



SHILLONG COLLEGE

NATIONAL SERVICE SCHEME (NSS)

ANNUAL MAGAZINE - 2017

"Living as one"

FOREWORD

It gives me immense pleasure to have been able to bring out once again the third edition of the College NSS Annual Magazine for this year 2017. 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 expressed 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 support our endeavour. 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, nonteaching 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 inspite of our shortcomings.

This year's theme of the annual magazine is "Living As One" which has been aptly chosen, because NSS as torch bearer of an institution has been able to kindle the flame of togetherness and oneness among every section of the society specially the student volunteers from every ethnic groups and communities, who inspite of their social and cultural differences has been able to come together living as one and reach out to the society because together we can achieve greater and bigger things. Living as One 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 section of the society.

Pf. S. Khyriemujat
Programme Officer



REPORT ON THE AWARENESS PROGRAMME ON LABOUR WELFARE SCHEMES

NSS Unit of Shillong College organised A One Day Awareness Programme on various Labour Welfare Schemes on the 11th March, 2017 at Mawkasiang Village. The programme was conducted in collaboration with the Meghalaya Building Construction & Other Workers Welfare Board of the Labour Department. The Programme was conducted with an aim to highlight the residents of the locality of the various welfare schemes and programmes of the Government for the Daily Wage Labourers and Construction Workers like masons, carpentry, house construction, stone and sand quarry workers and others. The Programme was divided into two sessions, the first session was chaired by the local headman and the Resource Person was Shri. W. Wahlang, DLC, Government of Meghalaya. He spoke about the various welfare schemes meant for the labourers and daily wage earners. In the second session, awareness on financial inclusion was taken by Smti. K. Thangkhiew of SBI, Nongmynsong Branch where she spoke about the importance of financial inclusion for residents to avail various welfare schemes of the Government. This was followed with an interactions between the Resource Persons and the participants attending the programme. About 150 residents were present during this programme. The programme concluded with a vote of thanks from the Programme Officer of the college, Pf. S. Kharrymba.



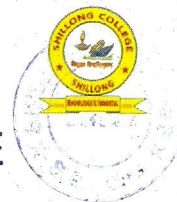
Participants at the Awareness Programme conducted on the 11th March, 2017 at Mawkasiang village

REPORT ON THE AWARENESS PROGRAMME ON HUMAN TRAFICKING AND SEXUAL OFFENCES AGAINST WOMEN & CHILDREN

NSS Unit of Shillong College organised A One Day Awareness Programme on Human Trafficking and Sexual Offences Against Women & Children on the 14th March, 2017 in College Campus. The programme was conducted with an aim to make the students aware of the menace of Human trafficking and sexual harassment against women and children and the various legal measures that the students need to know in order to address these crimes. In the Morning Session, Shri. N. K. Syiem, MPS, Government of Meghalaya was the Resource Person where he dwelt upon various ways in which human trafficking especially women & children were trafficked from the North East and the State to different parts of the country in the name of promising better opportunities in terms of job options outside the state and many other things. In the Afternoon Session, Ms. M. Kharkongor, Chairperson MSPCR spoke about the impact of Social Media like Facebook, Twitter, Internet as far as trafficking and sexual exploitations of women and children are concerned. She also spoke about the welfare schemes and programmes of the Government for victims of such exploitations and trafficking, but she expressed her unhappiness as most of these crimes go unreported. She urged upon the students to create this awareness among the general public at large in order to combat this evil. This was followed with interactions between the Resource Persons and the participants attending the programme. About 200 volunteers & students were present during this programme. The programme concluded with a vote of thanks from the Programme Officer Pf. M. W. Synrem.



Participants at the Awareness Programme conducted on the 11th March, 2017 at Mawkasiang village



REPORT OF THE CAREER AWARENESS PROGRAMME FOR HIGHER SECONDARY STUDENTS

A One day Career Awareness Programme for Higher Secondary volunteers (Class XII) was conducted by the NSS Unit of the College on the 25th March, 2017 at the Conference Hall of Shillong College. More than 250 volunteers attended this programme. The main purpose for conducting this programme is to make the students aware of the various career options and job opportunities available to them after passing their higher secondary level. The Resource Person in this programme was Mr. M. Khyriem from Lifetime Solutions, a reputed placement & career counselling centre in Shillong. The programme was divided into two sessions. In the first session, the students were highlighted on the various options as far as further studies and career opportunities that are available to them. In the second session, Mr. Khyriem highlighted on the method and mode of selection for pursuing certain courses in different institutes of the country, the type of financial assistance available in pursuing these courses and the job opportunities available after completing the courses. This was followed with interactions between the students and the resource person. The programme concluded with a vote of thanks from Shri. E. Niang, Programme Officer.





REPORT OF THE SENSITIZATION PROGRAMME ON CLIMATE CHANGE

The NSS Unit of Shillong College, in collaboration with the North East India Committee on Relief & Development (NEICORD), Shillong and the Department of Environmental Science, Shillong College, organised a One Day 'Sensitization Programme on Climate Change' on the 2nd June, 2017 in the college Conference Hall from 11.00 a.m. onwards. The Resource Persons in this programme were Mr. Butesen Ozukum, Communication Officer NEICORD, Shillong and Pf. Balawan Mawrie, Department of Environmental Science, Shillong College. The first part of the programme began with a short speech by Dr. M. Dey, Vice Principal Shillong College, who welcome the participants and briefly highlighted the importance of having such programmes for students as Climate Change has become a talk of the day in every platform of environmental deliberations that are taking place all over the globe. This was followed by the presentation and lecture on Climate Change and its impact on human life by the Resource Person Mr. Butesen Ozukum. He deliberated at length the causes of Climate Change and the impact of Climate Change on human life. The second part of the programme was a presentation and lecture by Pf. Balawan Mawrie who dwelt at length on the various causes of climate change like the Carbon Footprint and the need to cut down on such factors contributing to Climate Change. The last part of the programme was the Prize distribution on the various competitions conducted by the unit in the last part of the year 2016. Ms. Janet, Special Guest from the NSS Cell NEHU, who was present during this programme gave away the prizes to Mr. Barister Kharsahnoh who won the slogan, poster and drawing completion on International Peace Day, 2016, International Literacy Day, 2016 and National Blood Donation Day, 2016 respectively. Others who were present at this programme were all Programme Officers of the Unit and Dr. M.V.Lynser, Head Department Environmental Science, Shillong College.





REPORT OF THE WORLD ENVIRONMENT DAY, 2017

The NSS Unit, Shillong college observed the World Environment Day, 2017 by conducting Inter School Competitions in two separate programmes held at Nongeitniang village and Thynroit village on the 5th June, 2017 on the theme 'Connecting People to Nature'. Inter School competitions for School children of Nongeitniang village was conducted at Nongeitniang Secondary School in presence of Programme Officers Pf. M. W. Synrem, Pf. S. Kharrymba & Pf. E. Niang. The Competitions conducted were Poster, Drawing and Quiz Competitions. Students were divided into four groups and each group consist of students from different classes from class 4 to class 9. The programme started with a welcome speech from Shri. D. Khonglamet, Headmaster Nongeitniang SSA School, who welcomed all participants and programme officers as well as parents and village dorbar representatives including the Headman of the village. A brief highlight on the theme and the significance of the day was delivered by the Programme Officer Pf. M.W. Synrem followed by a speech from the Headman. Students participated with enthusiasm and show cased their talents in various competitions and a dance depicting nature conservation. In The Quiz Competition Group 1 was the winner. In the valedictory function the prizes were distributed to the winners of all competitions by Pf. S. Kharrymba and Pf. E. Niang Programme officers and the vote of thanks was proposed by Ms. I Mawthoh, Principal Nongeitniang Secondary School. This was followed with a Tree plantation programme in and around the School campus.



Students participating in the drawing competition and presentation of nature conservation through dance form



Students participating in the Quiz Competition and some of the drawings of the students participating



Some of the Slogan competition and students winning different competitions



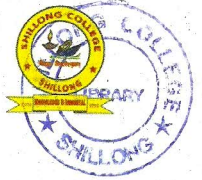
Another Programme conducted on this day is the Inter School Competition for School Children of Thynroit village. The competitions included drawing, poster, slogan and quiz competitions for students from class iv onwards. The competition was categorised into four groups, the first group being for students of class iv to class vi, the second group for students of class vii & viii, the third for students of class ix and the fourth group is for students of class x. Altogether 180 students took part in various competitions from 3 different schools of the village. The programme started with a welcome speech from the Principal Thynroit Presbyterian Secondary School Smti. D. Kharumnuid followed by a brief lecture by the programme officer Dr. S. Khyriemujat, where she stressed the need on preservation of environment by reducing the use of plastics and plastic made materials like bags, food packets etc. as they caused a huge environmental hazards including health hazards. The programme concluded with a prize distribution to the winners of different competitions by Pf. A. Marbaniang and finally ended with a vote of thanks from one of the senior teacher of Thynroit Presbyterian Secondary School Shri. B. Kurkalang.



Students participating in some competitions conducted at Thynroit village on World Environment Day, 2017



SHILLONG COLLEGE



REPORT OF THE ORIENTATION PROGRAMME 2017

NSS Unit, Shillong College, conducted a One Day Orientation Programme for newly admitted students of Class XI (Arts/Sc/Com) and Degree 1st Semester (Arts/Sc/Com) on the 10th June, 2017 from 11.00 a.m. onwards. More than 500 students attended the programme which was conducted at the Indoor Sports Complex of the College. Principal of the college Dr. K.D.Ramsiej, Vice Principal Dr. M. Dey and Vice Principals of Professional Courses and Higher Secondary Section Prof. K.D.Roy and Prof. L. Pathaw were also present and gave their speeches. Prof. M.W. Synrem, Prof.S.Kharrymba, Dr. Mrs. S. Khyriemujat, Prof. A. Marbaniang, Prof. E. Niang and Prof. S. P. M. Kharbhih all Programme Officers of the college attended the programme where Dr.(Mrs) S. Khyriemujat and Prof. M.W.Synrem briefed the students on the various aspects of NSS as a voluntary students organisation and its relevance to the community. They mentioned that as students enter the college to learn but they should not forget that on completion of their studies they have their responsibilities towards the society they live in and NSS in the process helps them preparing for such a responsibility. Pf. S. Kharrymba spoke about the various programmes conducted by the NSS which include Regular Activity Programmes and Special Camping Programmes and spoke at length about the different programmes conducted under Regular Activity and urged everyone to take part in those programmes. The Programme ended with a vote of thanks from Pf. E. Niang, Programme Officer.



REPORT OF OBSERVATION OF 'INTERNATIONAL YOGA DAY'

NSS Shillong College Unit in collaboration with NCC Unit of the College and Gayatri Parivar Foundation, Haridwar Uttarakhand, conducted a one day programme to observe the "International day of Yoga" on the 21st June, 2017 in the College Campus. In this Programme an awareness lecture was held on various aspects of yoga as an exercise for maintaining a healthy life which was followed by Yoga demonstration in the second part of the programme. This programme was conducted under the theme 'Healthy Youth for Healthy India'. Shri Chandan Kumar and Shri Shailesh Kumar from Gayatri Parivar Foundation were the Resource Persons during the Programme. Prof. Dr. B.P.Tripathi Incharge NSS Unit of the college gave a short speech on the International Yoga Day and Principal Dr. K.D.Ramsiej welcome the participants and gave a keynote address on the significance of this day. About 80 students took part in this programme. Pf. S. Kharrymba, Programme Officer offered the vote of thanks



Students participating in Yoga Exercises and Principal giving his speech on this day

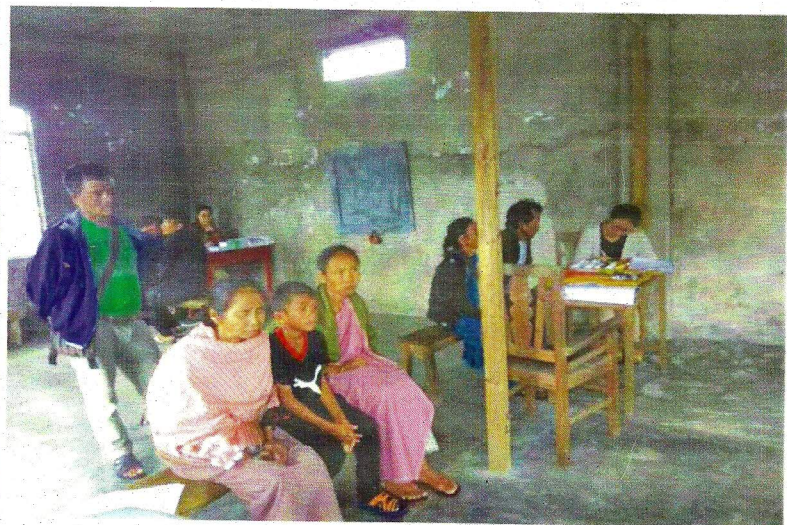


Prof. B.P. Tripathi NCC Incharge giving a speech on Yoga Day and Shri. Shailesh Kumar, Resource Person giving practical demonstration to students



REPORT OF THE FREE EYE CAMP HELD AT SIATBAKON VILLAGE

A One day Free Eye Camp is conducted at Siatbakon Village on the 18th August, 2017 by the NSS unit of Shillong College in collaboration with the Bansara Eye Care Hospital and the local church. The objective of conducting this camp is to make the residents of the village aware about the different eye care and health problems especially in old age like Glaucoma and Diabetic Retinopathy. This camp is conducted following a survey conducted in the village by the volunteers where it was found that majority of the residents do not have access to eye health care due to lack of awareness. There were 150 residents



Attending the camp and 113 patients were administered medicine and treatment.

REPORT OF THE SWAACH BHARAT AWARENESS PROGRAMME AT THYNROIT

The NSS Unit, Shillong College conducted a One Day Programme on Swaach Bharat at Thynroit Village on the 2nd October, 2017. The Programme was attended by School Students of Thynroit Village along with village representatives and teachers of different schools of the village. The programme started with a brief welcome speech from Mr. B. Kurkalang, Head Teacher Thynroit Presbyterian School and followed by an awareness lecture on Cleanliness and Waste Disposal which is part of the Swaach Bharat Mission by Pf. E. Niang, Programme Officer. This was followed with a Cleaning Drive in the village which was participated by the school students of all schools of the village. In this programme Twelve (12) Garbage Disposal Bins were distributed to Schools of the village donated by the Unit of the college. About 150 school students took part in this programme. The programme ended with a vote of thanks from the Headman and light refreshments to all students participating in this programme.



Garbage Disposal Bins distributed at the Swaach Bharat Programme
and Some of the students participating in the programme



REPORT OF THE NATIONAL INTEGRATION PROGRAMME HELD AT NONGTYNGUR VILLAGE

With an aim to promote National Integration and Social Harmony, the NSS Unit, Shillong College conducted a One Day National Integration Camp Awareness Programme for the School Children of the adopted village of Nongtyngur, on the 3rd October, 2017. In this programme Lectures on National Integration and Social Harmony was delivered by the Programme Officer Pf. M. W. Synrem and a Lecture on Moral Values and Social Participation was delivered by the Programme Officer Pf. S. Kharrymba. This was followed with a sport & games activities on some events which included traditional sports (Maw Poin & Iatan Tyllai) and athletic events (Relay Race) and Football. Almost 200 students school children from the village took part in these events which were divided into Four Groups (Yellow, Green, Red & White Houses). The programme concluded with a Prize Distribution to the winners of various events by representatives from the village and the programme officers.



Sports & Games and Lecture on National Integration & Social Harmony at Nongtyngur Village

REPORT OF THE OBSERVATION OF CLEAN INDIA CAMPAIGN AT SIATBAKON VILLAGE

The NSS Unit Shillong College, conducted yet again another programme on Clean India Campaign by organising a One Day programme at Siatbakon Village, near Nongtyngur village (Pynursla Area) for School students of the village which was held on the 13th October, 2017 at Siatbakon SSA School. Various programmes were conducted during the day which includes Drawing & Painting Competitions, Skit & Drama Competitions, Poster & Slogan Competitions and Quiz & Debate Competitions on the various topics related to cleanliness and Solid wastes management and Health & Hygiene as part of Swachh Bharat Mission. In this programme more than 200 students from different schools of the village participated and took part in these competitions. The programme begin with a brief speech from the Programme Officer of the College, Pf. S. Kharrymba who highlighted the students on the aspects of Clean India Campaign and urged the students to spread the message of cleanliness and preserve natural beauty of the area even though this area is blessed with its natural beauty which attracts tourist from outside the state which is one of the main economic resources of the area but without preserving cleanliness and make people aware of this aspects, the village will not only lose this economic opportunity but also bring about many other health & hygienic issues concerning the residents of the village. He said that with an aim to make India the cleanest country by 2019, the Prime Minister of India launched this mission of Clean India Campaign or the Swachh Bharat Mission and therefore urged the students to help making this a reality. Later in the day the programme was concluded with a prize distribution to all winners of the different competitions mentioned above.



Some of the events conducted at the Clean India Campaign at Siatbakon Village on 13.10.2017



BRIEF REPORT OF THE SPECIAL CAMPING PROGRAMME CONDUCTED BY THE NSS UNIT OF SHILLONG COLLEGE AT NONGKYNDAH VILLAGE FROM 3rd to 8th JULY 2017

The NSS Unit of Shillong College conducted a six Days Special Camping Programme at Nongkyndah Village, East Khasi hills District, from 3rd to 8th July 2017. Nongkyndah Village is situated near Mawlynnong Village which is one of the adopted villages of the unit. Nongkyndah Village is situated at a distance of 78 kms from Shillong. The Headman of the village is Shri. L.Tangsong. The people of the village are mostly engaged in agricultural activities which is their main source of livelihood. Literacy rate is quite high at about 75% but there is a very high drop-out rate amongst school children.

Various activities were conducted during these days which include the construction of the village footpath, and cleaning drive. The activities taken are briefly given below:

Day-1 (3. 7.2017): Departure from Shillong at 10:00 A.M. and reaching Nongkyndah at 3.00 P.M. Meeting with the local representatives and arrangements of accommodation in Nongkyndah LP School.

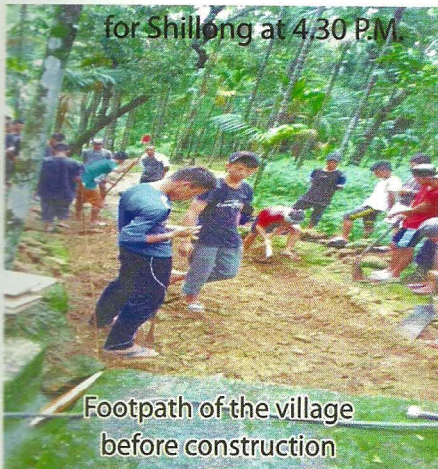
Day-2 (4.7.2017): Construction of the village footpath from 8 A.M. to 4 P.M.

Day-3 (5.7.2017): Construction of the village footpath for the remaining part from 8 A.M. to 4 P.M.

Day-4 (6.7.2017): Construction of the village footpath for the remaining part from 9:00 A.M to 4 P.M.

Day-5(7.7.2017): Completion of the construction of the village footpath and the total constructed length of the path was 270 meters approximately. This was followed by the review meeting with the headman and preparation for the next day's programme.

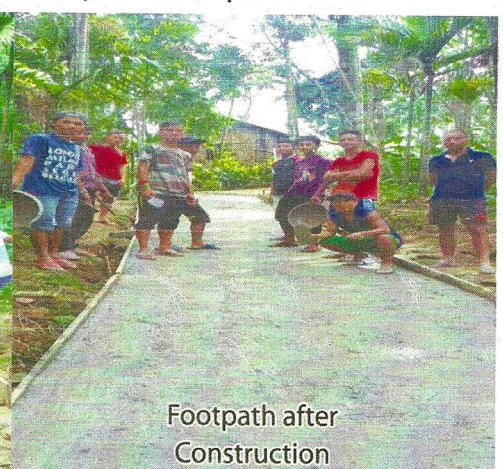
Day-6 (8.7.2017): Cleaning Drive in and around the village and school campus and departure for Shillong at 4.30 P.M.



Footpath of the village before construction



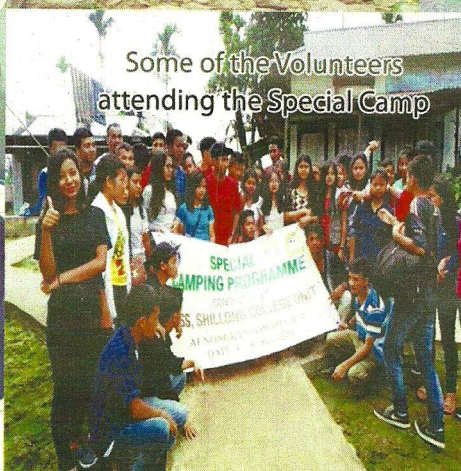
Volunteers during the construction



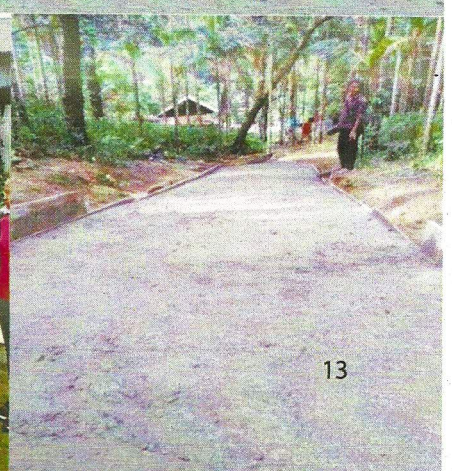
Footpath after Construction



Volunteer during cooking



Some of the Volunteers attending the Special Camp



BRIEF REPORT OF THE SPECIAL CAMPING PROGRAMME CONDUCTED BY THE NSS UNIT OF SHILLONG COLLEGE AT NONGEITNIANG VILLAGE FROM 3rd to 8th JULY 2017

The NSS Unit of Shillong College conducted a six Days Special Camping Programme at Nongeitniang Village, East Khasi hills District, from 3rd to 8th July 2017. Nongeitniang Village is situated near Mawlynnong Village which is one of the adopted villages of the unit. Nongeitniang Village is situated at a distance of 76 kms from Shillong. The Headman of the village is Shri. S.Khongdup. The people of the village are mostly engaged in agricultural activities which is their main source of livelihood. Literacy rate is quite high at about 75% but there is a very high drop-out rate amongst school children. Various activities were conducted during these days which include the construction of the village footpath, and cleaning drive. The activities taken are briefly given below:

Day-1 (3. 7.2017): Departure from Shillong at 10:00 A.M. and reaching Nongeitniang at 3.00 P.M. Meeting with the local representatives and arrangements of accommodation in Nongeitniang LP School.

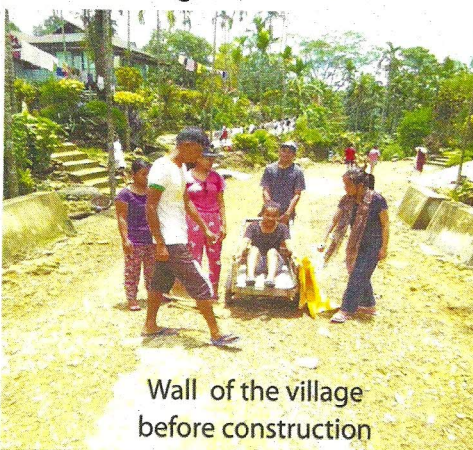
Day-2 (4.7.2017): Construction of the village wall from 8 A.M. to 4 P.M.

Day-3 (5.7.2017): Construction of the village wall for the remaining part from 8 A.M. to 4 P.M.

Day-4 (6.7.2017): Construction of the village wall for the remaining part from 9:00 A.M to 4 P.M.

Day-5(7.7.2017): Completion of the construction of the village wall. This was followed by the review meeting with the headman and preparation for the next day's programme.

Day-6 (8.7.2017): Cleaning Drive in and around the village and school campus and departure for Shillong at 4.30 P.M.



Wall of the village before construction



Volunteers during the construction



Volunteers after work



REPORT OF THE SPECIAL CAMPING PROGRAMME AT URMASI U JOH (SMIT) VILLAGE

The NSS Unit, Shillong College conducted its third Special Camping Programme of the year at Urmasi U Joh (Smit) Village from 23rd to 28th October, 2017. A footpath of length 180 ft and width 5 ft (approx) leading to Plietimai Syiem Secondary School of the village was constructed during this programme with financial assistance from NSS Cell NEHU, Shillong. Other programmes conducted during the week were the Cleaning Drive and Health Awareness programme for School Children of the village. The programme was attended and participated by about 90 volunteers from the Unit along with students and youth representatives of the village.



REPORT OF THE ADVENTURE PROGRAMME HELD ON 18th MARCH, 2017

The NSS Unit of Shillong College, organised an Adventure Programme on the 18th March, 2017 by conducting a trekking to the famous David Scott's Trail from Mawphlang Village to Lad Mawphlang Village. The trek started from Mawphlang village at 9.30 a.m. under the guidance of Mr. R. Kharshiing, local youth club member of Mawphlang Village. Before the start of this programme, a brief lecture was given by Mr. R. Kharshiing on the significance of this famous trail and urged the students to make themselves aware of the historical background of this famous stretch called the David Scott's Trail. He also informed the students of the rich diversity of this stretch in terms of flora and fauna and the diverse ecological aspects of this area. After this short lecture, the team proceeded towards the trek which took about nearly 6 hours till they reached Lad Mawphlang village. About 80 volunteers took part in this adventure programme along with programme officers. The idea behind conducting this type of programme is to make the students understand more about the natural beauty and the need to preserve nature for the benefit of future generation.



ACHIEVEMENTS 2017

Mr. Lucky Star Kharrymba and Miss Rikynti Bashisha Thabah were awarded the University Level Best NSS Volunteers Award.

The Unit was awarded with a certificate of appreciation for conducting regular Blood Donation Camp at the World Blood Donors Day held on the 14th June, 2017 by the Government through the Directorate of Blood Transfusion Council, Health Department and the Meghalaya AIDS Control Society.

