

NATIONAL SERVICE SCHEME



SHILLONG COLLEGE

Motto: "Not me but you"

Vignettes of oneness

ANNUAL MAGAZINE

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FOREWORD

It gives me great pleasure to be able to bring out the first ever Magazine of the National Service Scheme (NSS), Shillong College, Shillong. The idea of bringing this Magazine is to provide a platform for our student volunteers as well as every stake holder to share their experiences in their association with the NSS which in the process of community participation through its various activities undertaken has brought the institution closer to the society and to understand its problems and find out the solution to these problems being faced by the society. The NSS Shillong College was started way back in the year 1972 and has grown from strength to strength over the years. At present the Shillong College Unit of the NSS has an enrolment strength of 1,780 volunteers both of the Higher Secondary Section and Degree Level with 6 Programme Officers (4 from the Under Graduate Level and 2 from the Higher Secondary Section).

Swami Vivikananda had profound faith in the young generation as is evident from his utterance : *'Work among those young men who can devote heart and soul to this one duty- the duty of raising the masses. Awake them, unite them and inspire them with this spirit of renunciation: it depends wholly on the young people of India'*. National Service Scheme has provided the opportunity to involve young NSS student volunteers in nation building. The programmes under NSS provide wide scope to the most enlightened segment of our society, the teaching faculty who happen to be the NSS Programme Officers where they can really translate Swamiji's dream into practice with the active support of student community.

NSS conducts wide range of activities right from literacy programmes, environment protection programmes, health and hygiene, HIV/AIDS awareness, drug addiction & alcoholism, disaster management, blood donations, academic & literary programmes like quiz, debates, drawing/painting and slogan competitions on various issues, trekking and adventure programmes.

One of the most important activities of the NSS Unit is the Special Camping Programmes which are conducted from time to time in the adopted villages of the Unit. The Unit has adopted Smit, Mawlynggot, Laitseh, Nongpathaw, Nongmadan, Mawjongka, Nongtyngur, Umroh as adopted villages and programmes are being conducted in these villages from time to time. During Special Camps in these adopted villages, apart from social activities, community assets are constructed in these villages with active labour participation of volunteers. These assets have bring a small and yet a visible changes in the lives of residents of these villages.

Another very important programme which is being conducted by the Unit from time to time is the Blood Donation Camps. In the past five years regular Blood Donation Camps were organised in the college in collaboration with the Regional Blood Bank of Pasteur Institute and altogether about 200 volunteers have voluntarily donated blood for the needy patients. The College NSS Unit has also been awarded with a certificate of recognition by the state health department of the government and the Meghalaya AIDS Control Society which is the nodal agency of the state.

Another very important programme conducted by the NSS Unit of the college is the Skill Development Training Programme. NSS not only shapes and develops the personality of a student but also equips the student with skills and professionalism in various fields by tapping their potentials and talents. Many student volunteers were given trainings in some reputed training institutes in various trades of their interest and these trainings were fully sponsored by the NSS. The Training Institutes that have tied up with the NSS Unit of the college are the Don Bosco Technical School for Technical Trainings in the field of Mobile Repairing, Computer Hardware Course, Basic Electrical Appliances, Bakery, Beautician, DTP, Stenography & Shorthand Course, Film Making and Photography. The Don Bosco Youth Centre has been tied up for some courses on Fashion Designing, Dress Making and Computer Courses. The Rural Resources Training Centre (RRTC) Umran, is a collaborative institute for Candle Making, Fast Food Technology and Mushroom Cultivation. The Institute of Hotel Management and Catering Technology has been tied up for trainings on Food Processing, Food Technology and Hospitality Management. Altogether 30 student volunteers were selected to undergo trainings in various fields fully sponsored by the NSS in the above institutes. Some student volunteers have also started up their own enterprises after completion of their trainings. The Unit has also sponsored trainees selected from economically backward family from the adopted villages of Smit, Nongpathaw and Nongtyngur after considering the type of trainings and the employability factor of these trainings in their respective villages.

Volunteers of the College NSS Unit, have represented the college in programmes both in and outside the country. One volunteer of the College has represented the country as Youth Delegation to China. 3 volunteers have represented the college at the Republic Day Parade in New Delhi and 5 volunteers of the college were awarded with the prestigious Indira Gandhi National NSS Awards. 3 Programme Officers of the College were awarded with the University Level Best NSS Awards and 6 student volunteers were also awarded with the University Level Best Volunteer Awards. The College was also a recipient of the University Level Best Unit Award. Volunteers of the college Unit along with Programme Officers have participated in various National Integration Camps, Mega Camps, NSS Festivals and Adventure Camps conducted in different parts of the country.

Our achievements and successes would not have been possible without the support of these members of which words will be too little to express. The NSS Unit of the College, however would like to express its deepest gratitude and appreciation to Dr. K.D. Ramsiej Principal of the College for his unstinted support and guidance in all activities and efforts taken by the Unit towards fulfilling its aim and objectives of the NSS. Our appreciation also goes to Dr. M. Dey Vice Principal, Prof. L.P. Shadap, Prof. V.R Solomon, Dr. R. Dkhar, Prof. D. Syiem, Shri. E Niang and all Members of the College NSS Advisory Committee. Our sincerest thanks and appreciations to Prof. L. Pariat, Dr. E. harkongor, Dr. M. B. Lynser for being associated with the NSS as Resource Persons and Mentors in every programmes of the Unit conducted from time to time. Our thanks also goes to the Office staffs of the NSS Cell NEHU, Kong Janet, Kong Biang Wankhar, Kong Rosa Kharkongor, Bahhep, Bahlung and Programme Coordinator Sir. L. Kma for their relentless help and support in all our activities. Last but not the least, our sincerest appreciations and gratitudes

goes to all the VOLUNTEERS of the NSS who had been always with us and are the pillars of strength of the Unit in all its successful endeavours in reaching out to the community.

Vignette of Oneness is the theme of this year's annual magazine as this reflects the very true essence of the NSS. It embraces unity amidst diversity which is one of the main objectives of the NSS.

Pf. M. W. Synrem
Programme Officer
NSS, Shillong College

MESSAGES

FROM THE PRINCIPAL'S DESK

It gives me great pleasure to learn that the NSS Unit, Shillong College has come up with its first Annual Magazine this year. As an Ex- Programme Officer of the College, I recalled the immense contribution of the NSS towards community services and its impact to the society by engaging students in various voluntary services such as cleanliness, health and family welfare programmes, literacy environment protection programmes and many other activities conducted from time to time. As one of the strongest unit in the whole state of Meghalaya, Shillong College was awarded with the Best Unit Award by the University and many volunteers and Programme Officers were given due recognition by the State as well as the Central Governments. Altogether 5 volunteers have been awarded with the prestigious Indira Gandhi NSS Award right from 2010 onwards and one of the former Programme Officer had served as the First State Liaison Officer of the State since 2010.

I pray that the NSS Unit of the college will continue to shine in its endeavour to serve the society under the guidance and leadership of its programme officers and wish all the volunteers success in their future endeavour.

Long Live NSS Shillong College

Dr. K. D. Ramsiej

Principal



पूर्वोत्तर पर्वतीय विश्वविद्यालय

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Dr. L. KMA, M. Sc., Ph. D.
Programme Coordinator

Shillong
August 18, 2015

Message

I am very happy to know that National Service Scheme (NSS), Shillong College unit, Meghalaya is bringing its first ever NSS Annual magazine this year. As someone who have the records of the performance of all the NSS units of Meghalaya, I do feel proud to mention that the NSS unit of Shillong College has been doing extremely good work in carrying the mandate of NSS which needed to be highlighted in a big way. After all, the college authority, the Programme Officers and the NSS volunteers deserve their share of acknowledgement for selflessly carrying out this voluntary service for the benefit of a sizeable population of Meghalaya and contributing to nation building. I congratulate the NSS unit of Shillong College for their endeavor in publishing the magazine and wish them a great success. May this unit continue its good work in using NSS as a tool to bring visible change, particularly in the lives of our village folks.

Lakhan Kma
NSS Cell, NEHU

EDITORIAL

Everyday there are news about aimless and purposeless outburst of student community. Somewhere they are even attacking teachers and authorities, somewhere they want postponement of their examinations, somewhere they are demanding for mass copying and so on. Demand for liberal number is decade old. But why this repress? Are the student youth sole responsible for this? We are to search, search the real cause. We need to analyse our thoughts and action. We need to study our age old tradition and its dynamics.

Youth in the campus, are entangled with multifarious problems. The education system and policy, the status and condition of the educational infrastructure, the planning for new generation are age old and in dilapidated condition. In fact, everything was designed by the British Colonial Rule for their own self interest. Right from the very childhood our students are indoctrinated to run for more and more marks and we want them to be highest rankers in every field of life. The demand and pressure by the guardians create heavy psychological pressure on their innocent and tender minds. As a result, their youth are stolen and they become a member of a society which is devoid of the sense of fellow feeling, belongingness and attachment. They become the robot of a mechanical world which makes them selfish and teach them to be absorbed in the material world. Failing to fulfil their so called needs and demands of life they often accept the path of terrorism, smuggling, drug addiction etc. A psychological irritation and sense of maladjustment and frustration start gripping their life and mind. Some of them seek solace through drug and some indulge in clashes with the system, the institution and ultimately they involve themselves in anti social activities.

On the other hand the entire world is changing rapidly. New thoughts, new economic orders have changed the motion of human life and living. The old patterns of structural education for structured job is now obsolete. The old concept of job has also undergone a radical change. Good salesmanship and prompt self expression is gaining fast as basic feature of market based economic system and globalization. Our educational system should be synchronised with the fast changing world economic and social scenario. Prompt and positive attitude of the youth will only lead them to success.

Our education system are to be restructured and reoriented keeping pace with the modern world trend. It needs to be more integrated, open, knowledge oriented and cross cultural. The traditional system of compartmentalisation is to be done away with. In fact, still we are to have well thought, scientifically designed and adequately integrated National Youth Policy. The policy should be over and above narrow barriers of sustainable character and open minded. It should rise above the thought and reflection of any group or individual and be integrated with our educational policy and development planning. Reflection of a uniform thought and policy for the welfare of the students of our country should be in our National Youth Policy. Against this background, NSS through its different community based programmes can play a vital role.

MEMBERS OF THE COLLEGE ADVISORY COMMITTEE

National Service Scheme, Shillong College was established way back in the year 1975 and Professor Bikash Roy was the first Programme Officer of the college NSS Unit with an enrolment strength of 21 volunteers. At present the college has an enrolment strength of nearly 2000 volunteers both in the Higher Secondary Section and Degree Level under the guidance of Six Programme Officers. The NSS Unit of the college has six adopted villages at present and they are Smit Village, Laitkseh Village, Nongpathaw Village, Nongmadan Village, Nongtyngur Village and Umroh (Mawkasiang) Village. Apart from the Special Camping Programmes, other Regular activities are conducted in these adopted villages which include right from health care and sanitation programmes to environmental protection and water conservation programmes.)

The members of the Unit are as follows:

1. Dr. K. D. Ramsiej- Principal
2. Dr. M. Dey- Vice Principal
3. Dr. K. D. Roy- Vice Principal (Professional Course)
4. Prof. M. W. Synrem- Programme Officer
5. Dr. (Mrs.) S. Khyriemmujat- Programme Officer
6. Prof. A. Marbanaing- Programme Officer
7. Prof. S. Kharrymba- Programme Officer
8. Shri. E. Niang- Programme Officer (Higher Secondary Section)
9. Ms. S. P. M. Kharbhih- Programme Officer (Higher Secondary Section)
10. Ms. B. Skhemlon- Office Assistant (Volunteer)

The Members of the College NSS Advisory Committee are:

1. Dr. K. D. Ramsiej- Principal
2. Dr. M. Dey- Vice Principal
3. Dr. K. D. Roy- Vice Principal (Professional Course)
4. Prof. M. W. Synrem- Programme Officer
5. Dr. (Mrs.) S. Khyriemmujat- Programme Officer
6. Prof. A. Marbanaing- Programme Officer
7. Prof. S. Kharrymba- Programme Officer
8. Shri. E. Niang- Programme Officer (Higher Secondary Section)
9. Ms. S. P. M. Kharbhih- Programme Officer (Higher Secondary Section)
10. Prof. V. R. Solomon- Member (Department of Political Science)
11. Prof. L. P. Shadap- Member (Department of Political Science)
12. Dr. (Ms.) R. Dkhar- Member (Department of Education)
13. Prof. D. M. Syiem- Member (Department of Statistics)
14. Mr. Tara Prasad Upadhaya- Member (IGNSS Awardee)
15. Mr. Shaisngi Lyngdoh- Member (IGNSS Awardee)
16. Ms. Palvy Dora Kharkongor- Member (IGNSS Awardee)
17. Mr. Barikupar Paswett- Member (SCSU General Secretary)
18. Ms. Pinky V. Shabong- Member (Student Volunteer)
19. Mr. Bankerlang Diengdoh- Member (Student Volunteer)
20. Headman of the adopted villages

NSS-ITS MOTTO, AIMS and OBJECTIVES

NATIONAL SERVICE SCHEME

SHILLONG COLLEGE

LAITUMKHRAH, SHILLONG-793003

MEGHALAYA

The motto of the NSS is "NOT ME BUT YOU" It is the guiding principle of the NSS which expresses the essence of democratic living that upholds the need for selfless service and appreciation of other man's point of view. It shows consideration for fellow human beings and underlines that welfare of individual depends on welfare of society.

Its aim is to develop the students' personality through community service by working with/among the people and engage in creative and constructive social action. It promotes the will to serve the weaker section of society as well as it inspire people to do some good work

Its objective is to understand oneself and the community and to identify the needs and problems of the community. To develop a sense of social and cultural responsibilities and utilize their knowledge in finding solution to community problems. It develops competence required for group living and sharing of responsibilities to gain skills in motivating community participation and to acquire leadership qualities. It promotes national integration and social harmony.

NSS – The Torch Bearer

Dr.M.Dey, Vice-Principal



National Service Scheme (NSS), the youth oriented personality development programme was launched on the Hundredth Birth Anniversary of Mahatma Gandhi in the year 1969. It is a govt. of India sponsored scheme, presently administered by the Ministry of Youth affairs and Sports. The scheme aims at involving +2, undergraduate and post-graduate students from schools, colleges and universities as volunteers to participate in community service all over the country. Initially around 40,000 students volunteered to come forward to take up activities that benefit local communities. Over the years it has grown from strength to strength and gained popularity among all section of society. Today it has more than 2.6 million student volunteers spread across 198 universities. NSS has well organised working structure cutting across local village to the national level. Apart from local group activities students get opportunities to interact, exchange and share experiences through regional and national camps that are organised from time to time. In other words, all such activities provides youths with the raw materials of national thinking and values. Personality development such as kindness, acceptance, tolerance, adaptation, mutual respect and desire to render selfless service remain the core matter of the organization. **Indira Gandhi National Service Scheme Award** is announced every year for the best state volunteer, best programme officer, best university NSS cell to recognise commendable service rendered. Such recognition are impetus to further achievements and give rise to a sense of competitiveness among the volunteers at various level. NSS volunteers generally are required to render 120 hours of regular activities during an academic year and as far as possible is expected to remain in contact with the target community. During the course of activities volunteers are required to make a thorough study of the community by involving themselves in the day to day life style of the target community. Primarily they identify problems faced by the people and work out the solutions of such problems while also taking care of the sentiments of the people. Volunteers are also expected to make use of locally available recourses without tempering the ethnic culture and natural environment. In the process they acquire knowledge and competence to encounter real life situations with a sense of maturity and responsibility. Besides imbibing sense of responsibilities, they also learn mutual respect and mutual counselling. Exchange programmes bring the volunteers together from all over the regions integrating the nation as a whole. With the changing socio-economic scenario worldwide, the ministry of youth affairs and sports added “skill development” among the volunteers as a measure to add value to their competence. Vocational skill development programmes are now an essential feature besides the usual community service.

“**Not Me But You**”- the motto reflects the principle that the welfare of the society brings total harmony to the entire ecosystem including man. Undoubtedly NSS volunteers have always held the motto at its highest peak in their mind and action. Community oriented programmes of NSS have benefited the people living in villages and slums. Massive tree plantation programmes undertaken by the volunteers from time to time has helped generation of green cover in various

parts of the country at a bare minimum cost. This initiative deserves special mention as otherwise it would require huge investment on the part of the government. None the less, this has considerably minimised local environmental degradation such as soil erosion, water pollution, etc. Another important contribution made towards community service particularly in the North Eastern region is implementation of the concept of rain water harvesting. Far from the towns and cities in remote villages where potable water is scarce, NSS volunteers dig wells, ponds, reservoirs to collect rain water for use. Voluntary blood donation programmes organised by NSS units is one of most noble service that an individual offer to save a life. The donor gets a great deal of satisfaction as it is a selfless service done for the society.

However, poor sanitation and absence of toilets result into contamination of natural water bodies by human and animal excreta and is still prevalent in almost all over the rural India. It is important that NSS volunteers need to focus on this particular area. Perhaps NSS volunteers should get the opportunity to involve themselves in mega activities like "Clean India" programmes. Special training programmes may be designed for the volunteers to equip themselves to take up such responsibilities. Committed volunteers may be selected through procedures for undertaking specialized skill enhancement training to face challenges during natural disasters. Substance abuse among the youths of cities and slum dwellers is emerging as a serious social problem of today's India. It is high time that the guardians of society should think systematically to tackle this menace. In this respect NSS volunteers may play an important role to create awareness and educate people about the negative sides of such abuse. Further, health consciousness among the common people in cities and villages are so poor that they indulge in and practice a number of unhealthy activities that often become the cause of sufferings for the whole society. In this context communicable diseases, vector borne diseases, air and water borne diseases that often threaten human societies need to be addressed by NSS volunteers through their awareness programmes for adopting effective prevention measures. Such awareness programmes, apart from cutting the government expenditure on healthcare, shall certainly help the society to be relieved of its sufferings and tribulations. Once again volunteers must be imparted adequate training and knowledge to shoulder such responsibilities. Today's urban as well as rural Indian societies are faced with many other uncomfortable issues such as eve teasing, molestation and to the extent of shocking incidents that embarrass humanity. Can NSS volunteers bring a change? Maybe they can reach out to the masses through campaigns against such evils.

Well, a lot more is needed to be done to achieve total social harmony. In a nation of 1.28 billion people, almost 50% of which live a life of vulnerability, social service schemes such as those undertaken by NSS are perhaps remain inadequate. Why not citizens in every village, towns, cities and metros volunteer services by turn to their own community in which they live?

YOUTH AND COMMUNITY SERVICE

Pf. Mardor Wanri Synrem
Programme Officer NSS, Shillong College

The aim of true education is to teach a man to live not only for himself but also for others. It is necessary for him to learn, to identify himself with a larger life of the community especially with the less fortunate section.

In the arch of the entrance gate of a famous school of U.S.A., there is an inscription "ENTER TO LEARN". On the other side of the arch, there is another inscription "DEPART TO SERVE", which would be viewed while coming out of the school through the gate. Probably, these two messages taken together make the objective of education clear.

Thirteen members UNESCO Commission in quest of approach to education for the twenty-first century published its report in 1997 titled "Learning Treasure Within". The report suggested a four-point programme:

LEARNING TO KNOW

LEARNING TO DO

LEARNING TO BE

LEARNING TO LIVE

All religions of the world have preached the doctrine of "SERVICE TO MANKIND". All religious orders of the world have their service sectors.

On September 24, 1969 during the Gandhi Centenary Year, the then Union Education Minister, Dr. V. K. R. V. Rao launched the NATIONAL SERVICE SCHEME Programme in 37 Universities covering all the states of the country. Dr. Rao wrote to all the Chief Ministers of the states for their cooperation and help for implementation of the programme.

During the British rule in the country, nationalistic institution established by the National leaders of Bengal and Gujarat and regular community and social service programme for their students. Mahatma Gandhi, the father of the nation, preached that the first duty of the students should be not to treat their period of study as one of the opportunities for indulgence in intellectual lessons, but for preparing themselves for dedication in the service of those who provide the nation with essential goods and service to the society. He suggested that, "Students should do something positive so that life of the villagers might be raised to higher material and moral level". The central theme, which the father of the nation tried to impress upon the students, was that they should always keep in their mind their social responsibilities.

Radhakrishnan Commission, the first Education Commission after independence, recommended introduction of National Service in the academic institutions on a voluntary basis with a view to developing healthy contacts between the students and teachers on the one hand and establishing a

constructive linkage between the campus and the community on the other hand. The idea was again considered by the Central Advisory Board of Education in 1950. The Board recommended that students should devote sometime to manual work on a voluntary basis along with their teachers. In the First Five Year Plan adopted in 1952. The need of Social and Labour Service for students for one year was stressed. Educational Institutions introduced social service camps, campus and village project and disaster relief work. Prime Minister Jawaharlal Nehru in 1958 advocated social service as a pre requisite for graduation.

The Education Ministers' Conference in 1959 was unanimous about the need for trying out a workable scheme for National Service. The Conference suggested the appointment of a committee to work out the details of the projects. National Service Committee was appointed with Dr. C.D. Deshmukh as the Chairman. The committee recommended compulsory National Service for a period of nine months to one year for all students completing high school education but the recommendation could not be implemented because of its financial involvement.

In 1960, at the instance of Govt. of India, Professor K.G.Saiyidain after studying National Service by students of other countries, submitted a report "National Service for the Youth", while recommended the introduction of National Social Service on a voluntary basis.

Education Commission headed by Dr. D.S. Kothari (1964-1966), at the instance of Dr. Triguna Sen, recommended that the student have to join any of the three- N.C.C (National Cadet Corp), N.S.S. (National Service Scheme), N.S.O. (National Sports Organisation). Vice Chancellors' Committee accepted the recommendation in 1967, and some of the Universities in India introduced the programme in a modest way in the same year.

Subsequently, when the N.S.S. was introduced in a big way, its objectives were thought of:

To understand the community.

To understand themselves.

To identify the needs and problems of the community.

To develop a sense of social and cultural responsibilities.

To utilize their knowledge in finding solution to community problems.

To develop competence required for group living and sharing of responsibilities.

To gain skills in motivating community participation.

To acquire leadership qualities.

To practice national integration and social harmony.

Against this background, the students through NSS can take up the following programme:

1. Advocacy, Awareness programme on Health, Hygiene and Environment.
2. Blood Donation, AIDS and Thalassaemia awareness programme.
3. Literacy programme.

4. Low cost building programme.
5. Sanitation programme.
6. Disaster relief work.
7. Using computer center of the institution for data storage and networking.
8. Using college Laboratory for prevention of food adulteration.

The area of work should be specific, measurable, action oriented, time and resource based.

Human Resources of the academic world have tremendous potentiality in nation building. The students and teachers have to know the treasure they have within and education can make them "MAN FOR OTHERS" by broadening the mental horizon. The purpose of candle is to dispel darkness. Similarly the purpose of education is to make oneself worthy of the society. Without community service, education cannot be a total education.

Subhas Chandra Bose formed a body of selfless workers from among his classmates who would ungrudgingly follow his advice and example and his band of workers came to be known over an area much larger than their age would justify.

After getting himself admitted into Presidency College in Calcutta, Subhas joined the University Training Corps (U.T.C.). Netaji said in the late thirties, "When I talk of the responsibility of the nation, I want also to stress the responsibility of the youths. The youths of today will be the nation and leaders of tomorrow. An idea that is supported and welcomed by the youths will one day be supported by the whole nation. But an idea which does not find support among the youths will die a natural death. I hope and pray that the students who are the future representatives of the nation will realize their tremendous moral responsibility".

"There may be people who doubt whether a nation can rise to a high moral level, whether a nation can be far sighted and unselfish and undertake the work of establishing a new order. I have every faith in mankind. If it is possible for one individual to be unselfish, to live one's life at a high moral level, I see no reason why an entire nation cannot also rise to that level".

"This is the task for the whole nation and especially for those who are the hopes of the nation.....the youths and the students".

BLOOD DONATION-AN N.S.S.PROGRAMME

Prof. S. Kharrymba
Programme Officer

Modern medical is depend on blood transfusion service. This modern science is the result of combined scientific work of many scientists and doctors spanning over a period of four hundred years .In the course of a last seventy-five years, blood banking has developed from a bench in a corner of clinical pathology into a speciality of Transfusion medicine. Beautiful well design buildings, instruments, furniture and fixture manned by trains doctors ,technologists ,nurse and supported by modern computer and information technology cannot ensure the desire service in time of need of any ailing or dying patient unless blood is readily available.

Replacement of an ancient glass-bottles by modern poly-bags, introduction of gamma ray-sterilised disposable bleeding and transfusion sets ,extended shelf-life of blood, use of blood components and plasma products, technology of pheresis and modern laboratory testing technologies have change the quality of blood banking and transfusion service. But one thing has not changed since the dawn of first human to human successful blood transfusion of modern era on December 22,1818 in London by Dr. James Blundell is the need of human volunteers to donate blood .Without blood there can be no blood for transfusions, without human blood donors there can be no blood. Without a regular flow of voluntary blood donors, who have no axe to grind to keep the blood bank shelves full delivery of good quality of blood in right quantity at the right time can never be ensured.

But all over the world blood donors belong to minority community .out of a world population of 700 crores,8.1 Crores people donate blood in 2004,which is enough to fill 32 modern Olympic swimming pools, but not enough to meet the present global need which stand At 15 crores unit per annum .Out of this collected blood ,only 38% blood is collected in South –East Asian countries constituting China ,India ,Bangladesh , Myanmar, Thailand, Indonesia ,Singapore, Philippines where 82% of world population live.

Indian for its population of 102 crores there are 1854 blood banks .Annual requirements is 80 Lakhs blood donors .In 2004 our country got 45 Lakhs blood donors .Out of them 22 Lakhs were voluntary bold donors.23 lakhs were replacement and relative donors. Due to the directive of Supreme Court buying blood from blood sellers that is professional donors has been banned in India from January 1st ,1998.

But the presence of blood sellers in disguise is a threat to life threatening blood communicable diseases, as these poor sellers often suppress their history of past ailments.

To ensure safe blood transfusion ,quality of donor has been guaranteed for which the world has accepted that transfusion service must depend on real voluntary blood donors .This needs building up of a healthy voluntary blood donation movement in the country.

The voluntary blood donation movement in India is at different levels in different states .In some States blood transfusion service is totally dependent on replacement blood donors system .In some States the movement is at its zenith, while in some states it is still in its embryonic stage .All taken

together the country has 2(two)voluntary blood donors in a population of 1000.the need is 8(eight) per 1000 population to bridge the gap between the demand and the supply.

It should be appreciated that:

- Nobody is born as a blood donor.
- There are several myths, misconceptions and fear complex around blood donaton.
- People are generally not motivated to donate blood.
- There are more than enough potential blood donors in any country or any region.

Naturally, to motivated people to donate blood is the fundamental task of any transfusion service. Awareness has to be generated for regular voluntary blood donation in the community. Misconception, fear complex and prejudices have to be removed scientifically by rationally explaining that blood donation is harmless to the donor and this is a social necessity and friendly gesture of caring and sharing for the human society crying for compassion and respect.

Philosophy and science of blood donation together with the blood need for transfusion have to be propagated in a sustained, systematic and scientific manner in listener – friendly language in the community. For this task and large number of trainer dedicated blood donor motivators and recruiters are needed for this country with so much diversities in language, culture, and religion.

Every year a large number of adults are attaining the age of blood donation every year regular blood donors are moving out form the donor base owing the old age, ailments or change of residence. Blood donor motivation is therefore, an ongoing process to change the behavioural matter of none donors. In the Indian context, it is better if this task is taken up by any voluntary organization from outside the blood bank instead of assigning the task to the transfusion service itself. Blood donor motivation is an art based on science. The work has no scope for the respite.

Blood donor motivation, recruitment and retention is an ideal programme for students and youth. NSS volunteers can take up this programme in an organize manner. In 1985, while outlining the activities of National Youth Day, NSS Directorate Suggested blood donation as one of the activities. National Blood Policy and Action Plan release by the Union Government in 2002 and 2003 have pinned faith on NSS for blood donation and blood donor recruitment.

Each NSS unit can adopt one blood bank close to the unit in respect of their blood need.

Every year by mobilizing 2/3 resource persons, a 3-day training for NSS volunteers and Programme Officers may be arranged on art, science and techniques of blood donor motivation, recruitment and retention.

NSS units can arrange 1 or 2 blood donation camp(s) with their volunteers, a number of camos department wise in the institute and trained volunteers can go out in the community to organize blood donation camps for the particular blood bank.

NSS can maintain the donor database in the computer of the institute and help people of the locality in respect of rare group blood need.

The trained volunteers can go to the nearby schools by appointment to conduct extension lecture for 13 plus age group students – the donors of tomorrow in their class room (two periods in a year in one class).

NSS can develop and print poster, sticker, and folder as I.E.C. materials themselves or sponsored by banks or commercial houses.

The honouring donors after 5/10 donations in a convocation like ceremony can be a part of the project.

In short, the project can resolve around the principles

- Education
- Motivation
- Donation
- Recognition

Both Short-term programme to recruit the donors of today and long term programme to recruit the donors of tomorrow can go hand-in-hand.

This training of NSS volunteers and their active participation in the value oriented social welfare programme would help them in the future life to become better useful citizens – anywhere they would be.

STATUS OF WOMEN AND THEIR EMPOWERMENT

Prof. Amina Marbaniang
Programme Officer

There is no doubt that women of India in most cases are 'suppressed under custom and law'. In fact, they have little freedom in life and opportunity of grow. For centuries men 'consider themselves to be the lord and master of women'. From the very early life the 'women have been taught to regard themselves as slaves of men'. Our socialization process is such that both men and women of our society fail to realize that 'women are the companions of men, gifted with equal mental capacities'.

As a result, our differential treatment is mark towards the female child. They are in many cases treated as liability and unwanted. Such an outlook becomes the barrier in the way of women development. Seeing this attitude of high majority of Indians, Mahatma Gandhi become unhappy and he stated, "I should treat the daughters and sons on a footing of perfect equality". Status of women, atrocities on them, heinous system of dowry and so on only tells about our mental poverty. Being pained by such incidence Mahatma Gandhi felt it essential to remind our society that all such practices should be stopped. He remarked, 'any young man who makes dowry or condition of marriage discredits his education and his country and dishonours womanhood'. And he announced 'women will enjoy the same rights as men'.

It has been realized by the Government, NGOs, Local Self Government institution and ever the common mask that women empowerment is one of the agenda, which should get weight age. Accordingly, number of initiatives has been taken to promote the status of women throughout the country. It is now an accepted theory that if the life of women is improved, the quality of life of the people in the country as a whole will significantly change, because "one step for a women, ten step for a nation". The proper well-being of children, control in population growth, reducing infant mortality, improving basic health and nutrition and promoting environmental status, etc, are directly linked with the women empowerment. Thus, almost very consideration for national development, calls for the empowerment of women.

It is in this context that the sincere and vigorous efforts by each and every section of the society and the concern agencies is the need of today, to ensure that all the programmes and related laws for their empowerment are implemented with seriousness and in right spirit. Conscientisation, motivation, confidence building, collective awareness and environment creating are some of the concrete steps, which are essential to augment the process of empowerment. Considering this reality appropriate initiatives have been taken by different agencies. But there is still much to be done. There are areas where success rate is not up to the expectation. One of the main reasons for this can be attributed to diverse traditional structures of the society besides some other factors. Somehow, this is to be

overcome. Let the women be aware about the reasons behind their problems. Once they come to know about the causes behind the problems they are facing, they will naturally strive to find out the means to better their situation.

One of the key facilitators of empowerment is Self Help Group (SHGs). This gives the women an opportunity of social and economic freedom and ensures change in the outlook, and personality of the members. Since no effective attack on the problem of poverty and poor status of women can be made with education and empowerment of women, formation of SHGs in large number should be the objective of any government.

During the last years or throughout the country lakhs of SHGs have been formed. Several lakhs of women from poor socio-economic background are members of these groups. The result of any study will reflect sea changes in the lives of SHG members and live of their families and communities. The status of women members of SHGs is constantly changing. In their newfound status they generally do not forget the enormous encouragement and support they received from Government/NGO/Panchayat or any other organisation. These women with their newly achieved skills have not only acquired different kinds of useful knowledge, but also undergone attitudinal change and have adopted a development agenda of their own. To make long lasting changes in women's lives, more and more people need to be involved in SHG programme in addition to lifelong learning and such other programmes. It is true that SHGs alone can be the panacea to all their problems. The attainment of the intellectual, social and moral upliftment of women is also very important, which equips them to fight against injustice, exploitation, inequality and corruption. Nevertheless one will have to keep it in mind that from the confinement of their homes the women members of the SHGs have started marching forward in large numbers, taking part in various kinds of activities. Many of them are taking their families and communities in the path of development as well as actively participating in the activities of Municipalities and Panchayat. Thus, the process of empowerment has indeed begun. There is a new confidence in them, which is visible in countless small ways. We must remember that not empowering women is considered as one of the major problems that plagued India. The narrowing of gender gap by initiating all necessary steps including SHG formation is the key to a vibrant India.

NO MINOR OFFENCE

Smti. Sandi Patti Moore Kharbhih
Programme Officer

Practice of child marriage is a social crime. This medieval custom still persists in most part of our our country .According to data released by the latest census on 'material status' revealed that in India 6.4 million women under the age of 18 years are already married and have become mother too. The census data also showed that one in every 16 girl of the country in the age group 10-17 years is married. The alarming fact that 27 lakhs girls by the time when they reached the age of 24 years become mother of 7 or more children already. Statewise census report recorded that Northern states of the country have the higher percentage under aged marriages. Rajasthan, Bihar and Haryana are leading the path which accounts 69%, West Bengal 30% and lowest in Kerela 17%.

CAUSE OF CHILD MARRIAGE

Custom and Tradition

The practice of child marriage is a traditional event in some communities and ethnical minorities of the country. It is considered as an important social system of their community. Members of these communities believe that uniform civil law or the policy of Govt. Have no role in their internal matter. It is shocking to note that many parents of these communities usually negotiate and try for their child's marriage even before their kids have attained puberty.

ATTITUDE OF THE PARENTS

There are some parents who consider that marriage is 'Be all and end all of a girl's life.' The perception is the daughter would leave their parents permanently after marriage and stay with her would be husband and take care of her own family. Strangely, they also believe that daughters need a little education to be wife and mother. They stick to a notion that the ultimate goal of a girl's life is nothing but wedding. Keeping the grownup girls at the parent's home for longer period and investment on her education or career in a futile exercise because she would go to others home after her marriage. Therefore, female child is deprived of proper care and attention.

POVERTY

Incidence of child marriage are found to be higher among the low income group families. Their families are usually burdened with many children and have no stable source of income for their subsistence's. Many of them consider it as a mere wastage of money and energy to invest for child's education. To get rid of their misery some of the parents opt for marrying

off their daughters at their early age (Without considering its consequences) because it would help them to ease their family burden from their shoulder.

Socio Economic Reality

In India society, traditional women socially and financially depend on men. Patriarchal frame work does not encourage women's independent status. They are dissuaded from outside home activities after certain age. Seldom they are encouraged to play a prominent role in economic or professional life though they might have all the potentialities.

Rigid social system has been binding and forcing the girls to depend on men permanently. Traditional society also perceives that the marriage is the only way in girl's life as that can bring needed security in absence of their father/guardian. In many cases many parents also face questions from many quarters if their grown up daughter are not marriage in time (though there might be many good reason for that). Many parents also feel unmarried daughters at home could be a threat to a family prestige and honour. All these convictions have influence parents to look and try to get their daughter married as soon as they find a suitable groom (as per norms of their community and social parameter) without considering all other aspects of their daughter's life.

Impact of child Marriage:

Child marriage contributes to enormous social problem. These problems are embodied through.

Soaring Birth Rate: By analyzing census data one can draw the conclusion that there is a direct correlation between underage marriage and high birth rate. At the tender age girls are not well aware of their reproductive system. They are married off without having a comprehensive knowledge about sex and sexology nor they are given any information about the access contraceptives or any birth control device, if they wish to adopt in their conjugal life. Their lack of knowledge and unfriendly atmosphere around them are the reasons behind their frequent pregnancies and forcing them to procreate many children.

Higher maternal & infant mortality

Girls at the below age are not ready to bear the burden of maternity, as their bodies are not fully grown. Complication in pregnancy and delivery are found to be very common among themselves. Many of them die in labours and their off springs within a month of birth.

Widower, Divorce and Separation

This type of incidents are found in large number among early age married couples. It can be well imagined what type of hardship a young woman could face in the society if they face any misfortune. Seldom they get support and sympathy from their family/relatives in their problem.

High Drop Out

Early wedding disrupts educational opportunity. Usually married girls are discouraged to go outside home and cannot keep contacts with outsiders. Married girls are seldom seen attending school. Discontinuation from the school group learning opportunity would lead them to miss potential employment scope or the professional development.

How to resist child marriage: suggested steps awareness generation : role of NGO, NSS & NYK

Practice of child marriage is 'no Minor Offence' but an indulgence to a social evil. It is a crime against humanity. The plight of the girl child can't be overlooked. Can social organisation like NGOs, Youth Club, NSS & NYKs remain silent and far behind from this turning issue? These organisations can play a crucial role to fight against this heinous crime in the society. Need of the hour is to create an AWARENESS GENERATION and building public opinion against such practice which brings curse to the lives of thousand innocent children of the country.

Under age marriages are illegal and punishable offence under the law. All those who encourage this practice would also be punished (the legal age of marriage for girls is 18 years and boys 21 years). It is mandatory for all the couples to get their marriage registered under the Govt. appointed marriage registrar at their respective localities.

EDUCATION

Child wedding snatches the joy and pleasure of childhood from the lives of the girl child. It forces them to lead stunted lives both physically and mentally. To restrict child marriage schooling of girl child could be an important option. Education provides an opportunity to develop their self confidence and enable them to participate in decision making process above the issues that their lives.

Different welfare schemes and introduction of Govt. funded programmes like 'free universal education' (it aims to have all children at the age group of 6-14 in school). 'Sarva Shiksha Abhijan' and 'Mid Day Meal' programme in all the states and union territories have created a great opportunity and encouragement for all the children, specially girl child to enroll in the school at their respective locality. Community based organisation may cooperate with the authorities of the schools and motivate parents to avail of this opportunity by enrolling their children in school. Spread of education through these programmes would also help to tackle several problems at once.

Skill Formation Training

In our country innumerable institutions like ITI, KVK, DIC, NYK & NGOs have been offering vocational training courses on different trades. Learning opportunities through these programmes would not only help the trainees to acquire skill, professional development but

also create an access to their independence earning source and empower them to deal with the challenges of life. Unfortunately substantial section of the target groups are deprived of such opportunity due to lack of information and lukewarm response from the part of host organiser to the need of target group. In this regard concern bodies and host organization may chalk out a strategy to ensure that maximum participation of the target group help them to get the benefit of all types of welfare activities. Such effort may resist many parents of the girl child from trying to married off their daughter at early age. Through this process parents may visualize that their daughter are not only involved in productive activities but also developing an earning capability independently.

Conclusion:

Their tradition of child marriage in the country is an age old social problem. It cannot be eradicated over –night by the help of law only. But the practise can be resisted and abated only when parents/daughters community leaders would realize the evil effect of the practice. The need of the hour is social, political will and mobilizes public opinion against this in–human practice. All of us have a social responsibility and we must lay a proactive role through our coordinating efforts to eliminate this evil custom from our country.

FREQUENTLY ASKED QUESTIONS

Shri. Ebor Niang
Programme Officer

Q. What Is HIV?

ANS. HIV (Human Immunodeficiency Virus) is the virus causes AIDS. This virus is passed from one person to another through blood-to-blood and sexual contact .In addition, infected pregnant women can pass HIV to their baby during pregnancy or delivery, as well as through breast feeding. People with HIV have what is called HIV infection. Most of these people will develop AIDS as a result of their HIV infection.

There body Fluids have been proven to spread HIV:

- Blood
- Semen
- Vaginal fluid
- Breast milk
- Other body fluids containing blood

These are additional body fluids that may transmit the virus that health care workers may come into contact with:

- Cerebrospinal fluid surrounding the brain and the spinal cord
- Synovial fluid surrounding bone joints
- Amniotic fluid surrounding a fetus

What is AIDS? What causes aids?

Ans. AIDS stand for acquired immunodeficiency syndrome .An HIV –affected person receives a diagnosis of aids after developing one of the CDC-Defined AIDS indicator illnesses An HIV-positive person who has not had any serious illnesses also can receive an AIDS diagnosis on the basis of central blood test (CD4+ COUNTS).

A positive HIV test result does not mean that a person has AIDS. A diagnosis of AIDS is made by a physician using certain clinical criteria (e.g., AIDS indicator illnesses).

Infected with HIV can weaken the immune system to the point that it has difficulty fighting of certain infections. These types of infections are known as “opportunistic” infections because they take the opportunity of weakened immune system gives to cause illness.

Many of infection that cause problems or may be life-threatening for people with AIDS usually controlled by a healthy immune system. The immune system of a person with AIDS is weakened to the point that medical intervention may be necessary to prevent or threat serious illness.

Today there are other medical treatments that can slowdown the rate at which HIV weakens the immune system. There are other treatments that can prevent or cure some of the illnesses associated with aids. As with other diseases early detection offer more options for treatment and preventative care.

Q. Where did HIV come from?

Ans. We do not know. Scientist have different theories about the origin of HIV, but none have been proven. The earliest known case of HIV was from a blood sample collected in 1959 from a man in Kinshasha.

Democratic Republic of Congo. (How he became infected is not known). Genetic analysis of his blood sample suggests that HIV-1 may have stemmed from a single virus in the late 1940s or early 1950s.

We do know that the virus has existed in the United States since at least the mid -to-late 1970s. From 1979-1981 rare type of pneumonia, cancer, and other illnesses were being reported by Doctors in Los Angeles and New York among number of gay male patients. These were conditions not usually found in people with healthy immune systems.

In 1982 public health officials began to use the term "acquired immunodeficiency syndrome" or "AIDS", to describe the occurrences of opportunistic infections, Kaposi's sarcoma, and Pneumocystic carinii pneumonia in previously healthy men. Formal tracking (surveillance) of AIDS cases began that year in the United States.

The cause of AIDS is virus that scientists isolated in 1983. The virus was at first named HTLV-III/LAV (human T-cell lymphotropic virus-type III/lymphadenopathy- associated virus) by an international scientific committee. This name was later changed to HIV (human immunodeficiency virus).

Q. How does HIV cause AIDS?

Ans. HIV destroys a certain kind of blood cells-CD4+ T cells (helper cells) - which are crucial to the normal function of the human immune system. In fact, loss of these cells in people with HIV is an extremely powerful predictor of the development of AIDS. Studies of thousands of people have revealed that most people infected with HIV carry the virus for years before enough damage is done to the immune system for AIDS to develop. However recently developed sensitive test have shown a strong connection between the amount of HIV in the blood and the decline in CD4+ T cell numbers and the development of AIDS. Reducing the amount of virus in the body with anti-HIV drugs can slow this immune destruction.

Q. HHV-6 rather than HIV causes an author indicated in a recently published book that AIDS. Is this true?

Ans. No, this is not true. Both HHV-6 and HIV infect the same kind of cells in a person's body. These cells are called CD4+ T cells (helper cells). However, AIDS will not develop in someone who is not infected with HIV. Infection with HHV-6 does not lead to infection with HIV. HHV-6, one of the eight known human herpesviruses, is common throughout the world, with over 90% of adults in many populations being infected. Most people are infected with HHV-6 between the ages of 6 months and 2 years old, soon after they lose their mother's antibodies. HHV-6 is the cause of roseola [ro ZEE o la], a usually mild childhood disease that is also called exanthem subitum [eg ZAN them SUBI tum] or sixth disease. Approximately 30% of all children get roseola, usually before 2 years of age.

Q. Why do some people make statements that HIV does not cause AIDS?

Ans. The epidemic of HIV and AIDS has attracted much attention both within and outside the medical and scientific communities. Much of this attention comes from the many social issues - homosexuality, drug use, poverty-related to this disease. Although the scientific evidence is overwhelming and compelling that HIV is the cause of AIDS, the disease process is not yet completely understood. This incomplete understanding has led some person to make statements that AIDS is not caused by an infectious agent or is caused by a virus that is not HIV. This is not only misleading, but may have dangerous consequences. Before the discovery of HIV, evidence from epidemiologic studies involving tracing of patient's sex partners and cases occurring in persons receiving transfusions of blood clotting product had clearly indicated that the occurring in person receiving transfusions of blood or blood clotting products had clearly indicated that the underlying cause of the condition was an infectious agent. Infectious with HIV has been the sole common factor share by AIDS cases throughout the world homosexual men, and occupationally exposed health care workers. Recommendations to prevent HIV involve guidance to avoid and modify behaviours that pose a risk of transmitting the virus as the use of tests screen donors of blood and organs.

The inescapable conclusion of more than 15 years of scientific research is that people, if exposed to HIV through sexual contact or injecting drug use, many become infected with HIV. If they become infected, most will eventually develop AIDS.

Q. How long does it take for HIV to cause AIDS?

Ans. Since 1992, scientists have estimated that about half the people with HIV develop AIDS within 10 years after becoming infected. This time varies greatly from person to person and can depend on many factors, including a person's health status and their health-related behaviours.

Today there are medical treatments that can slow down the rate at which HIV weakens the immune system. There are other treatments that can prevent or cure some of

the illnesses associated with AIDS, though the treatments do not cure AIDS, though the illnesses associated with AIDS, thorough the treatment do not cure aids itself. As with other diseases, early detection offers more options for treatment and preventative health care.

Q. How do people get infected with HIV?

ANS.HIV is transmitted mostly semen and vaginal fluids during unprotected sex without the use of condoms. Globally, most cases of sexual transmission involve men and women, although, in some developed countries homosexual activity remains the primary mode. Besides sexual intercourse, HIV can also be transmitted during drug injection, by the sharing, of needles women to her badly-before birth, during birth or just after delivery. HIV is not spread through ordinary social contact; for example by shaking hand, travelling in the same bus, eating from the same utensils, by hugging or kissing. Mosquitoes and insects do not spread the virus nor is it water-borne or air-borne.

Q. How many people are infected with HIV?

Ans. According to UNAIDS estimates, by December-2003,nearly 34-46 million people including over 2.5 million children-had been infected with HIV since the start of the epidemic.

- ❖ Number of people living with HIV/AIDS Total 40 million(3.4-46 Million)
- ❖ Adults 37 million (31-43Million)
- ❖ Children under 15 years 2.5 million (2.1-2.9 Million)
- ❖ People newly infected with HIV in 2003 Total 5 Million (4.2-5.8 Million)
- ❖ 4.2 Million(3.65 million (3.6-4.8 Million)
- ❖ Children Under 15 years 700 000 (590000-810000)
- ❖ AIDS deaths in 2003 Total 3 million (2.5-3.5 Million)
- ❖ Children under 15 years 500 000(420000-580000)

Q. Does AIDS also affect our region?

ANS. Of the 31-43 million adults with HIV infection-the global estimate in end 2003-25-28.2 million were in sub-Saharan Africa and more than 9.5 million Asia. Our region, that is South-East Asia, is likely to suffer the brunt of the pandemic-being home to over half the world's population. Moreover, HIV/AIDS is now present in every continent and in every region in the world.

Q. Why is the AIDS epidemic considered so serious?

Ans. Aids affects people primarily when they are most productive and leads to premature death thereby severely affecting the socio-economic structure of whole families, communities and countries. Besides, AIDS is not curable and since HIV is transmitted predominantly through sexual contact, and with sexual practices being essentially a private domain, these issues are difficult to address.

Q. Can we assume responsibility in preventing HIV infection?

Ans. Both men and women share the responsibility for avoiding behaviour that might lead to HIV infection. Equally, they also share the right to refuse sex and assume responsibility for ensuring safe sex. In many societies, however, men have much more control than women over when, with whom and how they have sex. In such cases, men need to assume greater responsibility for the actions.

Q. Thus the presence of other sexually transmitted diseases (STDs) facilitates HIV transmission?

Ans. Yes, every STD causes some damage to the genital skin and mucous layer, which facilitates the entry of HIV into the body. The most dangerous are ;

- Syphilis
- Chancroid
- Genital Herpes
- Gonorrhoea

Q. Why is early treatment of STD important?

Ans. High rates of STD caused by unprotected sexual activity enhance the transmission risk in the general population. Early treatment of STD reduces the risk of spreading to other sexual partners and also reduces the risk of contracting HIV from infected partners. Early treatment of STD also prevents infertility and ectopic pregnancies.

Q. How can children and young people be protected from HIV?

Ans. Children and adolescents have the right to know how to avoid HIV infection before they become sexually active. As some young people will have sex at an early age, they should know about condoms and where they are available. Parents and schools share the responsibility of ensuring that children understand how to avoid HIV infection, and learn the importance of tolerant, compassionate and non-discriminatory attitudes towards people living with HIV/AIDS.

Q. How does a mother transmit HIV to an unborn child?

Ans. An HIV-infected mother can infect child in her womb through her blood. The baby is more at risk if the mother has been recently infected or is in a later stage of AIDS. Transmission can also occur at the time of birth when the baby is exposed to the mother's blood and to some extent transmission can occur through breast milk. Transmission from an infected mother to her baby occurs in about 30% of cases.

Q. Can HIV be transmitted through breast feeding?

Ans. Yes. The virus has been found in breast milk in low concentrations and studies have shown that children of HIV-infected mothers can get HIV infection through breast milk.

Breast milk, however, has many substances in it that protect an infant's health and the benefits of breast feeding for both mother and child are well recognized. The slight risk of an infant becoming infected with HIV through breast feeding is therefore thought to be outweighed by the benefits of breast feeding.

Q. Can blood transfusions transmit HIV infection?

Ans. Yes, if the blood contains HIV. In many places blood is now screened for HIV before it is transfused. If you need a transfusion, try to ensure that screened blood is used. You can reduced the chances of needing for blood transfusion by taking ordinary precautions against serious injury-for example, by driving carefully, insisting on wearing a seat belt, and avoiding alcohol.

U LUM SOHPET BNENG: A BRIEF OVERVIEW OF THE RELEVANCE OF KHASI DIVINITY IN THE PRESENT TIME.

**Dr S.Khyriemujat,
Programme Officer**

The Khasi believed that their ancestors descended from above (where lived God, the creator) and the place they descended at was a hillock known as *U Lum Sohpet Bneng*. This hillock, *U Lum Sohpet Bneng* is laden with stories and legends of old about the Creator and the *Hynniew Trep* (The Khasi) from the beginning of time. This hillock, is located in the present-day Ri Bhoi District of Meghalaya, is considered sacred by the followers of the Khasi Religion. This hillock stands alone in the valley of Sumer and Rangmen. The crest of the hills hides itself from views and it is not easy to scale it without one tiring itself, as one has to climb the many overlaying terraces to reach the summit. The base of the hill is at 801 metres above sea level and the summit stands at 1240metres above sea level. Hence, one has to climb an altitude of 1448ft to reach the top of the peak.

The scaling of the peak and the rituals preformed here by the Khasi is something that has been done for a very long time, over generations by the *Raid* Mawbuh. This pilgrimage is done so that the people of the *Raid*(conglomeration of several villages) may live in peace and harmony under the care and rule of the *Raid* Dorbar and its elders. This pilgrimage and paying homage to God is also done so that the people may be blessed with abundance of sowing and harvest; that various enterprises and trade may flourish and bring sweet returns. Further, homage is also paid to the Almighty that all the people may be blessed with good health and happiness.

However, this ritual was discontinued for over fifty years since the *Lyngdoh* clan that was bestowed with the duty to perform the rituals has died away. It was until the *Syiemship* of U Shot Shan Syiem decided that the elder of the clan *Rangslang* should now take up the important role of performing the rites and rituals, that this pilgrimage and ritual was revived. This ritual is known as the *Nguh Ryngkew Basa*(Creator of all Nature) and is now done with the association of *Ka Seng Khasi* (association of the followers of the Khasi Religion) which was continued from the 20th February 2000.

U lum sohpet Bneng is believed to be the basis, a life-source and the cradle of the Khasi religion and a symbol of unity and harmony among all Khasi. The essential features of the pilgrimage to this hillock is primarily to revive the homage rituals of *Nguh-Ryngew Basa* (Creator of all nature)- the land, the air, water and the preservation of forests, and all living creatures of God, both flora and fauna. Man here takes the role of caretaker, to care and preserve the natural order decreed upon him by God. This pilgrimage is also undertaken in order to drive away all evils entities that may try to distort or disrupt the harmony of life. Further, such a practice would create awareness among believers and therefore, continue from generation to generation with a belief to strive forward into a bright and prosperous future. Today, this pilgrimage has also incorporated into its fold the environmental awareness among all Khasi believers.

NSS ANNUAL REPORT 2014-2015

The NSS Unit of the College, first of all would like to express its deepest gratitude and appreciation to Dr. K.D. Ramsiej Principal of the College for his unstinted support and guidance in all activities and efforts taken by the Unit towards fulfilling its aim and objectives of the NSS. Our appreciation also goes to Dr. M. Dey Vice Principal, Prof. L.P. Shadap, Prof. V.R Solomon, Dr. R. Dkhar, Prof. D. Syiem, Shri. E Niang and all Members of the College NSS Advisory Committee. Our sincerest thanks and appreciations to Prof. L. Pariat, Dr. E. Kharkongor for being associated with the NSS as Resource Persons and Mentors in every programmes of the Unit conducted from time to time. Our thanks also goes to the Office staffs of the NSS Cell NEHU and Programme Coordinator for their relentless help and support in all our activities. Last but not the least, our sincerest appreciations and gratitudes goes to all the VOLUNTEERS of the NSS who had been always with us and are the pillars of strength of the Unit in all its successful endeavours in reaching out to the community.

NSS FOOD FEST

The NSS Unit of the college organised the Food Fest which was held on the 8th November, 2014 at the college Campus. The purpose of conducting this Food Fest is to raise funds for the Orphan children of NEIMA Orphanage, Pynursla. Around Rs. 4000 was raised during this programme. The programme was attended and participated by large number of student volunteers of the college including teachers.



GLOBAL DIABETES DAY

The next programme conducted is the celebration of 'Global Diabetes Week' on the 14th November, 2015. 11 student volunteers took part in this programme organized by the 'Bansara Eye Care Hospital' and 'Meghalaya AIDS Control Society'. This programme include of a Rally from Iewrynghep Ground, Laitumkhrah to So So Tham Auditorium besides many other programmes conducted during the day.

PRE CHRISTMAS CELEBRATION

The last programme organized by the Unit in the year 2014 is the Pre Christmas Celebration conducted at the NEIMA Childrens' Orphanage at Pynursla on the 16th December, 2014 In this programme a short pryer service was conducted



along with the children of this orphanage and Prof. L.

M.Pariat of the English Department delivered a short message on the significance of Christmas in the context of the present day world. He reminded that Christmas is not only a time to celebrate but to share the joy of this season by giving and helping those who are in need. The programme was followed by the cutting of the Christmas Cake by the Children of this orphanage followed with a Christmas Carol lead by the student volunteers and concluded with a tea party along with the children and those present in the gathering. A Gift of Rs. 32, 600 which

was raised by the Unit through donations collected from student volunteers and teachers of the college was also handed over to the caretaker of this orphanage for the requirements of this orphanage



NSS NATIONAL SEMINAR: 'Role of NSS; Scope & Challenges'



25 NSS volunteers of the College along with two Programme Officers Shri. M.W. Synrem & Shri. S. Kharrymba attended a two day National Seminar on 'The Role of NSS: Scope and Challenges' held on the 5th & 6th March, 2015 at the Multi use Convention Centre, NEHU, Shillong. The Team also represented the Cultural Song Item at one of the Cultural Programme conducted during the programme.

NSS EXCURSION

Seven NSS Volunteers along with two Programme Officer went for an excursion conducted by the NSS to Kaziranga National Park, Assam from the 21st – 23rd March, 2015. The members were escorted by Pf. L.M. Pariat and the group stayed at the Highland Resort for the entire trip. Jeep Safari and Elephant Safari were some of the main activities conducted during this excursion.



FELICITATION OF INDIRA GANDHI NSS NATIONAL AWARD FOR BEST VOLUNTEER BY THE GOVERNMENT OF MEGHALAYA

Four NSS Volunteers from Shillong College who had received the Indira Gandhi NSS National Award for best Volunteers was felicitated by the Government of Meghalaya at the 2nd NSS North East Festival 2015 held at the University of Science and Technology, Meghalaya on the 28th April, 2015. The Volunteers felicitated were:



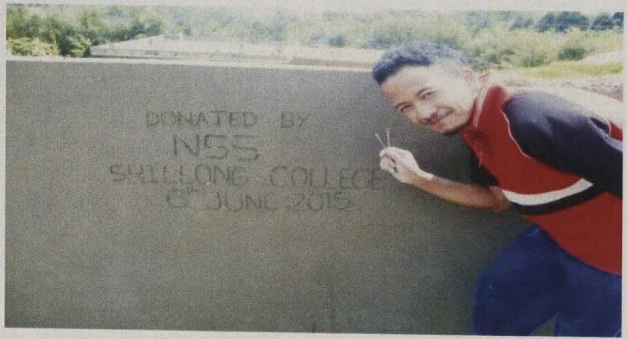
1. Palvy Dora Kharkongor for the Year 2010
2. Wantreki Lyngdoh for the Year 2011
3. Tara Prasad Upadhyay for the Year 2012
4. Shaisngi Lyngdoh for the Year 2013



SPECIAL CAMPING PROGRAMME AT LAITKSEH VILLAGE

A special camping Programme was organized by the NSS Unit from 1st June to 6th June 2015. Altogether 80 NSS Volunteers attended the Camp. A boundary wall of a village primary school was constructed during the camp. Other activities was also undertaken during the week long camping Programme.





TREE PLANTATION AT THYNROIT VILLAGE

NSS Unit of the College organized a Tree Plantation Programme to celebrate World Environment Day on the 5th of June 2015 at Thynroit Village. Altogether 100 saplings were planted by 60 volunteers on the day. The programme started with a speech delivered by the P.O of the unit Smti. S. Khyriemmujat who emphasized on the importance of tree plantation.



NATIONAL SEMINAR ON DRUG ABUSE AND ALCOHOLISM



20 NSS volunteers of the college participated at the inaugural programme of the National Seminar on 'Drug abuse and alcoholism' held on 15th June, 2015 at the State Convention Centre, Pine Wood Hotel, Shillong. The volunteers represented the NSS Theme Song at the gathering which was

attended among many others by the Union Minister, Union Minister of State Government of India, Smti. Deborah C. Marak Minister i/c Social Welfare Government of Meghalaya and other dignitaries from the State and Central Governments. The volunteers were being praised by the organizers of the programme for rendering the Theme Song much to the delight of the dignitaries present.

NSS ORIENTATION PROGRAMME 2015

The NSS Orientation Programme for new volunteers which used to be held regularly



every year was also conducted this year. The Orientation Programme for the 1st Semester Degree students was conducted on the 25th July, 2015. In this programme Ms. Palvy Dora Kharkongor and Shri. Tara Prasad Upadhaya, ex-volunteers and IGSSS Awardeed of the college, were the Resource Persons. Ms. Palvy

spoke about her experiences as NSS Volunteer and the opportunity that NSS is providing for the student youth in different aspects of life. Tara Prasad in his power point presentation gave a brief explanation on the aims and objectives of the NSS and the different programmes conducted by the NSS.



25 volunteers along with 4 Programme Officers of the College NSS Unit participated at the One Day Workshop on 'Swachh Bharat Abhiyan' held on the 31st July, 2015 at the Multi use Convention Centre NEHU, Mawkyntoh Umshing. Many renowned personality and academicians from across various field of the country deliberated on this campaign and many spoke about on the different issues confronting the implementation of this programme which is one of the major programmes launched by the Government of India and the role of NSS in taking this campaign ahead inspite of the different social issues and challenges that India and specially local community must be made aware on this campaign in making every nook and corner of the country littering free by 2019.

Another very important programme conducted by the NSS Unit of the college is the Skill Development Training Programme. NSS not only shapes and develops the personality of a student but also equips the student with skills and professionalism in various fields by tapping their potentials and talents. Many student volunteers were given trainings in some reputed training institutes in various trades of their interest and these trainings were fully sponsored by the NSS. The Training Institutes that have tied up with the NSS Unit of the college are the Don Bosco Technical School for Technical Trainings in the field of Mobile Repairing, Computer Harware Course, Basic Electrical Appliances, Bakery, Beautician, DTP,

Stenography & Shorthand Course, Film Making and Photography. The Don Bosco Youth Centre has been tied up for some courses on Fashion Designing, Dress Making and Computer Courses. The Rural Resources Training Centre (RRTC) Umran, is a collaborative institute for Candle Making, Fast Food Technology and Mushroom Cultivation. The Institute of Hotel Management and Catering Technology has been tied up for trainings on Food Processing, Food Technology and Hospitality Management. Altogether 30 student volunteers were selected to undergo trainings in various fields fully sponsored by the NSS in the above institutes. Some student volunteers have also started up their own enterprises after completion of their trainings. The Unit has also sponsored trainees selected from economically backward family from the adopted villages of Smit, Nongpathaw and Nongtyngur after considering the type of trainings and the employability factor of these trainings in their respective villages.

NSS ANNUAL REPORT 2013

ADVENTURE PROGRAMME

19 NSS Volunteers of the college participated in the 2 days Adventure Camp conducted by the Camp Fire Trails held on the 27th and 28th March, 2013 at Sohliya Village



organized by Tourism Department, Government of Meghalaya.

CLEANING DRIVE

NSS Unit in collaboration with Shillong College Academic



Society organized a cleaning drive in the college campus on the occasion of World Environment Day on the 5th of June 2013. The programme began with a short



speech from the Principal Dr. K.D.Ramsiej and Coordinator

IQAC, Dr. M.N. Bhattacharjee.

NSS volunteers of the unit participated in cleaning drive at Smit Village on the 15th November 2013 a day after the Nongkrem Dance Festival concluded.



NSS volunteers of the unit participated in cleaning drive at GolfLinks on the 27th November 2013 as part of preparation of the Chief Minister's Golf Tournament



ORIENTATION PROGRAMME

A two day Orientation programme was organized for the newly enrolled class XI and Degree student Volunteers respectively on the 10th and 11th of June 2013 in the College Campus. Pf. M.W. Synrem, Programme



Officer gave a Power Point Presentation on the aims and objectives of the



NSS. Shri. Tara Prasad Upadhaya, NSS volunteer of the college gave a short speech and Pf. S. Kharrymba read the NSS Pledge for the new volunteer

AWARENESS PROGRAMME

The NSS Unit of the College organized an Awareness



Programme on Drug Addiction and Alcoholism for NSS Volunteers of the college in collaboration with the New Hope



Centre, Shillong on 14th August, 2013. About 150 volunteers attended the programme. Mr. Perry Wahlang, Counselor of New Hope Centre was the Resource Person and delivers a talk on the evils of drug and alcohol addiction. The programme was also attended by Dr. M. Dey, Vice Principal of the College and Programme Officers of the college.



An awareness programme on the theme "*Safe Secure Shillong*" was conducted to celebrate the '*International Day against drug abuse and illicit trafficking*' by the NSS Unit of Shillong



College in collaboration with the Office of the Superintendent of Police, East Khasi Hills District, Shillong and NCC Unit of the college.

SADBHAVANA DAY

The NSS Unit celebrated Sadbhavana Day on 20th August 2013 by pledging to promote communal harmony and National Integration amongst the Youth





of the Country. The day coincides with the birth anniversary of the former Prime Minister of India Late Shri. Rajiv Gandhi.

BLOOD DONATION

The NSS Unit organized a One Day Voluntary Blood Donation Camp on the 6th of September, 2013 in collaboration with Regional Blood Bank, Pasteur Institute and Meghalaya Aids Control Society in the College Campus. 21



Units of Blood was donated by Programme Officers, Teachers and



NSS Volunteers.

SPECIAL CAMPING PROGRAMME



NSS Unit conducted a Seven days Special Camping Programme at Nongmadan Village, East Khasi Hills District, from 18th to 24th August, 2013. The village is situated at a distance of 17 kms from Shillong. The Highlight of the Camp was the construction of a village footpath which measured at 270 meters approximately. Other activities

conducted was Farmers training Programme organized in collaboration with Department of Agriculture, Govt of Meghalaya, Free Medical and Eye Check-up Camp and the camp concluded with a cleaning drive of the Village.



The NSS Unit of Shillong College conducted its second Special Camping Programme of the year at Nongtyngur Village, East Khasi Hills District from 11th to 17th



October 2013. Various activities were conducted during these seven days which include the Free Eye & Diabetic Health



camp, the Free Medical Health camp cleaning drive and awareness programmes. A Free Eye cum Medical Check-up Camp in collaboration with the Bansara Eye Care Hospital, Laitumkhrah, Shillong was organised during this camp. A team of 20 medical staffs and optometrists examined and conducted ophthalmological and diabetic tests for the residents of the village. Around 300 people attended this camp and were given medicines and some are provided with spectacles. Before the start of the camp an awareness programme on diabetes and retinopathy were given to the villagers and school children by Ms. Deepa Lamin Khonglah, senior Optometrist Bansara Eye Hospital. A Free Medical Camp was conducted in collaboration with the District Medical & Health Office, East Khasi Hills District. More than 450 residents attended the camp and a total of 21 medical and paramedical staffs which include 8 Doctors from DMHO and NEIGRIHMS examined the patients and medicines were also prescribed. The medicines were arranged by Dr. G.T.Passah and financially assisted by Mr. Prestone Tyngsong local MLA and Minister Government of Meghalaya. Earlier in the day Dr. G.T Passah from DMHO gave a lecture on various health related diseases and prevention of these diseases and Dr. S. Pala of the Department of Community Medicines NEIGRIHMS highlighted the purpose and main aim in conducting such type of camps. Awareness Programme on RTI was conducted for the residents, youth clubs and members of the village durbar. Prof. B. Myrboh of Synod College was the Resource Person in the programme. About 150 people attended this programme. Cleaning of water sources of the village from where water is supplied to the village was also conducted. Then departure meeting was organized with the local people and village representatives where local headman and members of the EC of the local Durbar were present.

The NSS Unit of Shillong College conducted a Seven Days Special Camping Programme at Mawjongka Village, East Khasi Hills District, from 18th to 24th November 2013. Mawjongka Village is situated near Sohiong Village and is one of the adopted villages of the unit. The main activity conducted during the Camp is the construction of the three community drinking water pond.



UNIVERSITY LEVEL AWARDS

NSS Programme Officer Shri Mardor. W. Synrem and Student Volunteer Smt. Nasima



Begum Choudhury was awarded with the University Level Award for the year 2013 for Best Programme Officer and Best Volunteer



respectively at a function held to commemorate the NSS foundation day on the 24th of September 2013 at the Multi-Convention Hall, NEHU.

FELICITATION PROGRAMME

NSS Shillong College Unit organized a programme to felicitate Dr Jemino Mawthoh who was



newly elected to the Meghalaya Legislative Assembly, Shri Shaisngi Lyngdoh who was awarded with Indra Gandhi National award for best volunteer, Shri



Mardor w Synrem who bagged the University Level Award for best Programme Officer and Smt Sharalyne Khyriemmuhat who was recently conferred with Doctorate in Sociology.



INDIRA GANDHI NATIONAL NSS AWARD

Another feather was added to the college NSS Unit this year when Shri. Shaisngi Lyngdoh was awarded with the prestigious Indira Gandhi National NSS Award, 2013. The Award was presented by the Hounourable President Of India At Rashtrapati Bhavan, New Delhi on the 19th November, 2013.



NSS ANNUAL REPORT 2012

CLEANING DRIVE

NSS Unit in collaboration with NCC Unit of the college organized a cleaning Drive at the College Campus on the 2nd June, 2012.



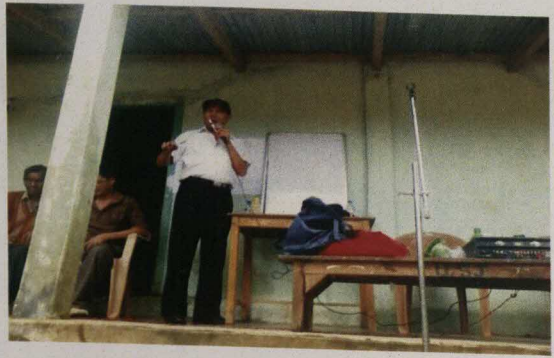
ADVENTURE PROGRAMMES

Shri Sojol Kharrymba, Programme Officer and 5 student Volunteers of NSS Shillong College Unit attended a Special Adventure Skill Development Course from 29th June – 8th July, 2012 at the Jawahar Institute of Mountaineering and Winter Sports, Pahalgam-Jammu & Kashmir sponsored by NSS, Govt of India, Ministry of Youth Affairs and Sports.



SPECIAL CAMPING PROGRAMMES

The NSS Unit, Shillong College organised a 7 day special camp from 22nd – 28th July 2012 at Smit Village which is one of the adopted village of the unit. Smit Village is situated in East Khasi Hills District and it is about 30 kms from Shillong. 100 student volunteers participated in the Camp together with four Programme Officers. A Medical Camp, an Agricultural awareness programme and an awareness programme relating to Alcoholism, Drug Abuse and HIV AIDS were organized during the weeklong Camp.



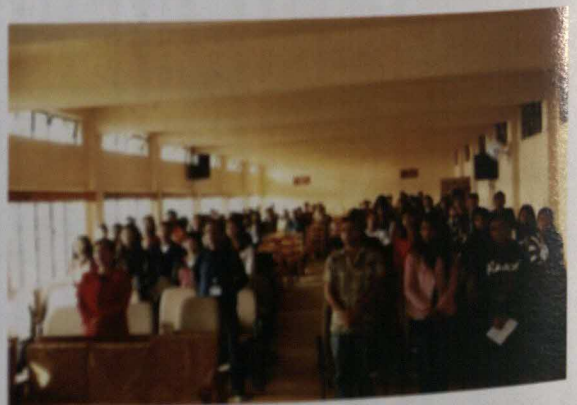
BLOOD DONATION CAMP

NSS Shillong College Unit in collaboration with Red Ribbon Club and Regional Blood Bank, Pasteur Institute, Shillong and Meghalaya Aids Control Society organized a Blood Donation Camp in Shillong College Campus on the 1st of August 2012. There were altogether 42 blood donors which included teachers and NSS volunteers of the college.



ORIENTATION PROGRAMME

A one day Orientation Programme for the newly recruited Volunteers was conducted on 22 September 2012. NSS PO of the Unit, Shri Mardor Wanri Synrem delivered a lecture on the aims and objectives of the NSS and presented visuals on various activities through his Power Point Presentation. Later Pf. S. Kharrymba, PO, administered the NSS Pledge to all the volunteers. Certificates were also distributed to the participants by Pf. S. Khyriemujat, PO and the vote thanks was delivered by Pf. A. Marbaniang, PO.



NSS FOUNDATION DAY

Four Programme Officers and 30 NSS Volunteers attended NSS Day celebration held at the Multi-Use conventional Hall, NEHU on the 24th September 2012



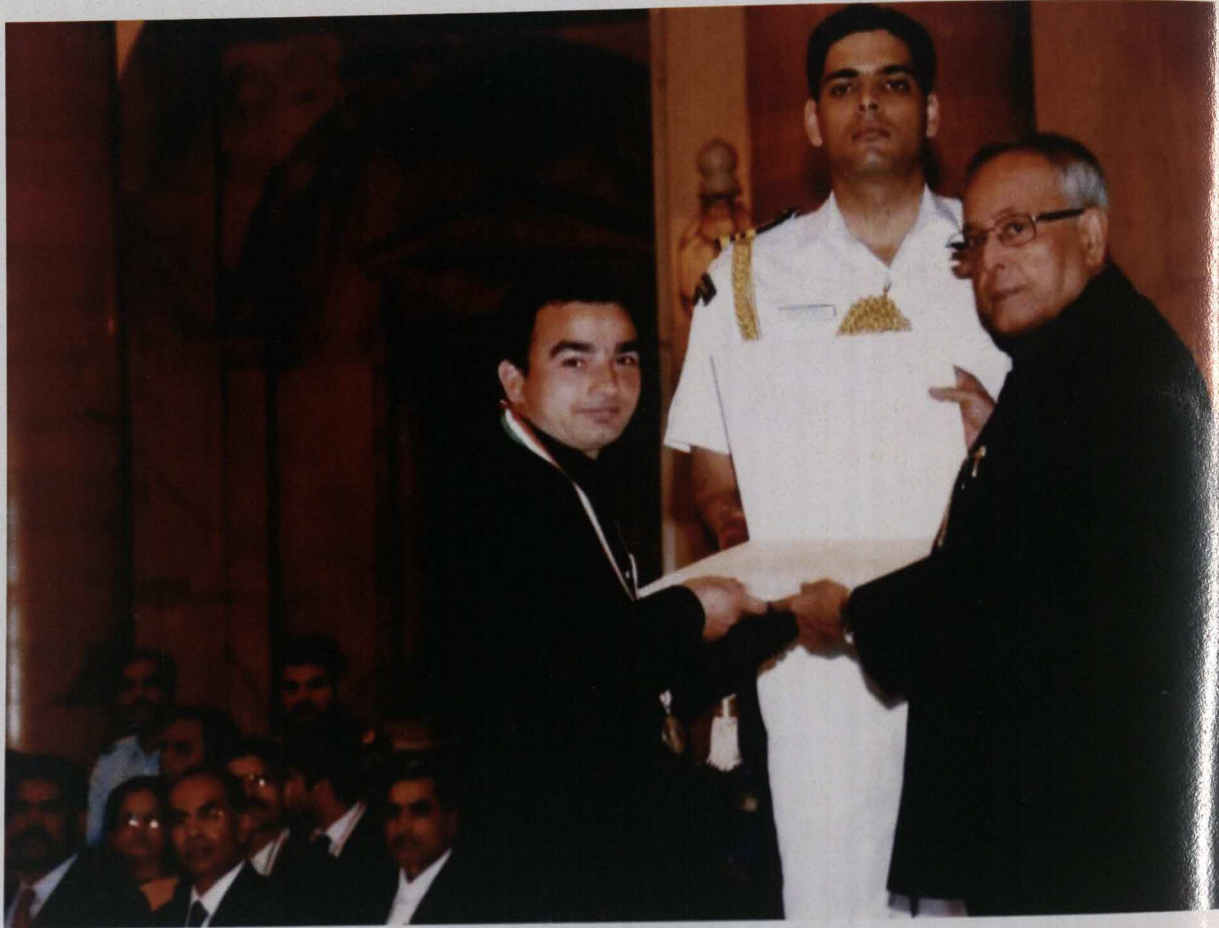
INTER STATE YOUTH EXCHANGE PROGRAMME

The NSS Unit of the college also hosted the Inter State Youth Exchange Programme from 22nd November to 1st December, 2012. Altogether 16 states and 180 volunteers participated in this programme from all over the country. Cultural Exchange Programme was also conducted during this programme and sightseeing trip was organised by the unit to Sohra (Cherrapunjee) for the delegates coming from outside the state.



INDIRA GANDHI NATIONAL NSS AWARD

Shri. Tara Prasad Upadhaya, NSS Volunteer of the college received the prestigious Indira Gandhi National NSS Award, 2012. The award was presented to him by His Excellency the President of India Shri. Pranab Mukherjee at Rashtrapati Bhavan, New Delhi on the 19th November, 2012.



NSS ANNUAL REPORT 2011

NATIONAL YOUTH FESTIVAL

Two Student volunteers, Ms. Iajopdashisha L. Nongbri and Ms. Apkyrmen Khyriemmujat participated in the National Youth Festival held at Udaipur from the 12th-16th of January, 2011.



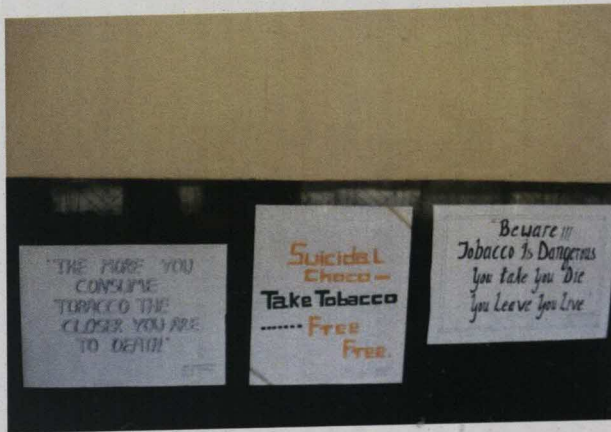
REPUBLIC DAY PARADE

Shri Shining Star Kharbuli and Smt Nasima Begum Choudhury participated in the Republic Day Parade in New Delhi from the 1st-31st January, 2011.



WORLD ANTI TOBACCO DAY

NSS Unit Shillong College observed World Anti-Tobacco Day on the 31st may 2011 by organizing slogan competition for student volunteers. Ms. Charisa Sumer, Ms. Ridawanbha Nongbri and Ms. Sophiana Marwein of class xii arts were the winners of this competition in the first, second and third prize repectively.



INTERNATIONAL DAY AGAINST DRUG ABUSE & ILLICIT TRAFICKING

25 NSS Volunteers participated in the observation of International Day against Drug Abuse and Illicit Trafficking on the 2nd July, 2011 at Lady Keane College and two volunteers took part in the 'Inter College self composed music competition' on the theme 'Think Health-not drugs' on the same day in the same college.



INDIAN YOUTH DELEGATION TO CHINA

Two NSS Volunteers, Shri Shining Star Kharbuli and Smt Nasima Begum Choudhury were nominated by the Ministry of Youth Affairs & Sports to visit China as members of the Indian Youth Delegation to China from 20th-29th September 2011.



SPECIAL CAMPING PROGRAMMES

The NSS Unit, Shillong College organised a 7 day special camp from 2nd – 8th October 2011 at Nongpathaw which is one of the adopted village of the unit. Nongpathaw Village is situated in East Khasi Hills District and it is about 50 kms from Shillong. Many student volunteers participated in the Camp together with four Programme Officers. A number of Programmes were organized including the construction of the community fishing pond. The Home Minister of Meghalaya, Shri H.D.R. Lyngdoh and Shri L. Blah, Executive Member of KHADC, were the Chief Guest and Guest of Honour at the concluding function.

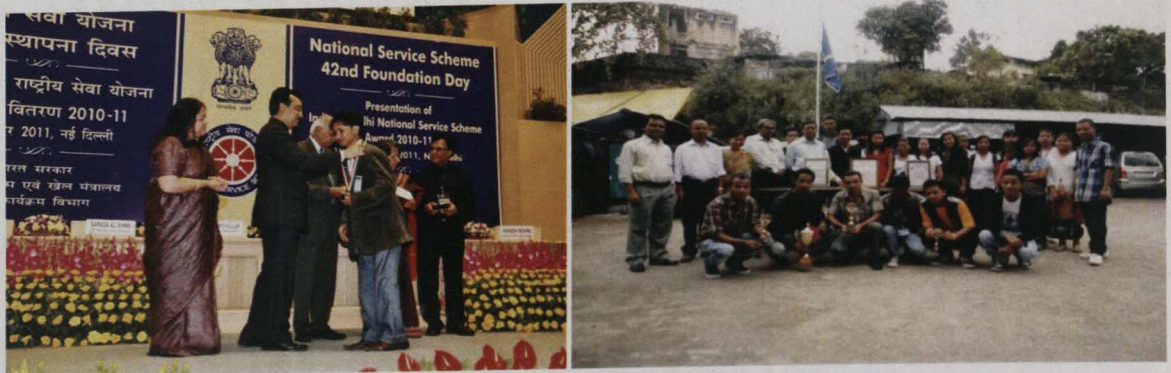


UNIVERSITY LEVEL AWARDS

The College NSS Unit and two NSS Volunteers, Shri. Shaisngi Lyngdoh and Tara Prasad Upadhyay were conferred with the University Level Award for Best Unit and Best volunteers respectively on the 27th of September, 2011 in a function held at NEHU.

INDIRA GANDHI NATIONAL NSS AWARD

Shri. Wantreki Lyngdoh was awarded with the Indira Gandhi National Award for best Volunteer for the year 2011 at a function held at Rashtrapati Bhavan, New Delhi.



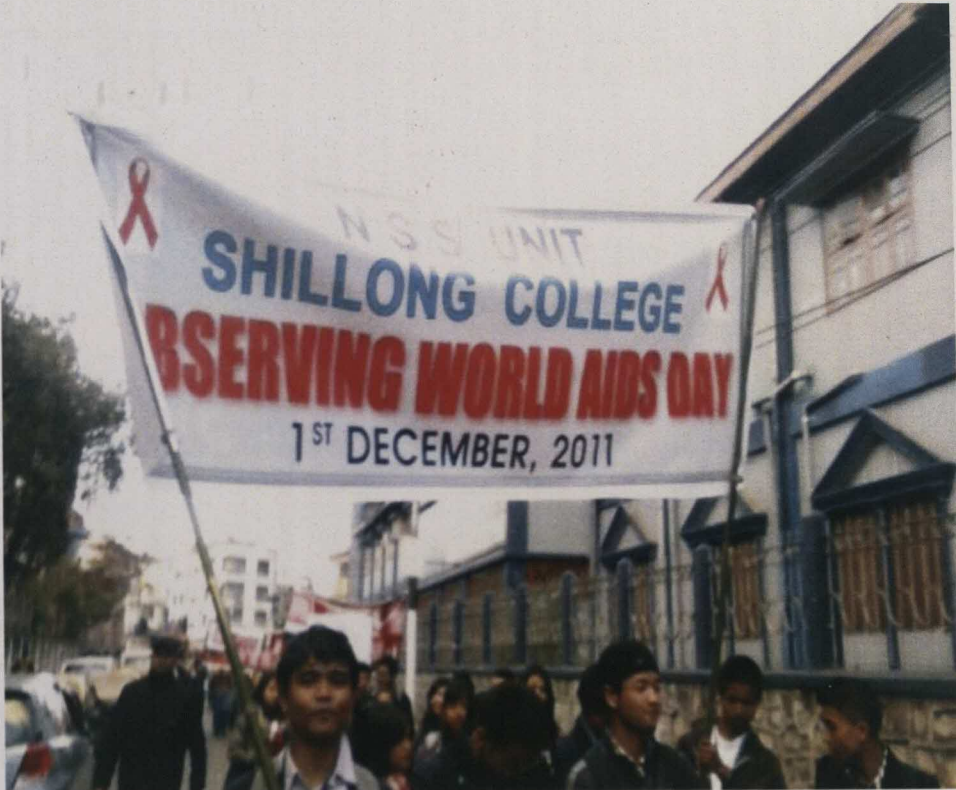
CLEAN RIVER CAMPAIGN

The NSS Unit of the college participated in the Rally on 'Clean River Campaign' on the 30th November, 2011 organised by the District Administration, DC office and Seng Samla Shnong an NGO. The Rally began from State Central Library and culminated at Polo Parking Lot where a Public Awareness meeting was held.



WORLD AIDS DAY

The College NSS Unit also took part in the celebration of 'World AIDS Day' on the 1st December, 2011 organised by Meghalaya AIDS Control Society. The programme included a Rally participated by various organisations which started from Fire Brigade Ground to State Central Library followed by a Rock Concert to create awareness on HIV AIDS and other programmes.



NSS ANNUAL REPORT 2010

ORIENTATION PROGRAMME

An Orientation Programme was conducted for NSS Volunteers of the College on the 21st July, 2010. Dr. H. langrai, State Liaison Officer and former Programme Officer of the NSS Unit of the College was the Resource person. Dr. M.P.R. Lyngdoh, Principal was also present on this occasion and delivered a keynote address. The programme was followed with the felicitation of Dr, H. langrai former Programme Officer of the college who was deputed as the First State Liaison Officer of the State by the Principal who presented him with a Khasi traditional shawl (Ryndia) and a citation.



TREE PLANTATION



NSS Unit of the College in collaboration with Shillong College Academic Society, NCC, Rovers and Rangers and Students Union of the College organized a Tree plantation Programme on the 5th of June, 2010 to Celebrate World Environment Day at Smit Village. About 70 volunteers took part in the programme and 200 saplings were planted during the day in one of the reserved forest of the Hima Khyrim Syiemship located at Smit. Others who were present on this day were Dr. M.P.R. Lyngdoh, Principal Shillong College, Dr. H. langrai, State Liaison Officer,

representatives from the office of the Syiem of Hima Khyrim and members of local village dorbar, teachers from the college.



CLEANING DRIVE

NSS Unit of the College had organized a cleaning drive in the College Campus on the 2nd of August, 2010 in connection with the visit of the NAAC Peer Team, Bangalore to the



college. About 200 volunteers took part in the cleaning drive.

UNIVERSITY LEVEL AWARDS

NSS Volunteer, Shri Wantreki Lyngdoh was conferred the University Level Award for best volunteer on the 24th of September, 2010 during the NSS Day Celebration held at NEHU, Shillong and the *NSS Shillong College Unit bagged the 2nd prize in the Inter- College Power Point Presentation Competition held on the 24th of September, 2010 at NEHU Campus.* The power point presentation were presented by two volunteers of the college Shri. Wanskhem and Ms. lasuklang Dkhar of B.A 3rd Year.



INDIRA GANDHI NATIONAL NSS AWARD

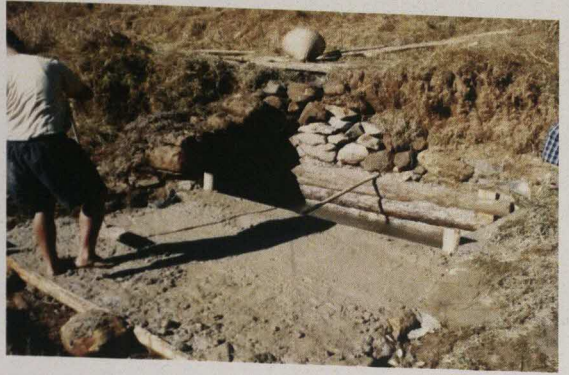
Smt. Palvy Dora Kharkongor was awarded with the Indira Gandhi National Award for best Volunteer for the Year 2009-2010.



SPECIAL CAMPING PROGRAMME

The NSS Unit, Shillong College organised a 7 day special camp from 5th – 11th December 2010 at Mawjongka which is the adopted village of the unit. Mawjongka Village is situated in East Khasi Hills District and it is about 35 kms from Shillong. The number of volunteers who participated in the Camp was 60 together with 4 Programme Officers. The accommodation for the volunteers and Programme Officers were arranged by the Village Headman at the Evergreen RCLP School, Mawjongka. Ponds for storing drinking water was created as part of asset creation during the camp.





WORLD AIDS DAY

On 1st December 2010, the NSS Shillong College Unit and Red Ribbon Club in collaboration with Meghalaya Aids Control Society (MACS) organized an AIDS awareness programme at Sohryngkham Village to celebrate World's AIDS Day. A poster competition was also organized on the same day. Dr. Hubert Dkhar of Nazareth Hospital was the Resource Person at the programme. The programme was attended by students of Evergreen Secondary School, members of Seng Samla Sohryngkham and residents of the village.





Kristie Angella Thangkhiew

B.Com 3rd yr

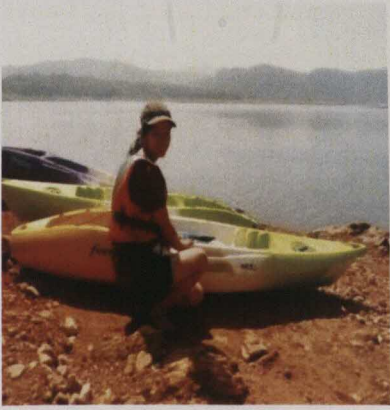
Cosmetology

Today the Natural concept has been born again and is being heralded as the latest concept in the field of cosmetology. Where the act of healing through nature was known and practised centuries ago. This factor has influence the entire concept of beauty is the principle of nature and the belief that nature ant natural products can achieve results that are best for the human body

As a cosmetologist I have experience the natural remedies and herbal products have met with tremendous success in deputy treatments and in the cure of many skin and hair problems. As they have no chemical residue in the system and provide complete protection from irritative reaction and no harmful side effects. They have a powerful mineral content that helps various necessary functions of the body, gives relaxation to the muscles, cleanse the body from impurities, while other may stimulate blood circulation and also help in preserving restoring and requeanating powers.

Beautician course has become an important mean of employment, I am so grateful to the NSS Department of Shillong College Who has selected me and supported me throughout this cosmetology course. I completed this course from Don Bosco Technical School on 16th May 2015, its a 6 months course under the guidance of Miss Voleric Nongneng. I did my internship in Hope Clinic Parlour Shillong for one month, and then started at my own place and house visiting.

Completing this Course I can say I did have a good start in this field and is growing day by day and now planning to construct my own parlour soon.



Kristie Angella Thangkhiew

B.Com 3rd Year

Camp Fire Trail



Early in the morning on the 27th March 2013 at 8:30 A.M we gathered (altogether 18 of us) at our college campus with a camp fire trials guide boarding on 3 Sumo's public vehicle to Umiam Lake .After reaching Umiam Lake we had a light refreshment near the lake .Thereafter we were given a brief speech about the "personal floating device (PFD) "what is it all about?

How to use it? They explain the safety measures and methods in the water .How to hold and control our breath for survival in water.

Then we were divided into three groups with six members in each group .We had a little experience of water sport starting with kayaking and cheering a long for our own team.



Time for lunch there was everything good and tasty may be due to the fresh air and green environment.



Soon after , we have some photo session and scouting the scenery and beauty of the place, along with the personal floating device, the running and playing in the water , splashing water to each other , its been a long time since I have ever cherished a carefree and enjoyable epic memory of life.



As we move on to the small hamlet Sohliya as soon as we reached we pitched our tent to stay the night, also went for a little fishing near the fish pond and catching of strimps.



We stroll into the village and even were treated with strawberries and fruits produced by the villagers. In the evening we gathered firewood and get together around the bond fire and one Nigerian lady give us a talk about the wildlife conservation ear marking in her speech about endangered species of animals like the clouded leopard one of the state animal , the talking myna a state bird , now also endangered facing with extinction . Then it was time for singing and riddles after dinner with the thought for the day ruminating the whole day and a good night.



Followed on by the next day on the 28 of march 2013 after breakfast, we went trekking



to the northern side of the village to explore and we had a lesson and participated on mountain cycling , rock climbing and chimney climbing , it was a great experience filled with thrill and wonders which as an awesome experience in my life .



No sooner we came back to the tent had our lunch then packed our kit and went for a dip and a wash in the river near by. soon we are ready to go back home after a cup of tea ,singing and cheering till we reached.





By Kristie Angella Thangkiew

B.Com 3rd year

Adventure camp at jammu & Kashmir 2012-Report



With great pleasure and delight I would like to furnish a report below on the various activities of the "Special Adventure Skill Development Course" held in Jammu Sansar Village, Patnitop on 29th of June 2012 till 8th of July 2012.

Looking at this Adventure I must frankly say that indeed it was very



adventurous right from the beginning as we move from Shillong on the 26th of June 2012 at 4 P.M and we reach Guwahati and stay a night in Meghalaya House since our train is 6.00 A.M on the 27th from Guwahati to Delhi.

But it got delayed till 10.30 A.M and we just scouting the railway station, stall and we also played UNO Cards. Together with Professor Sojol Kharrymba and 15 of us travel to this Camp to Jammu by the Porvotor S.Kranti Express.



Reaching Delhi on the 28th of July around 11.00 P.M and we missed the train from Jammu to Delhi and we all are worried since its Late Night and arrangement to stay but then we all track to the Bus station and luckily we got one sleeping Bus, there also we had lots of fun since it a first time the travel by a sleeping bus. Every of us get tired and went

off to sleep that we even cross more than the border of Jammu and did touch Kashmir. Then getting down again in the middle of the Highway and get into another bus back to Jammu.

Then waiting in the bus station for the driver to pick us all ,we met another group of NSS from Nagaland and Tehel Sing the bus driver arrive and he took us to the lodge and we stay a night in Jammu.



On the 29th Morning we left from Jammu and move to Sanasar where the Adventure Camp was held , it's a Jawahar Institute of mountaineering and Winter Sports. The place was beautiful and the weather almost like Shillong, we stayed at Sanasar Village, all the girls we stayed in the hotel and the boys stayed in the tent house.

This place signifies joy and happiness and the internal peace, with the green environment the beautiful scenery ant to the South of the Hotel we can see the Tulip garden were one of the famous tourist spot in Pahalgam.

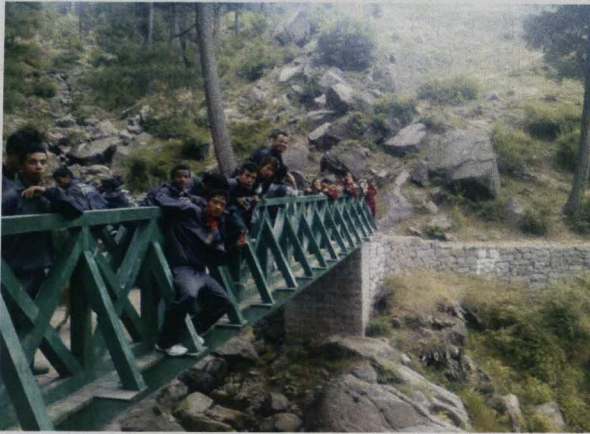
The Programme was conducted for 10 days on the 29th June 2012 till 8th of July 2012. On the very first day



we all had a time off from our busy Schedule and enjoying the place and get to know other students, institutions from different parts of the Country and watching the various Cultural Programme.

Every day we start our day at 6.00 A.M with a light tea and snack and by 6.30 A.M we gathered together and go for jogging, exercises, workout and yoga till 7:30 A.M. At 8:00 A.M till 9:A.M it's a breakfast time and I must say such a heavy breakfast it was.





Then he track us all near the mountain which is extremely high around 20987.119 feet were are practical are held .

Every evening Cultural Programme conducted with all the NSS student participated from different parts of the Country gathered in the dining hall at 6:00 P.M lots of entertainments are held such as Dancing, singing, poetry, reciting, storytelling and short play act. Beside that Cultural song, dance and traditional dress are display by all the students including us. I can say we are so much rich



in culture and we are proud to be an Indian Citizen.

Dinner every night at 9 :00 P.M after that back to our own room and called the night off, then followed on by the next day were each of the students participated in Rock Climbing.

On the 3rd day we all went for trekking 10 kms and explored the different type of the village and walk across different bridges.

Day 4th we did zip wiring around 20000 ft and 875 meters there also we had such a great experience it was like flying and really had and awesome moments, though at first were scared and find it risky with the height, but after doing it we just want it more.

Day 5th we did a survival camp was we have to cook by ourselves in the jungle with less variety of vegetables just for survival and we did it successfully.





Day 6th we did again rock climbing since most of us are not good.

Day 7th we went trekking which is more than 20 kms and we had our lunch on half the way. Then we play for a while and we being again our walk. There we saw different types of animals and even the Goats which got belong ears and thick covered with blond hair and some of them are white.

Day 8th we went for the horse ride near the tulip garden and there we did horse racing.

Day 9th which was in fact the last day of our stay on that very day we had the football match between the Meghalayan's boys the Nagaland boys .All the girls were cheering for their own state and enjoy watching the play .i remember one of our senior Anthony got two goals and were so excited and cheering like anything and then drawn



with two goals even the Nagaland on the very last minute sir Sojol kharrymba got a goal and Meghalaya won.

Then on our last day it was quite relaxed and we woke up at 8:00 A.M and had our breakfast then we pack our bag to get ready back to home. We had the last photo session if that camp with the entire Instructor from that institute.



Then back to our bus stop half the way for lunch ; we stay a night in Jammu and early morning we got to the train station and leave to Delhi. Then we reach Delhi 7:45 P.M then we wait for another train to Guwahati at 10:00 P.M then we reach Guwahati at 1:00 P.M and back to Shillong.

Then back



