



NATIONAL SERVICE SCHEME



ESTD KNOWLEDGE IS IMMORTAL 1956

SHILLONG COLLEGE

Dare to Dream

ANNUAL MAGAZINE

FOREWORD

It is with great pleasure to have been able to bring out once again this edition of the Shillong College NSS Annual Magazine 2018. The NSS Unit of the college has been able to fulfil its mandated service towards the society through the dedicated and selfless services rendered by the volunteers and Programme Officers of the college, with the support of the Principal of the college, Dr. K.D. Ramsiej and the entire faculty of the college. Throughout the year, various programmes relating to many issues concerning the community and the youth in particular were conducted in collaboration with various agencies both from the government and social organisations. Community assets were created in the adopted villages with the support extended by the NSS Cell NEHU. Observations of various days of National and International importance were observed by the unit with an aim to create awareness among the student youth volunteers in particular and the community in general. The magazine is but a reflection of the various activities taken up during the year, and as a Unit, we look back with great satisfaction in spite of many shortcomings we could have committed all along this journey; but look forward to striving for perfection and a greater responsibility to fulfil.

The Unit expresses its sincerest gratitude to the Almighty who has guided us in every way through our journey, the student volunteers who are the pillars of our successes and everyone who has silently worked and supported our endeavours. Our gratitude and appreciation also goes to our very own Principal, Dr. K.D.Ramsiej, for his unstinted support and guidance throughout, teachers of different departments, non-teaching staffs and past volunteers who are very much associated and support us in every possible way they could. Last but not the least, our sincerest thanks also goes to Sir L. Kma, Programme Coordinator NSS NEHU, Kong Janet, Kong Rosa, Bahhep and all the staffs of the NSS Cell NEHU for their assistance and guidance given to us in making our every efforts to reach out to the community through our services and commitments in spite of our shortcomings.

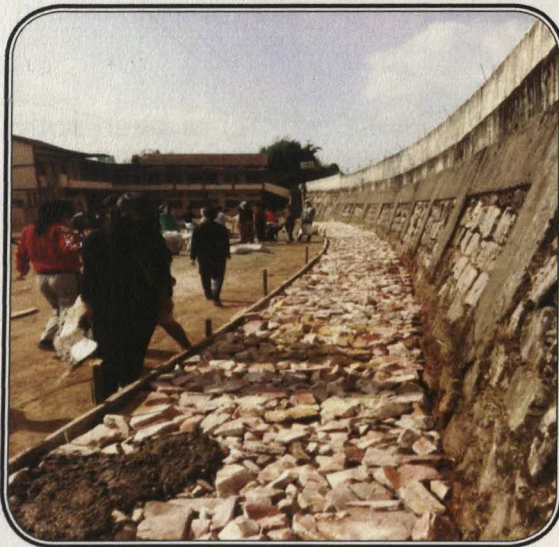
This year's theme of the annual magazine is "*Dare To Dream*" which has been aptly chosen, because NSS as a torch bearer of an institution has been able to instil among its every student member the courage to dream big and turning their dreams into a reality, and reach out to the society because together we can achieve greater and bigger things. 'Dare to Dream' is one of the main ingredients in fulfilling the mandate which the NSS has towards its endeavour in serving the community and more importantly the under and less privileged sections of the society.

Prof.A.Marbaniang
Programme officer

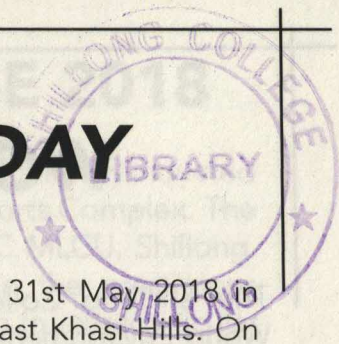
ACTIVITIES OF THE NSS, SHILLONG COLLEGE

THE SPECIAL CAMPING PROGRAMME HELD AT SMIT VILLAGE

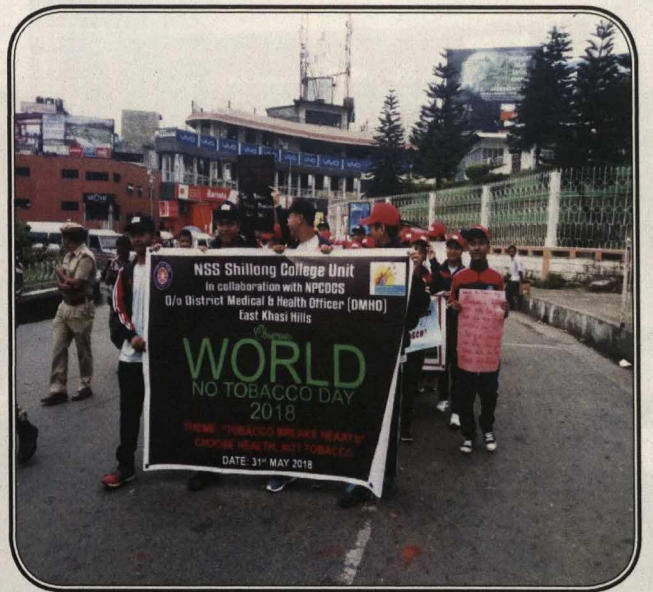
NSS Unit Shillong College, conducted yet another Special Camping Programme at Smit Village in Ur-Masi-U-Joh locality from 13th to 17th November, 2018. In this programme, number of programmes were conducted which include the *Cleaning Drive* at Madan ling Syiem (on 13th November), *Construction of Approaching Footpath* to Plietimai Syiem Secondary School of length 135 feet and 5 feet width (from 15th to 16th November) and a *recreation programme* for school dropout children of the village on 14th November which coincided with the Children's Day. The programme concluded with a small function held at the local church guest house located at Smit on the 17th November, 2018. About 90 volunteers attended the camp.



OBSERVATION OF WORLD NO TOBACCO DAY ON 31ST MAY 2018

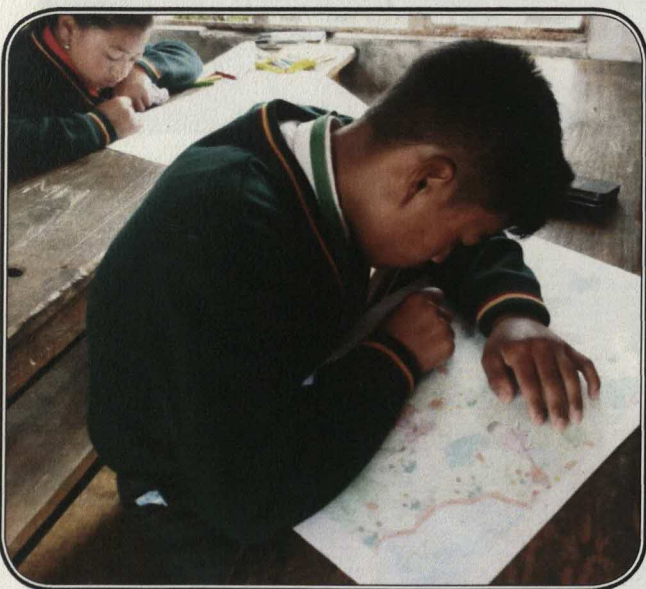


NSS Unit of the college observed the *World No Tobacco Day* on the 31st May 2018 in collaboration with the NPCDCS O/o District Medical & Health Officer East Khasi Hills. On this day a rally was conducted from Police Bazaar to State Central Library. 40 numbers of NSS volunteers participated in this programme. The campaign was inaugurated by signing of a pledge against tobacco by dignitaries. East Khasi Hills Deputy Commissioner P.S Dkhar highlighted the role of the government in controlling the tobacco menace in the State and not only extended his support for such awareness programmes in future but also promised to take action in his administrative capacity. During the programme, a panel discussion was organized with experts from different walks of life sharing insights on various aspect of Tobacco control. Others who spoke on the occasion were Dr. E. Pdah and Dr. D. Marak from the office of DMHO, East Khasi Hills District, Shillong.



OBSERVATION OF **WORLD ENVIRONMENT DAY** ON 8TH JUNE 2018

The Shillong College Unit of NSS organized various competitions to commemorate World Environment Day 2018. The competition was held on the 8th June 2018 at Pletimai Presbyterian Secondary School, Ur Masi U Joh, Smit Village which is the adopted village of the Unit. Altogether three Schools participated which comprises of Pleitimai Secondary School, Lumkynsai Presbyterian LP and UP School and Umtew-Maw- U –Sam Presbyterian School. The competition was held in three categories in Drawing, Painting and Essay competition. Altogether 48 students took part in the competition.



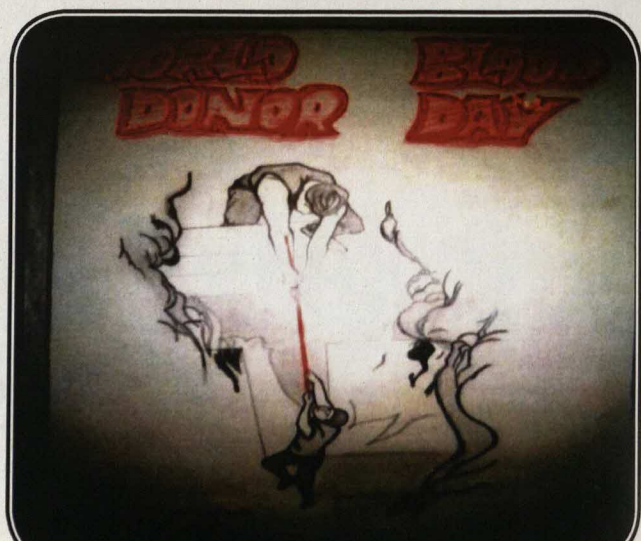
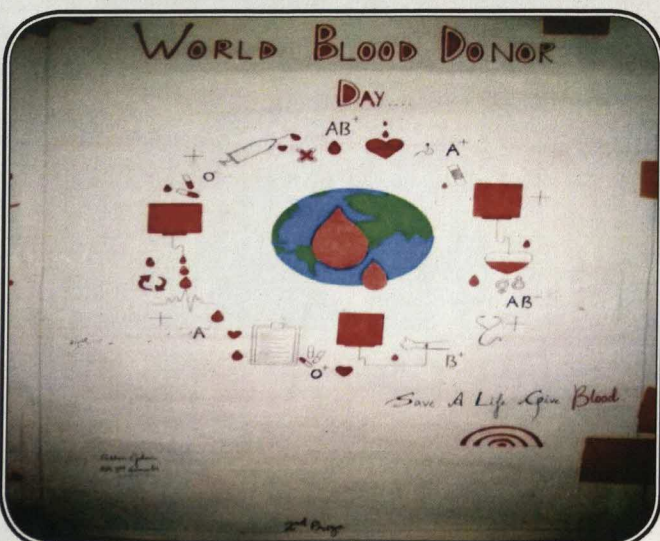
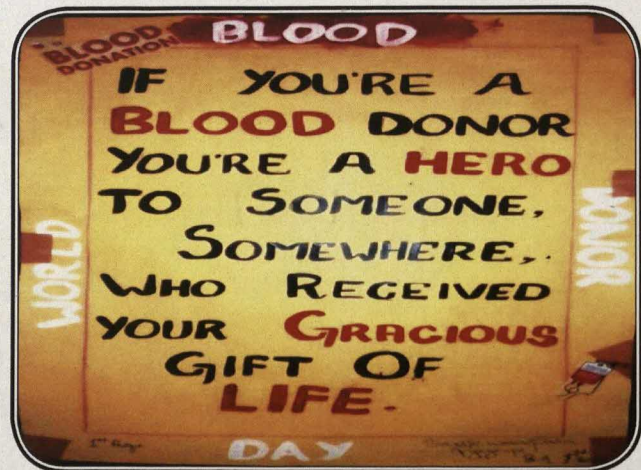
NSS ORIENTATION PROGRAMME 2018

NSS Shillong College Unit, conducted a One Day Orientation Programme for newly inducted volunteers of the college on the 15th June, 2018 at the college Indoor Sports Complex. The Resource Persons in this Programme was Shri. R. G. Lyngdoh, former VC MLCU, Shillong. While congratulating the students for getting the opportunity to join the prestigious institution like Shillong College, he also lauded the volunteers for taking in extracurricular and community services through the NSS. He further urged the students to be sincere in their studies but at the same time not to confine oneself only in the four walls of the college campus but extend their helping hand towards the increasing needs of the society through their knowledge and skills they have attained during their studies. He also expressed his happiness at the achievements of the NSS Unit of the college, and extend his best wishes to the NSS Unit of the college in its future endeavour. Earlier, Dr. K. D. Ramsiej, Principal of the College welcomed all students who have joined the NSS Unit of the College and urged upon them to work unitedly and reach out to the community in various capacity to answer to the needs of the society at large. About 370 students attended this Orientation programme.

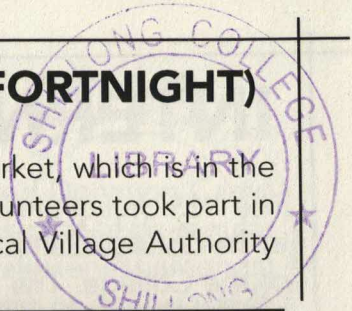


OBSERVATION OF WORLD BLOOD DONORS WEEK 2018

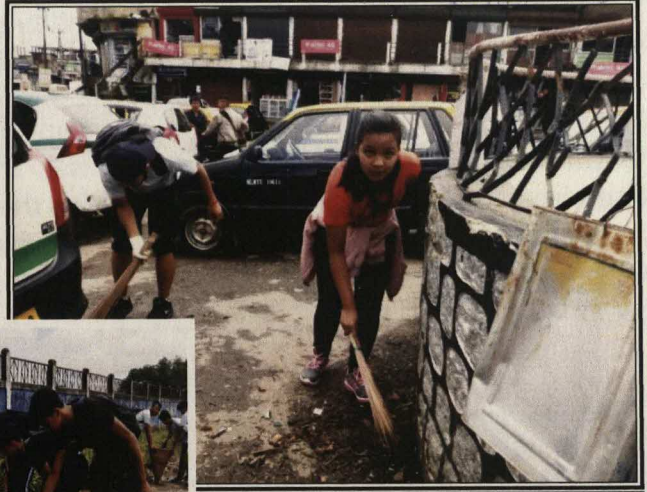
The NSS Unit, Shillong College observed the World Blood Donors Week from 11th to 16th June, 2018 by organising various competitions for the students and volunteers of the college on various events. The first event conducted was the Drawing Competition on the 11th June, 2018 from 2 p.m. onwards and about 50 volunteers took part where Ms. Bamonlang Rani (XI Arts), Ms. Pallavi Gohain (BA 3 Sem) and Mr. Barister Kharsohnoh (BSC 6 Sem) emerged as winners in the 1st, 2nd and 3rd prize respectively in this category. The next event conducted was the Slogan Competition on the 12th June, 2018 from 2 p.m. onwards and about 30 volunteers took part with Mr. Samewanpaia Pyngrope (BA 1 Sem), Mr. Barister Kharsohnoh (BSC 6 Sem) and Madhushi Dhar Choudhury (XII Com) emerging as 1st, 2nd and 3rd Prize winner respectively in this category. The Sketching Competition was conducted on the 13th June, 2018 from 2 p.m. onwards and about 24 students participated where Mr. Barister Kharsohnoh (BSC 6 Sem) and Mr. Pynskhembor Paswett (BA 3 Sem) were adjudged the 1st and 2nd prize winners respectively in this category. The last event conducted was the Poster Competition on the 15th June, 2018, where about 15 volunteers took part. Mr. Barister Kharsohnoh (BSC 6 Sem) was adjudged the only winner in this category. These events witnessed a very enthusiastic response by students and such competitions has helped creating awareness among the students in particular and the public at large about Blood Donation and its positive impact on the Blood Donor who voluntarily donated one's precious blood for saving one precious life considered to be the gift of life. Prizes were distributed to all the winners of various competitions at a small but impressive function held on the 16th June, 2018.



OBSERVATION OF SWACHHTA PAKHWADA (FORTNIGHT)



The NSS Unit, Shillong College conducted a Cleaning Drive at Smit Market, which is in the adopted village of the Unit on the 16th August, 2018. More than 110 volunteers took part in this Cleaning Drive Programme which was jointly supported by the Local Village Authority and Members of the Smit Taxi Owners and Drivers Association.



INTERNATIONAL YOGA DAY 2018

The NSS Unit of Shillong College, observed the International Yoga Day on the 21st June, 2018 in the College Campus in collaboration with the NCC Unit and Physical Education Department of the College. The Programme started with a welcome address by Dr. B. P. Tripathi, ANO NCC Unit, Shillong College and a brief speech by the Principal, Dr. K.D. Ramsiej. Thereafter it was followed with a Yoga exercises and demonstrations conducted by the Resource Persons Shri. Girdhari Mishra, Shri. Akash Gupta and Shri. Vikash Rathour of DSW, Department of Yoga & Health, Haridwar, India (Gayatri Pariwar, Sub centre Barapathar, Shillong). Shri. Akash Gupta conducted different Yoga exercises and teach the students various forms of Yoga Exercises and Shri Girdhari Mishra explains the students on the various health benefits which are gained through regular Yoga exercises. 150 students took part in the programme along with the Principal, Vice Principal and some teachers.



BLOOD DONATION CAMP 2018

The NSS Unit of Shillong College, once again conducted its regular Blood Donation Camp in the College Campus on the 21st August, 2018. The camp was held as part of its regular activities programme of the NSS which is conducted annually to generate awareness amongst youth on how blood donation a life and that there is an increase in number of donors which is a healthy trend. The Camp was conducted in collaboration with the NCC Unit of the college and the Regional Blood Bank, Pasteur Institute, Shillong. Large number of volunteers attended the camp and after thorough medical investigations, 34 units of blood could be collected from volunteers. The camp was also attended by many teachers and non teaching staffs among others.



REPORT OF NATIONAL INTEGRATION DAY, WORLD AIDS DAY AND INTERNATIONAL HUMAN RIGHTS DAY PROGRAMMES 2018

NSS Unit Shillong College Conducted Poster, Slogan and Essay Competitions to commemorate the National Integration Day on the 19th November, 2018, the World AIDS Day on the 1st December, 2018 and the International Human Rights Day on the 10th December, 2018. These programmes were conducted to create awareness amongst volunteers in particular and students of the college in general on the significance of these important days. More than 300 students and volunteers took part in all these competitions. Prizes were distributed to all the winners of different competitions. The winners in different category in each competition are:

Poster Competitions

(Human Rights Day)

1st Prize- Mr. Pynskhembor Paswett

(National Integration Day)

1st Prize – Mr. Pynskhembor Paswett

(World AIDS Day)

1st Prize – Paiabatlem Khyriemmujat:

2nd Prize – Midhushi Dhar Choudhury:

3rd Prize- Marbamonlang Rani

Slogan Competitions

(Human Rights Day)

1st Prize- Mr. Samewanpaia Pyngrope:

2nd Prize – Mr. Pyndemlang Lyting:

3rd Prize – Mr. Pynskhembor Paswett

(National Integration Day)

1st Prize – Pyndemlang Lyting:

2nd Prize – Samewanpaia Pyngrope:

3rd Prize – Pynskhembor Paswett

(World AIDS Day)

1st Prize – Samewanpaia Pyngrope:

2nd Prize – Pyndemlang Lyting

Essay Competitions

(Human Rights Day)

1st Prize – Midhushi Dhar Choudhury:

2nd Prize – Mr. Pyndemlang Lyting:

3rd Prize – Mr. Pynskhembor Paswett

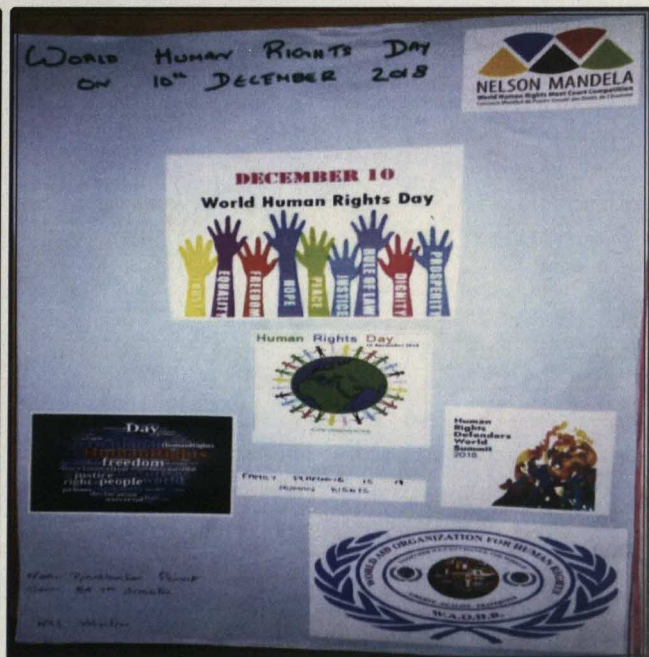
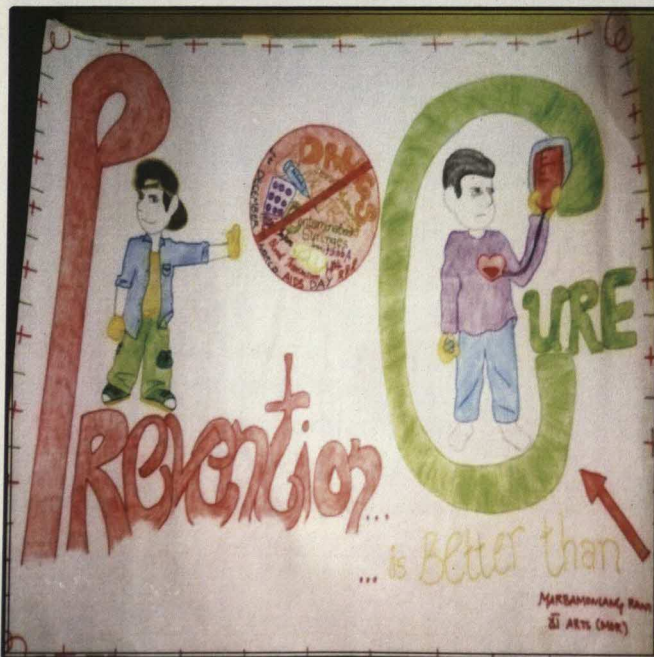
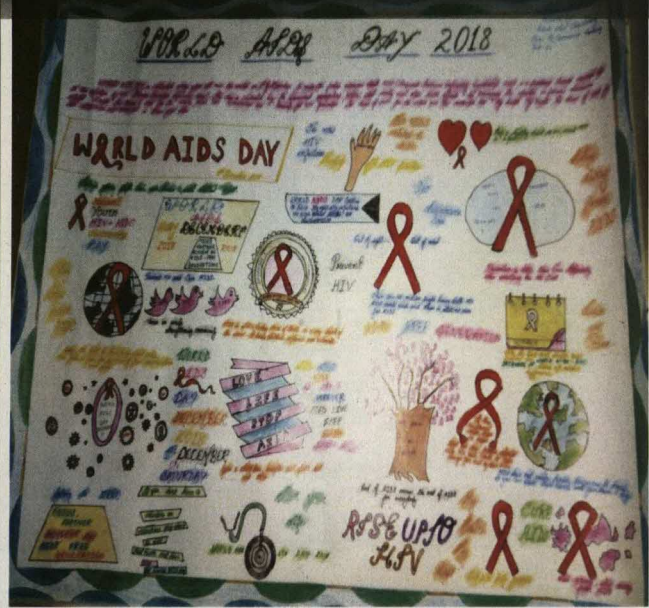
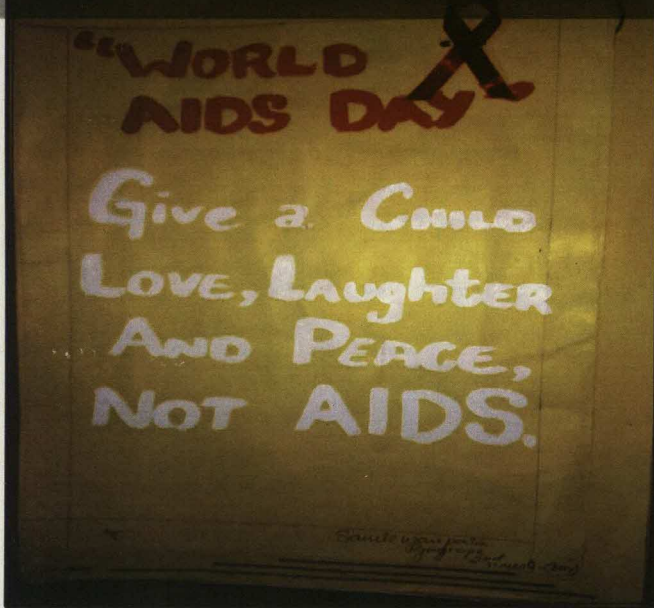
World Human Rights Day On 10th December 2018.

"We Are All God's Creation Avoid Human Rights Violation"

National Integration On 19th November, 2018.

"National spirit is necessary for national existence. The flag is a material aid for the development of such a spirit."

SOME OF THE CREATIVE WORKS OF STUDENTS IN VARIOUS COMPETITIONS



WORLD HUMAN RIGHTS DAY 2018 (Essay Writing Competition)

Midhushi Dhar Choudhury, XII Commerce, Morning Section, 1st Prize

Human rights are those rights which a person should have in order to be a human being. These rights which every person should enjoy to lead an honourable life as a human being. All individuals should enjoy these rights without any distinction of race, religion, caste, colour or sex. These laws have been given a proper place in the constitutions of almost all the democratic countries of the world. In the present day, world there is a lot of concern about the protection of human rights.

The United Nations on December 10, 1948 adopted the universal Declaration of Human Rights and called upon the different member nation to assure all the human rights to their people. December 10 thus became a historic day in the annals of the world history. As thus, this day, i.e. December 10 is therefore celebrated all over the world every year as Human Rights Day.

The Universal Declaration of Human Rights enumerates two sets of human rights. The first set of rights is civil and political rights which include rights to freedom of speech, right to life and liberty, right to equality before law, rights to have judicial remedy, right to more freely and right to vote or take part in the governance of one's country. The second set of rights is economic and social right. These rights include right to work, right to have rest and leisure, right to have a good standard of living, right to education and right to have equal pay for equal work.

All the above rights are important in their own ways. The United Nation has taken a great deal of interest in abolition of discrimination against women. One of the most serious of violation of human rights is the case of racial discrimination. South Africa for example had for quite some time practised a policy called apartheid. As a result the black people who were in majority there had no political rights. The country was

ruled by a minority regime of whites. The UN passed resolution to condemn its racist policy. Many countries including India broke their diplomatic relations with South Africa. However, the practised of Apartheid did not last for longer. After a long struggle South Africa saw a significant change in this regard. For the first time in its history the people of South Africa got a black president, Nelson Mandela, on the basis of one person one vote. Now, all the people of South Africa enjoy civil and political rights irrespective of race, colour and creed.

Human rights must be ensured to all human beings for their prosperity and happiness. India being a democratic country provides such human rights to its citizens. The makers of the Indian constitution have incorporated many of the human rights mentioned above in our constitution. Our fundamental rights are based on these rights. This right have great importance for the Indian people.

1. Rights to freedom of speech and expression enable a person to discuss freely for public and national well being.
2. Rights to have judicial remedy enables a citizen to move any court if his rights are encroached upon by the Government, any person or any agency.
3. Rights to vote freely and to take part in Government of one's country ensures political rights to a citizen.
4. Rights to have equal pay for equal work saves a citizen from economic exploitation.

Thus human rights are the basic human needs and demands. They are necessary for the all round development of a human being. Hence it is expected that every civilised State all round development of a human being. Hence it is expected that every civilised State will incorporate these rights in its constitution and they to ensure that its citizen ensure it.

ESSAY ON HUMAN RIGHTS

Pyndemlang Lyting, BA 2nd Semester, Day Section, 2nd Prize

Human rights are said to be universal rights that every person is entitled to regardless of his/her gender, caste, creed, religion, culture, social/economic status or location.

These are norms that depict certain standards of human behaviours and are protected by law.

Basic Human Rights

Human rights have been divided into two broad categories. These are the civil and political rights, and the social rights that also include the economic and cultural rights. Here is a detailed look at the basic human rights given to individual.

Right to Life

Every human being on earth has the right to live. Each individual has the right of not being killed by anyone and this right is subject to issues such as death penalty, self defence, abortion, euthanasia and war.

Freedom of Speech

Every human being has the rights to speak freely and voice his opinions in public. However, this right comes with certain limitations such as obscenity, slur and crime provocation.

Freedom of Thought, Conscience and Religion

Every state gives its citizens the rights to think freely and form conscientious beliefs. An individual also has the right to follow any religion of his choice and change it as per his free will at any point in time.

Right to Fair Trial

Under this right every individual has the right to fair trial by impartial court, right to be heard within reasonable time, right to counsel, right to public hearing and right to interpretation.

Freedom from Torture

As per the international law, every individual has the right to freedom from torture. This has been prohibited since the mid 20th century.

Freedom of Movement

This means that every individual has the right to travel, live, work or study in any part of the State he resides.

Freedom from Slavery

As per this right, slavery and slave trades are prohibited in every form. However unfortunately these ill parties still go on illegally.

Violation Of Human Rights

While every human being is entitled to human rights, these rights are often violated. The violation of these rights occurs when actions by State ignore, deny or abuse these rights. The United Nations Committees are set up to keep a check on human rights abuses. Many national institutions, non-governmental organizations and governments also monitor these to ensure that individuals are not denied of their basic rights. These organizations work towards spreading awareness about the human rights so that people are well informed about the rights they have. They also protest against inhumane practices. These protests have led to calls for action many a times and eventually improved the situation.

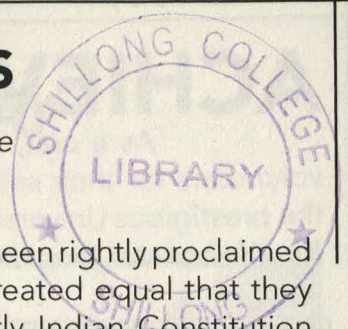
Conclusion

Human rights are the basic rights given to every individual. Known to be universal, these rights are guarded by the law. However, unfortunately many a times these are violated by States, individuals or groups. It is almost inhuman to deprive a person of these basic rights.

This is the reason why many organisations have been established to guard these rights.

ESSAY ON HUMAN RIGHTS

Pynskhembor Paswett, BA 4th Semester, 3rd prize



All human beings are born free and equal in dignity and rights. It has been rightly proclaimed in the American declaration of independent that "all men are created equal that they are endowed by their created with certain unalienable right. Similarly Indian Constitution has ensured and enshrined Fundamental right for all citizens irrespective of caste, creed, religion, color, sex or nationality. These basic rights, commonly known as human rights, are recognized the world over as human rights, are recognised the world over as basic rights with which every individual is born

In recognition of human rights "The Universal Declaration of Human Right was made on 10th of December, 1948. This declaration is the basic instrument of human rights. In spite of the fact that this declaration has no legal binding and authority, it forms the basis of all laws on human rights. The necessity of formulating law to protect human rights is now being felt all over the world.

According to social thinker the issue of human rights has become very important after the conclusion of World War II. It is important for social stability both at national and international level. Wherever there is breach of human rights there is conflict of one level of the other.

In view of the increasing importance of the subject it becomes necessary that the subject of human rights be reorganized by educational institutions as an independent discipline. Course contents and curriculum of the discipline of human rights may vary according to the nature and circumstances of a particular institution but generally it should include the rights of a child, rights of minorities, right of the destitute and the disabled, right to live, convention on women, trafficking of women and children for sexual exploitation etc.

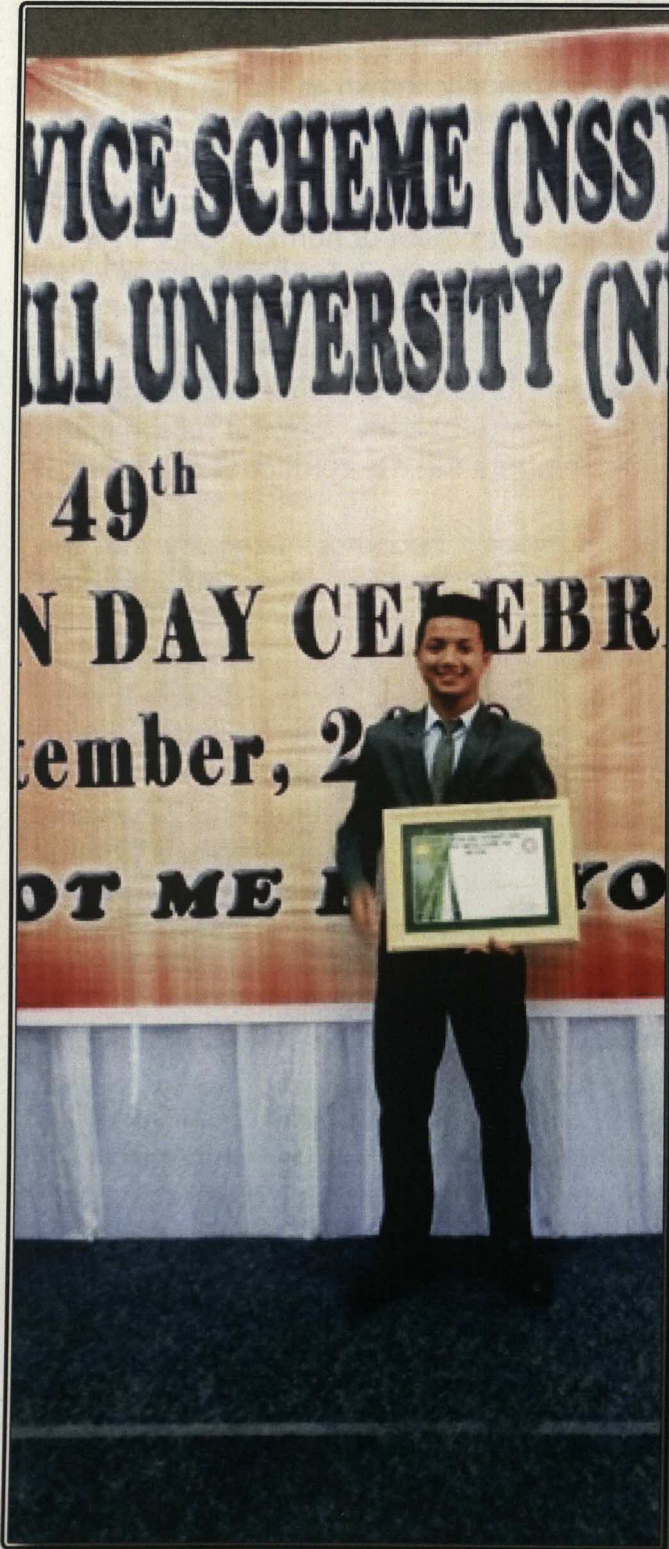
Since the formation of the United Nations the promotion and protection of human rights has been its main focus. The United Nations has created a wide range of mechanisms for monitoring violations of human rights. The conventional mechanisms include treaties and organisations, UN special reporters, representatives and experts and working groups. Asian countries like China argue in favour of collective rights. According to Chinese thinkers European countries by lay stress upon individual rights and values while Asian Countries esteem collective rights and obligations to the family and society as whole.

With freedom movement the world over after world War II the end of colonization also ended the policy of apartheid and there by the most aggressive violation of human rights. With spread of education women are asserting for their rights. Women's movements are playing important role in spreading the message of human rights. They are fighting not only for their own rights but are also supporting the struggle for human rights of other weaker and deprived sections like bonded labour, child labour, landless labour employed person, Dalits and elderly people.

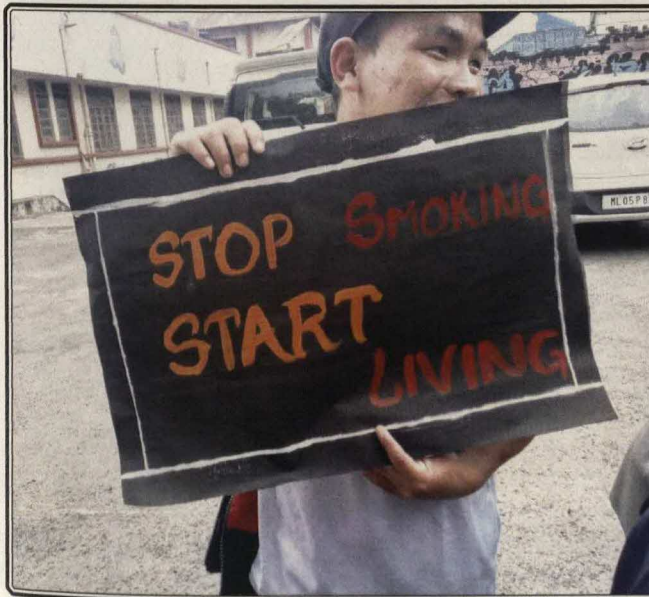
It is unfortunate that violation of human rights still continues in most parts of the world. Ethnic cleansing and genocide can still be seen in several parts of the world. Large section of world population is deprived of basic necessities of life i.e. food, shelter and security of life. Right to minimum basic needs viz. Work health care, education and shelter are denied to them. These deprivations amount to negation of universal Declaration of human rights.

ACHIEVEMENTS

As a unit, we are very proud of the achievements and the recognition of our volunteers for their selfless and dedicated services. *Mr. Barrister Kharsahnoh* was awarded the prestigious University Level Best NSS Volunteer Award, 2018. *Miss Ibansara Nongsiej* and *Mr. Welbokstar Lyngkhoi* were both conferred with the College Level Best NSS Awards 2018.



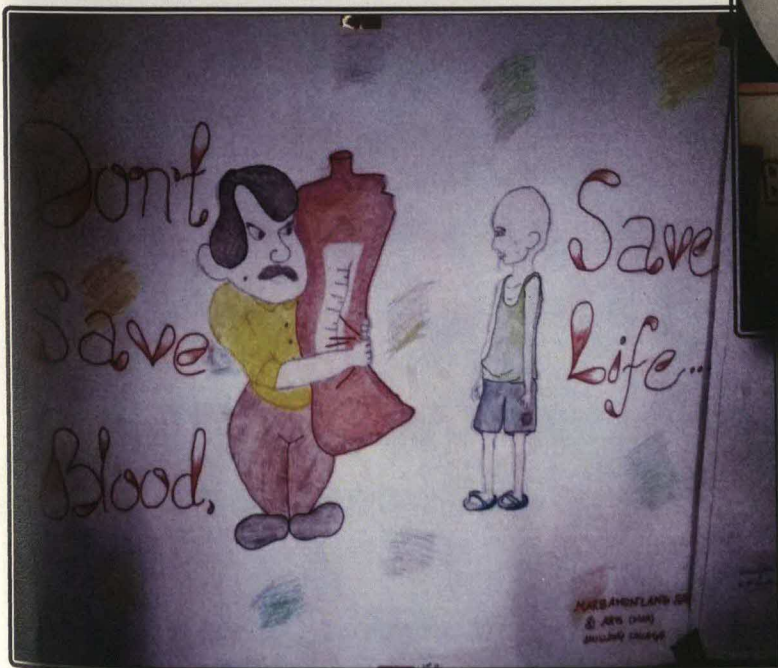
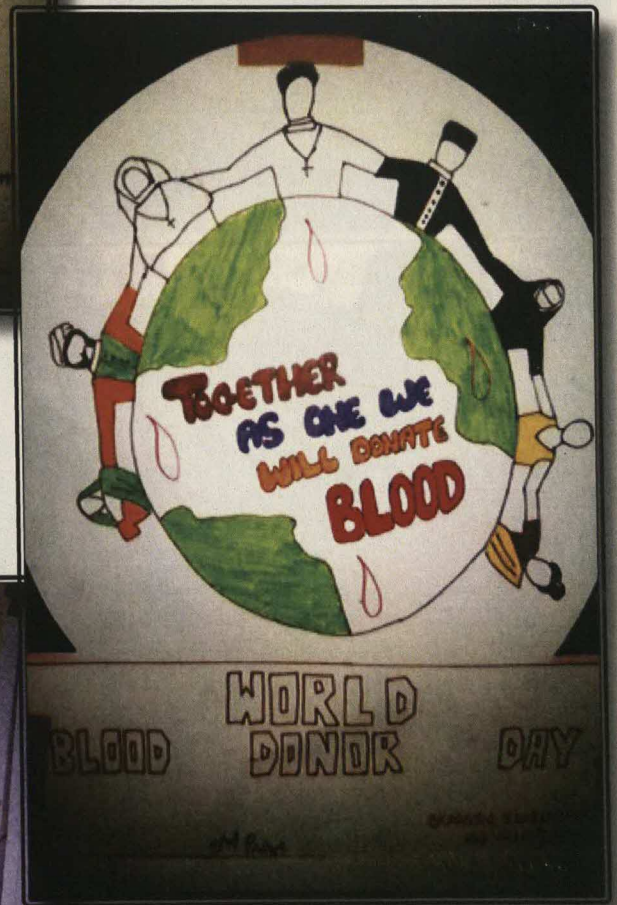
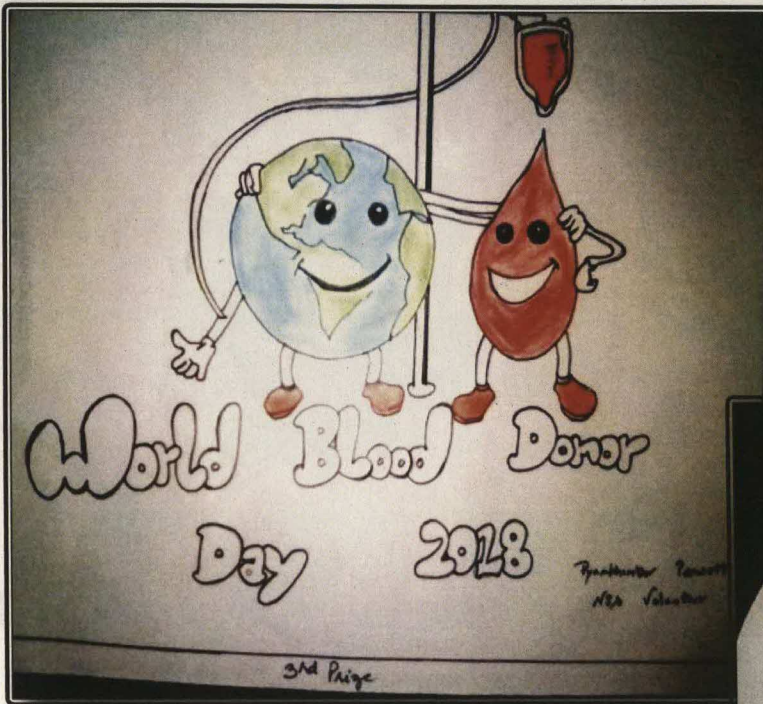
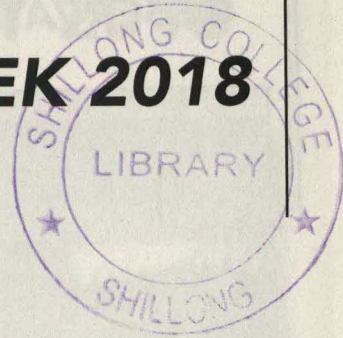
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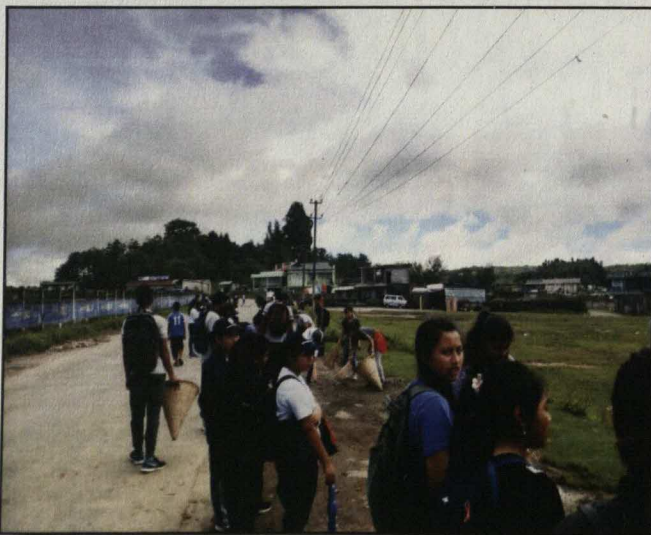
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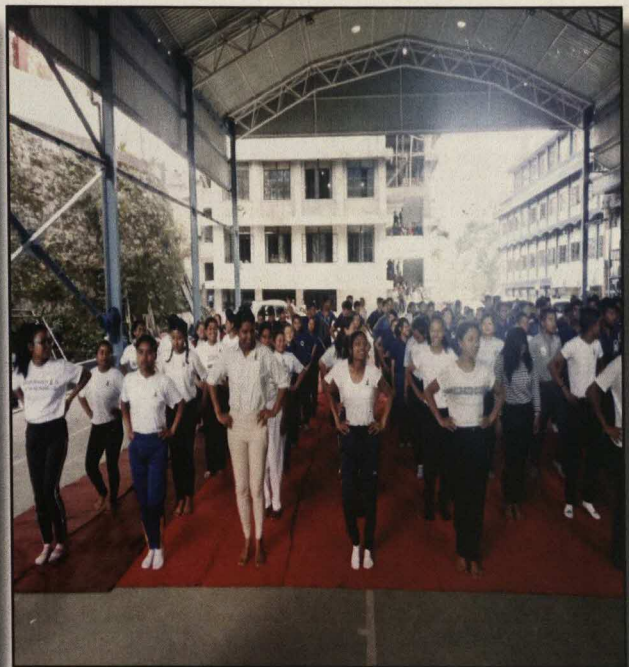
OBSERVATION OF WORLD BLOOD DONORS WEEK 2018



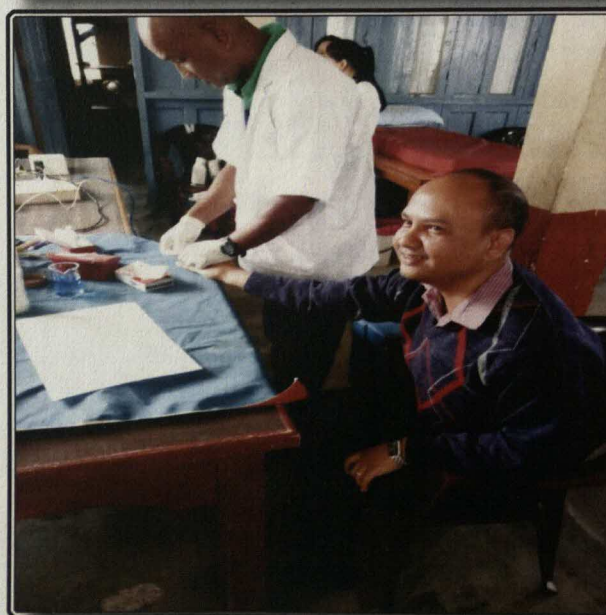
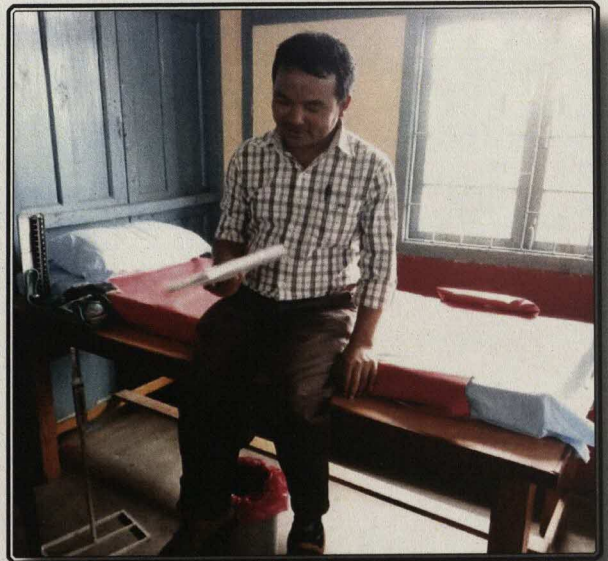
OBSERVATION OF SWACHHTA PAKHWADA (FORNIGHT)



INTERNATIONAL YOGA DAY 2018



BLOOD DONATION CAMP 2018



POLL VOLUNTEER FOR MP ELECTION ON 11TH APRIL 2019

