

REPORT OF THE NSS ACTIVITIES. (2016-2021)

2016 – 2017

- 1) **15th July 2016** -The NSS Unit of Saint Mary's College in collaboration with the CND (Clinical Nutrition and Dietetics) organized a' Nutrition Based Programme for the Aged at the Old Age Home at Demthring.



- 2) **3rd – 5th August 2016** – Five NSS volunteers participated in the 1st State level NSS meet organised by NSS, NEHU at the multi-use convention Centre on the theme “Bridging differences bonding Diversity”. Accompanied by Ms. I. Kharumnuid and Ms. D. Warjri.



3) **22nd August 2016**- Around 54 NSS Volunteers participated in the Tiranga March from Polo Ground to NEHU permanent Campus organized by the NSS cell NEHU.



4) **24th August 2016** – The NSS Unit of Saint Mary’s College organized a Personality Development Programme for the Convent children in Saint Mary’s school



- 5) **3rd and 4th March 2017** – Ms. I. Kharumnuid along with 6 NSS volunteers attended a two-day workshop on Drug abuse prevention organised by the NSS unit St. Anthony's College Shillong and ICSSR – NERC Shillong in collaboration with National Institute of social Defense New Delhi, Ministry of social justice and Empowerment Government of India in the conference hall St. Anthony's College Shillong



- 6) **8th March 2017** – Around 26 NSS volunteers accompanied by Ms. I. Kharumnuid participated in a rally to mark the occasion of International Women's Day organized by Manbha foundation. The rally started from Mandan lewrynghep, Fire Brigade and concluded at Additional Secretariat parking lot. Many colleges and NGOs participated in the programme to voice their concern and protest against crimes against our women and children.



- 7) **25th March 2017**– The NSS unit of the college conducted a Life Skills Training programme where the resource person Ms. Emma jyrwa delivered a lecture on the emotional Intelligence/how to cope with emotions and difficulties in the present context of youth and youngsters. The lecture was then followed by a flower plantation programme where students donated flowers and planted them in the flower’s pots provide by the NSS



- 8) **29th March 2017**– The NSS unit conducted an awareness programme on 'Youth and Oral Health' where two resources person Dr. Nabaneeta D. Mawrie and Dr. Dontilang, W. Rumnong delivered lecture on Oral health and hygiene. They stressed on the importance of proper teeth maintenance and care.



9) **11th April 2017** – The NSS of St. Mary’s College collaborated with the State Resource Centre, Social Welfare Department, Government Meghalaya, Meghalaya State Legal Services Authority, Meghalaya State Commission for Women in the Regional Workshop on ‘Gender Justice: Legal Awareness, Preventive and Redressal on Crimes Against Women,’organised by the Department of Philosophy, Saint Mary’s College. Dr Lakhan Kma, the Programme coordinator, NSS cell NEHU, Shillong was one of the Resource persons and addressed the participants in the Valedictory Session of the Workshop. The NSS team of the College led by the coordinator Ms lasuklang Kharumnuid actively participated in the workshop.



2017-2018

18st July 2017: The NSS unit Organised a Popular Talk on the theme’ Safety of Blood Donation ‘in collaboration with Meghalaya Aids Control Society. Dr (Mrs R.Momin,senior specialist and Dr(Mrs) R.Allya from Pasteur institute Shillong, senior Medical health officer delivered a talk. Around 200 NSS volunteers participated and got enlightened from the deliberation



- 1) **23rd Sept 2017** – Around eighteen (18) NSS volunteers of the college participated and presented a dance item on the 48th NSS day celebration held at the convocation Hall NEHU campus accompanied by Ms. D. Warjri and Ms. I. Kahrumnuid.



- 2) **25th Nov 2017** – The NSS unit and the English Dept organised the Inter College singing competition solo on the theme “Sing for change” in the College Auditorium and the winners of the competition was 1st Prize St Mary's College, 2nd prize St Anthony's College and 3rd prize was Shillong College.

The competition (Inter College Western solo singing competition entitled “Sing for Change” hopes to generate a constructive discussion that will help change the way youth think about issues which impact society and the world at large. The theme also includes social justice environment, gender issues, war and peace, Aids awareness, political satires and protest songs.

Inter-College Singing
Competition
Department of English in
collaboration with NSS
and Chief Minister's
Youth Development Fund
25th November 2017

Six Teams Participated

St. Edmund's College
St. Anthony's College
Women's College
Lady Keane College
Shillong College

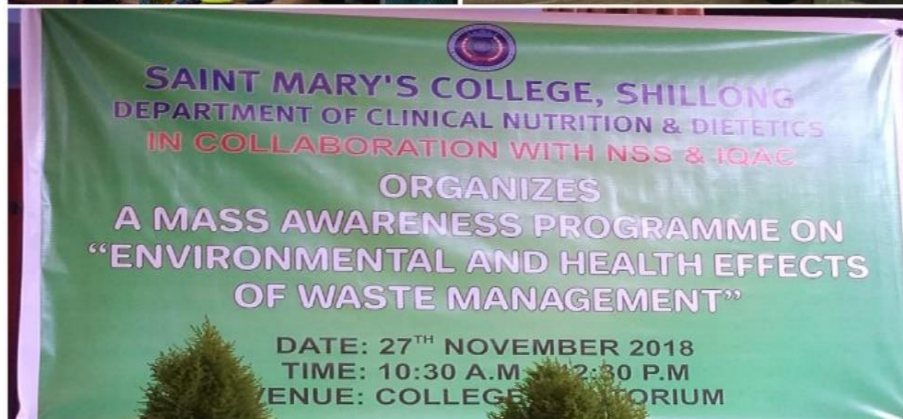


2018-2019

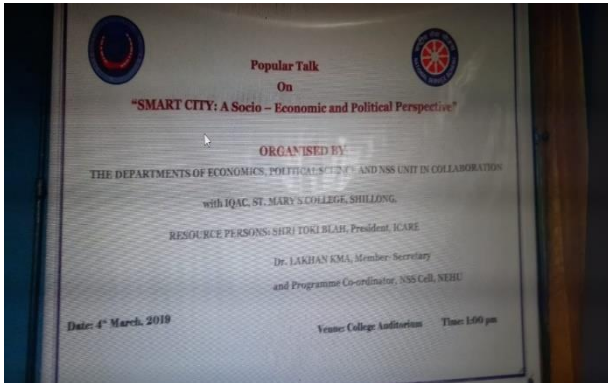
1. **4th.October 2018-** The NSS unit organized a Cleaning Drive within the College Campus (Oakville Campus). Around 150 volunteers participated actively in the Cleaning Drive.



2. **27th November 2018-** The NSS unit Organised an Awareness Programme on “Environmental and Health Effects of Waste Management”, in collaboration with the CND Department and IQAC Resource Person was Ms Georgina Lamare.



3) **4th March 2019:** The NSS unit Organised a “Popular Talk on Smart City: A Socio- economic and Political Perspective”, in collaboration with the department of Economics, Political Science and IQAC. Resource Persons were Dr. Lakhan Kma, Member Secretary and NSS Programme Officer and Dr. Krishna Chauhan, Expert Member (Economist) Meghalaya State Planning Board.



4) **20th March 2019:** The NSS unit Organised the “NSS Leadership and Reach out Programme” at Madan Hindi Path Shala Secondary School, Madanring Shillong. Around 100 NSS Volunteers of the college took active part in interaction and holding activities and leadership programme in the school



2019-2020

1) **12th – 18th August 2019**– Organised one-week NSS Camp at Jyntah Village on the theme, “Know Your Village”. Around 30 NSS Volunteers participated for the Camp under the guidance of Ms Iasuklang Kharumnuid and Ms Annette Lyngdoh. The camp focused on Village Survey, awareness programme, cleaning drive, educational programme, painting, tree plantation, cultural competition etc.



St Mary's NSS special camp
SHILLONG: The NSS Unit of St Mary's College, Shillong, organised a week-long NSS Special Camp with 35 volunteers in Jyntah Village from August 12 to 18, Iasuklang Kharumnuid, NSS Programme Officer (PO) of the college informed in a release issued here.
The camp was thematised on 'Know your village'. Student volunteers and POs were sheltered in RCLP & UP School, Jyntah. The camp focussed on village survey, awareness programme, cleaning drive, educational programme, painting, tree plantation, cultural competition, etc.
The volunteers interacted with the village populace as part of the social work in the village and school premises, which helped them to build a better relationship with them and learn life skills.
Further, the volunteers also conducted Independence Day celebration during the camp where school children were felicitated for various competitions held in the presence of the village headman, head teachers, president SMC and the Dorbar officials.



2))5th -7th August 2019: The NSS Programme Officer Ms D.Warjri attended the Training of Trainers on “Conflict Resolution and Peace Building” for NSS Programme officers at NEHU Guest House, organised by Rajiv Gandhi National Institute of Youth Development, Sriperumbudur, TN in collaboration with NSS Cell NEHU.



4). 7th September 2019: The NSS Volunteers participated in a Programme entitle Shillong my Passion, A call to Act, an initiative of the Hon'ble Chief Minister of Meghalaya and the Deputy commissioner, East Khasi Hills District at Moreau Institute of Integral Training, Cleve Colony, Brooke Dene,Shillong



2020 -2021

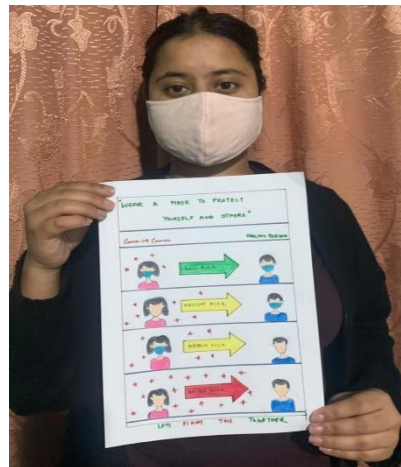
- 1) **27th -28th February 2020:** The NSS Programme Officers Attended a Workshop on “Challenges and Opportunities in NSS”, at Science Seminar Hall NEHU organised by NEHU in collaboration with state NSS Cell, Government of Meghalaya along with Regional Director of NSS Guwahati, Ministry of Youth Affairs and Sports, Government of India.



- 2) **10th March 2021-** Attended the workshop on "swacchta for NSS program officers and NSS volunteers " organized by the NSS cell (NEHU) Shillong, Meghalaya.
Venue-Cluster of Classroom, Social Science, NEHU.



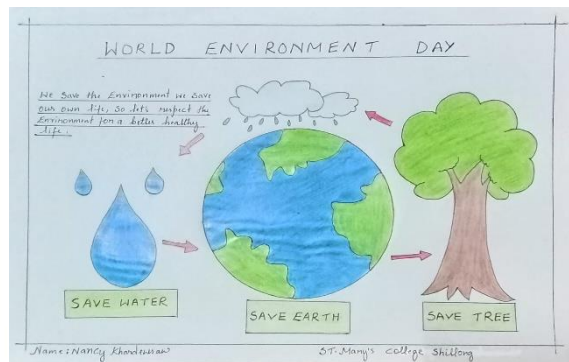
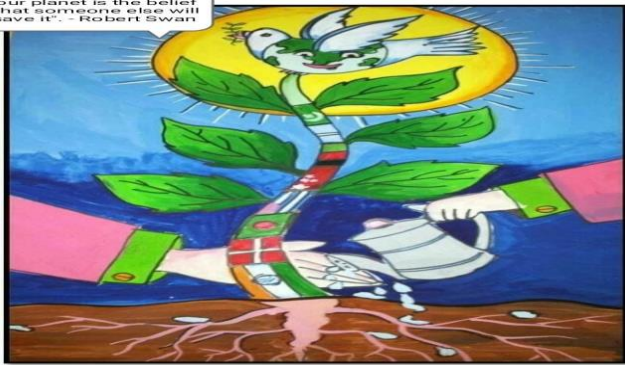
- 3) **18th May 2021-** With the Covid19 pandemic, The NSS Volunteers spread an awareness highlighting the importance of safety measures in curbing the spread of Covid19 through online Poster campaign .



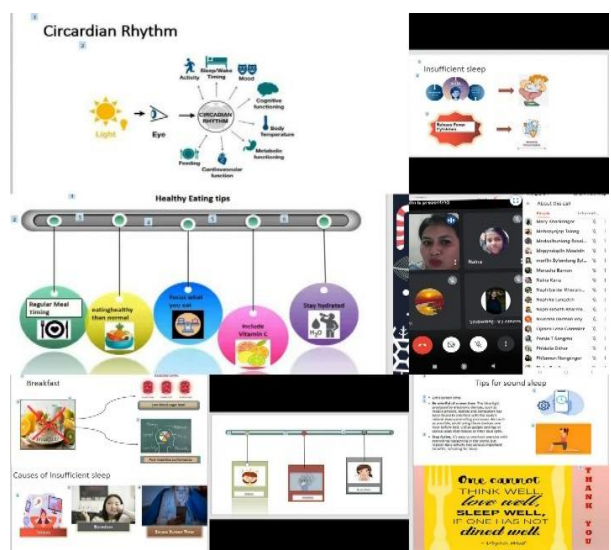
- 4) **5th June 2021-**The NSS unit Organised poster campaign and a short Video presentation to mark the occasion of World Environment Day. The Volunteers took active part in planting sapling in their respective localities and surrounding they also spread strong message through poster campaign about the environment.



"The greatest threat of our planet is the belief that someone else will save it." - Robert Swan



5) **7th June 2021**--The NSS unit Organized popular talk on the occasion of World Food Safety Day on the Topic "Eating and sleeping patterns of college going students studying in Shillong during covid 19 pandemic". The resource person was Ms Joplin Kharjana Department of Clinical Nutrition and Dietetics, Saint Mary's college. The resource person emphasized on topics like diet and sleep pattern, relationships between sleep and eating habits, impact of irregular sleep, stress and healthy eating habits during lockdown



6) **21st June 2021**--The NSS unit Celebrated the 7th International Day of Yoga by encouraging students to come up with photos and videos of their Yoga activities at their respective locations. This helped to promote awareness and helped to create a positive and calm attitude among participants. It helps relax the mind and promote better sleep habits and overall has a positive impact on physical and mental well-being



7) The NSS volunteer Anchal Singh Participated in Rashtragaan an initiative by the ministry of culture to mark Azadi ka Amrit Mahotsav



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8) **25th Oct to 3rd Nov 2021**---one NSS Volunteers Rikyndong Syiem successfully attended the Pre Republic-Day Parade Camp held at Central Institute of Technology, Kokrajhar Assam organised by the government of India, Ministry of Youth Affairs and Sports, New Delhi, regional Directorate of NSS Guwahati, Assam.



9) **10 Nov 2021**--The NSS programme officers along with the Volunteers Attended Exhibition at state level organised by the Meghalaya State legal services in collaboration with the High Court legal services committee on the 10 Nov 2021.venue: conference Hall Meghalaya High court.

Chief guest: W.Diengdoh, judge High Court and chairman High court legal service

