRIHMS	2007
3	Evaluation and question paper setting – one day work shop	NEHU	NEHU	2014
4	Capacity Building For Women Development	St, Edmund’s College, Shillong	St. Edmund’s College, Shillong	2009
5	Training Programme in handling Drug users and HIV/AIDS infected people	United Nations on Drug Control Programme (UNDCP) and	Kripa Foundation	2002
6	Exposure and Education Trip on HIV/AIDS Programme	CANA (Christian HIV/AIDS National Alliance)	New Delhi	2009
7	Training for counsellor	Vevekananda Education Society	Calcutta	1999
8	North East India Counsellors Conference	NEIDAC (North East India Drugs and AIDS Care)	Shillong	2003
9	First Aids	St. John Ambulance, India Indian Red Cross Society	Shillong	2014
10	Special Camping Programme	NSS Umshyrpi College	Kyrdemkulai Ri Bhoi District	2011, 2015
11	International Women’s Day	NEHU	NEHU Conference Hall	2020
12	Suicide Prevention	SAN-KER Rehabilitation Centre	Shillong	2017
13	Counsellors meet and workshop	Federation International for Non Government Organization on Drugs and AIDS Programme	Chennai	2002

Other Expertise:

Sl. No	Organizations	Activities	Beneficiaries
1	Volunteered in Voluntary Health Association of Meghalaya (VHAM)	Individual Counselling, group sessions and group Counselling	Drug Addicts, HIV/AIDS infected people (Male and female)
2	District Jail, Jail Road, Shillong	Individual or one to one counselling	Inmates (Male and female)
3	Meghalaya Institute of Mental Health and Neuro Sciences (MIMHANS)	One to one counselling and conducting sessions on various topics such as – Hope, Whole Person Recovery (WPR), Patience, Humility, Self esteem, Self discipline, stress management,	Mental unstable patients
4	New Hope Centre (Rehabilitation Centre) Shillong	Counselling - group and individual counselling conducting group sessions and awareness programmes. Imparting training for various women's, youth wings, churches and communities on "counselling" etc....	Addicts, IDU (Intravenous Drug User) alcoholics
5	Practising General counselling	Giving counselling on issues like, Broken homes, addicts, alcoholics, career, relationships, spiritual, stress, anxiety, depression, panic attack, delinquency, etc...	Children, youth, adults, women, family, addicts, alcoholic
6	Ministry of Health and Family Welfare, Government of India through TALEEM (Transnational Alternate Learning for Emancipation and Empowerment through Multimedia	Conducting Surveys under Reproductive and Child health (RCH)	Villages in Ri Bhoi District and Jaintia Hills