## DEPARTMENT OF PSYCHOLOGY

## **Study tour:**

A group of 34 students from 5<sup>th</sup> Semester along with two faculty members, namely, Sir Lalduhawma and Sir C. Zothanmawia, who also served as tour guides visited and explored Kolkatta (Prayasam) between 29th November - 9th December, 2018 as a part of study tour programme. Prayasam is a non profit organization, acting as a platform for youth where one can hone their skill and expertise in myriads of streams, creating a nexus to expand the outcomes to one's community. We create environment where youth are self empowered to bring lifestyle changes by taking onus of their communities. Prayasam is driven by the famous saying "the wearer only knows where the shoe pinches". Our youth drive the work through bottom-up approach and are the principal decision makers within the ambit of the administration. When the world may shun and shy away the commonly called "slum youth" as beneficiaries or someone who one should sympathise with, Prayasam mentored them over 24 years and now they are the organization's Directors, Programme Officers and Project Associates. One has to work closely with this family of professionals to understand its modus operandi which is not only enriching in itself but it makes you see the world with a completely new sensitive lens.



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