

Miscellaneous Highlights

Mass training event

- One day training conducted for 83 Anganwadi workers of Aizawl Rural block on March 10, 2025.
- Workers trained on Nutritive Health, Dinacharya (Ayurvedic Lifestyle) and Prakriti (Ayurveda based body composition) and Digital Safety for Children.
- Value-added food products developed at the hub were demonstrated.

Hub construction

- STI Hub buildings were constructed in Mizoram University and in Serchhip.
- First training for local beneficiaries was conducted in the MZU hub.

Agroforestry intervention

- Agroforestry was started as a separate intervention in the project
- Aim is to increase soil conservation and promote agroforestry methods with alder trees
- Convergences formed with KVK (Aizawl), KVK (Lengpui) and EF&CC (Champhai)
- Collaboration done with local farmer for pilot testing of agroforestry model



COLLABORATING AGENCIES



Amrita Vishwa Vidyapeetham

World-renowned humanitarian leader Sri Mata Amritanandamayi Devi, AMMA, is the founding Chancellor and guiding light of Amrita Vishwa Vidyapeetham. Amrita Vishwa Vidyapeetham is a multi-disciplinary, research-intensive, private university, educating a vibrant student population of over 24,000 by 1700+ strong faculty. Accredited with the highest possible 'A++' grade by NAAC, Amrita has emerged as the fifth-best university in the National Institutional Ranking Framework (NIRF) Rankings 2022. Amrita School of Medicine, Kochi, ranked 8th Best in Medicine in NIRF Rankings 2022. In THE University Impact Rankings 2022, a pioneering initiative to recognize universities worldwide for their social and economic impact for a sustainable future, Amrita has been ranked among the Top 50 worldwide.



Mizoram University

Mizoram University is one of the pioneering Universities in the country, which was accredited 'A' grade by NAAC in 2019. The University was ranked as one of the top 100 Universities in India, assessed by the NIRF rankings in 2016, 2017 and 2018 under MHRD. The University has 33 functioning academic departments offering UG, PG, M.Phil. and Ph.D. programmes under 8 Schools of Study. The faculty has published 1385 papers in reputed journals, and over 900 books, book chapters in edited volumes and conference proceedings during the last five years. In line as per SCOPUS, WoS and Indian Citation Index data bases, a total of 7434 citations were recorded with the average h-index of 26 (SCOPUS and WoS). The University teachers filed 20 Patents based on their individual research outcomes.

FUNDED BY



Aligned with UN Sustainable Development Goals 1, 2, 3, and 4

Amrita University and Mizoram University focus on livelihood empowerment, skill building and knowledge dissemination, using an integrated interdisciplinary Science and Technology approach.



STI Hub: Improving Tribal Livelihoods, Education & Sustainability (STI-ITLIVES) in Mizoram



COLLABORATORS



PROJECT TIMELINE: 2023 – 2026

DL & AAA Intervention Highlights

Amrita Awareness Ambassador (AAA) Program

- Trains school students as ambassadors to combat substance abuse.
- Equips students with knowledge, skills, and resources for informed decision-making.
- Engages students in presentations, quizzes, and skits on substance abuse dangers.

Digital Literacy Program

- Equips students with IT-related technical skills.
- Bridges the rural-urban digital divide.
- Hands-on training using tablets on Google Docs, Sheets and Slides.

Internet Safety Session

- Provides awareness about phishing, password and data protection.
- Identifying and avoiding cyber scams to protect personal information.
- Recognising and avoiding social media dangers like fake news, identify theft etc.

Community Outreach Program

- The project now reaches church groups, orphanages, and juvenile homes, ensuring outreach to diverse community members.
- Evening community sessions ensure flexibility for youth who may not be available during school hours.
- Community sessions allow targeting those members who do not attend the schools where the sessions have been conducted.



Ms. Radhika Menon

Food & Nutrition Intervention Highlights

Empowering Anganwadis

- Special Anemia Awareness sessions held for 213 adolescents across 12 Anganwadis by Master Trainers.
- 388 mothers in 29 Anganwadis educated on nutrition, malnutrition, junk food risks, food hygiene, and iron-rich diets.
- Two all-day training sessions conducted for a total of 265 Anganwadi workers to enhance their knowledge and skills
- 24 moringa saplings distributed to promote nutrition at the community level.

Value-Added Food Products (VAFP)

- Developed 7 VAFPs using locally available resources
 - Moringa based cookies
 - Moringa turmeric teabags
 - Iron-enriched Dragon fruit peanut biscuits
 - Iron-enriched pineapple freeze-dried juice powder
 - Iron-enriched Amla Ginger tea bag
 - Iron-enriched Dragonfruit noodles
 - Vitamin A-enriched Pumpkin Moringa Soup Stock Cubes
 - Orange peel candies
- Trained 16 beneficiaries in a one-day session on VAFP production.
- Promoting market linkages to enhance accessibility and economic opportunities for beneficiaries
- Distributing value added food products in anganwadis



Dr. Janci



Dr. Baby

Ayurveda Intervention Highlights

Preserving Indigenous Healing Practices

- Interviewing traditional healers to document and preserve medicinal knowledge.
- Recording herbal remedies, treatments, and cultural healing traditions.
- Structuring archives to ensure the continuity of indigenous wisdom.
- Promoting awareness and integrating traditional healing into modern wellness.

Developing Ayurveda-Based Food Products

- Ginger Perilla Bites – A zesty, digestive-friendly snack infused with Ayurvedic goodness.
- Soya Pumpkin Nutriballs – A protein-rich, nutrient-dense snack for sustained energy.
- Amla Brahmi Candies – Bite-sized treats that boost immunity and cognitive health.

Promoting Ayurvedic Lifestyle

- Spreading awareness on Dinacharya (Ayurvedic daily routines) & Prakriti (individual body constitution).
- PALMS App: Conducts Prakriti assessments and offers personalized lifestyle recommendations.
- Sampling the Ayurveda based food products in anganwadis



Dr. Delvin



Dr. Rakesh



Ms. Archana

Total Impact Numbers

- 36 Digital Literacy Sessions
1222 beneficiaries
- 39 AAA Sessions
1788 beneficiaries
- 19 Community Intervention Sessions
807 beneficiaries
- 200 Ambassadors trained



Total Impact Numbers

- 41 Anganwadis visited
- 527 Mothers Educated
- 312 Anganwadi workers trained
- 238 Adolescent awareness



Total Impact Numbers

- 18 Health check-up camps -
1122 beneficiaries
- 26 Traditional healers interviews to
gather insights and practices
- 6 Anganawadi Interventions
180 beneficiaries
- 1040 Lifestyle survey respondents
- 288 Knowledge dissemination



STI