



# St. Edmund's College, Shillong

## Internal Quality Assurance Cell (IQAC)

### EXTENSION ACTIVITIES REPORT [2022-23]

APRIL 2022 – JULY 2023

Name of the Club/Society/Unit	National Service Scheme (NSS)
Extension activities carried out in the neighbourhood community, sensitizing students to social issues for their holistic development and impact thereof during the year	

## 1. Blood Donation Camp 2022

1.	Title of the Activity	EdBlazon 2022: Blood Donation Camp
2.	Date	07.04.22
3.	Venue	St. Edmund's College, Shillong
4.	Duration (in hrs)	7 hrs
5.	Organising Department/Club	NSS, NCC and RRC St. Edmund's College Unit
6.	Name of the Collaborating Agency/Club	Blood Centre, Nazareth Hospital, Shillong
7.	Participants (students)	58

The Voluntary Blood Donation Camp cum Awareness Programme was held on 7<sup>th</sup> April, 2022 and is organised as a part of the College Week activities EdBlazon - 2022. The camp was organized by the NSS, NCC and RRC units along with the Blood Centre, Nazareth Hospital, Shillong.

The programme started with the Inaugural address by the Principal. This was followed by a Motivational talk on Blood donation by Dr. Hubert Dkhar, who encouraged the students to donate blood regularly which would help save the lives of a countless number of patients in need.

There were a number of students who signed up for the blood donation, and only those who passed the physical check-up and blood test were able to donate blood. The event was a great success and a number of students got over the fear of donating blood and were encouraged and motivated to start donating blood.

**Learning outcome:** The initiative of the participants in donating blood not only saves multiple lives, but also given themselves an opportunity to add a value to their lives. Through their willingness of blood donation, students learn about humanity and their spirit of co-existence, and to live a healthy life.



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APRIL 2022 – JULY 2023



**EDBLAZON 2022**  
St Edmund's College



**BLOOD  
DONATION  
CAMP**



**COME AND BE A PART OF THIS NOBLE CAUSE**



organised by  
National Service Scheme (NSS)  
National Cadet Corps (NCC)  
Red Ribbon Club (RRC)



**7th April 2022**



**10:00 am onwards**

THE SHILLONG TIMES, SHILLONG, SATURDAY, APRIL 9, 2022



A blood donation camp is under way in the city on Thursday. A voluntary blood donation-cum-awareness programme on HIV AIDS was jointly conducted by the NSS, NCC and RRC units of St Edmunds College and the Blood Centre of Nazareth Hospital. The programme, held as part of EDBLAZON 2022, was actively participated by students and teachers.



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#### Blood Donation Camp 2022: List of programme participants and attendees

	Name	Semester		Name	Semester
1	Jeiel Othaniel Wahlang N	6 <sup>th</sup>	31	Wandabiang Nongrum	4 <sup>th</sup>
2	Kanriiaki D. Khongsngi	6 <sup>th</sup>	32	L. Phibankiew Dohdong	4 <sup>th</sup>
3	Bakhamkonshisha Nongsiej	6 <sup>th</sup>	33	Lvella Gabriella Shabong	2 <sup>nd</sup>
4	Bari Rynthathiang	6 <sup>th</sup>	34	Nehal Gurung	2 <sup>nd</sup>
5	Angeliste Syiemlieh	6 <sup>th</sup>	35	Janak R. Chetri	2 <sup>nd</sup>
6	Prettysha Marbaniang	6 <sup>th</sup>	36	Domanru Sumar	4 <sup>th</sup>
7	Imatti Warimi Thabah	6 <sup>th</sup>	37	Kitboklang Marbaniang	4 <sup>th</sup>
8	Namita Singh	2 <sup>nd</sup>	38	Aphisha Kharkongor	6 <sup>th</sup>
9	Imnasenla Kharkongor	2 <sup>nd</sup>	39	Fenieliza Swer	6 <sup>th</sup>
10	Shilpi Saha	4 <sup>th</sup>	40	Tulip Kasyap	2 <sup>nd</sup>
11	Joie Chakravorty	4 <sup>th</sup>	41	Tengku M Marak	2 <sup>nd</sup>
12	Sweetie Nath	4 <sup>th</sup>	42	Lanchenba Wangjam	2 <sup>nd</sup>
13	Ganesh Kumar Giri	2 <sup>nd</sup>	43	Bandarika Kharkongor	6 <sup>th</sup>
14	Chongin Haolai	2 <sup>nd</sup>	44	Rosemary Thabah	6 <sup>th</sup>
15	Ankit Bhattarai	2 <sup>nd</sup>	45	Ferando Paulus Marngar	6 <sup>th</sup>
16	Sehkhohang Kieen	2 <sup>nd</sup>	46	Damankhraw Me Lautmon	6 <sup>th</sup>
17	Kunal Bagdas	4 <sup>th</sup>	4	Sebastian B Kharnaier	6 <sup>th</sup>
18	Jitender Singh	2 <sup>nd</sup>	48	Ronald K. Suting	4 <sup>th</sup>
19	Rajat Kumar Prasad	2 <sup>nd</sup>	49	Lucky G Momin	6 <sup>th</sup>
20	Grandstarwell Nongbri	4 <sup>th</sup>	50	Fedalick Syngkon	4 <sup>th</sup>
21	Aibanshai Pyngrope	4 <sup>th</sup>	51	Aijeng Kmenlang Nongneng Shanpru	6 <sup>th</sup>
22	Addhyan Sunar	4 <sup>th</sup>	52	Sushang Tamang	2 <sup>nd</sup>
23	Embhah Albert Marbaniang	2 <sup>nd</sup>	53	James Ann Dkhar	6 <sup>th</sup>
24	Rahul Sunar	2 <sup>nd</sup>	54	Alex Goulain Simte	4 <sup>th</sup>
25	Anuj Pradhan	2 <sup>nd</sup>	55	Amil Rai	4 <sup>th</sup>
26	Nirajan Gurung	4 <sup>th</sup>	56	Rebecca Shabong	4 <sup>th</sup>
27	Siddarth Thapa	4 <sup>th</sup>	57	Liangtong Marak Hungyo	2 <sup>nd</sup>
28	Zebeen Pakyntein	2 <sup>nd</sup>	58	K Obadiah	2 <sup>nd</sup>
29	Ethan Lynsdoh	4 <sup>th</sup>			
30	Ksankgpar Kgrkalang	6 <sup>th</sup>			



# St. Edmund's College, Shillong

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APRIL 2022 – JULY 2023

## 2. International Yoga Day

1.	<b>Title of the Activity</b>	International Yoga Day
2.	<b>Date</b>	28.05.22
3.	<b>Venue</b>	Auditorium, St. Edmund's College, Shillong
4.	<b>Duration (in hrs)</b>	2 hrs
5.	<b>Organising Department/Club</b>	NSS, NCC and IQAC St. Edmund's College Unit
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	29

The NCC and NSS units along with IQAC St. Edmunds College, Shillong organized a yoga session on the occasion of 8<sup>th</sup> International Yoga Day on the theme “Yoga for Humanity” at the College Auditorium at 9.00am. The eminent guest and trainer for this virtual Yoga session was Mrs. Sagarika Dutta Roy.

The program commenced with the welcome address by Prof. Sumit Deb, IQAC Coordinator where he underlined the significance of the practice of Yoga which can promote the holistic health of every individual. The instructor then took over and talked about the history of yoga. She also explained the different benefits of practicing yoga on a daily basis. The student then were shown and instructed to perform the different postures of Yoga (asanas) like the balsana, sukhasana, trikosana, vrksana, savasana, dhanurasana, bhujangasana and various others which maintain the "body balance." The Yoga instructor also informed students not to force one to do all the different postured but understand your own level of flexibility.

**Learning outcome:** The programme was as successful as can be seen in the number of participants. Through the programme, the volunteers learnt Yoga activities in strength, flexibility, balance and coordination. Yoga education itself is self-discipline and self-control, and the programme had greatly benefited the volunteers in their mental health and maintaining a healthy lifestyle.





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APRIL 2022 – JULY 2023

#### International Yoga Day 2022: List of programme participants

	Name	Seme ster	Department
1.	Lucky G Momin	6 <sup>th</sup>	BSc
2.	Aphisha Kharkongor	6 <sup>th</sup>	BA
3.	Imatti Warimi Thabah	6 <sup>th</sup>	BA
4.	Samuel L. Tlau	6 <sup>th</sup>	BA
5.	Ferando Paulus Marngar	6 <sup>th</sup>	BA
6.	Christine Mirthy	6 <sup>th</sup>	BA
7.	Fenieliza Swer	6 <sup>th</sup>	BSW
8.	Senorita Benedict	6 <sup>th</sup>	BSC
9.	Deepanjan Ghosh	6 <sup>th</sup>	BCA
10.	Russel C. Nongkhlaw	6 <sup>th</sup>	BCA
11.	Vishal Dey	6 <sup>th</sup>	BCA
12.	Md. Ali Afribi Laskar	6 <sup>th</sup>	BCA
13.	Rama Das	6 <sup>th</sup>	BCA
14.	Franky Mawlor	6 <sup>th</sup>	BCA
15.	Arijit Endow	6 <sup>th</sup>	BCA
16.	Joydeep Mandal	6 <sup>th</sup>	BCA
17.	Deiphibanda Mawlong	4 <sup>th</sup>	BA
18.	Iwansukshisha Marbaniang	4 <sup>th</sup>	BA
19.	Adiamupra Adice Mukhim	4 <sup>th</sup>	BA
20.	Shilpi Saha	4 <sup>th</sup>	BSc
21.	Babiang Porshisha Marbaniang	4 <sup>th</sup>	BA
22.	Kitboklang Marbaniang	4 <sup>th</sup>	BA
23.	Virginia Dhar	4 <sup>th</sup>	BA
24.	Domanru Sumer	4 <sup>th</sup>	BA
25.	Krishna Sharma	2 <sup>nd</sup>	BA
26.	Nita Kumari	2 <sup>nd</sup>	BA
27.	Sanchita Sarmah	2 <sup>nd</sup>	BSW
28.	Zebeen Riwanmika Pakyntein	2 <sup>nd</sup>	BA
29.	Arnab Nath	2 <sup>nd</sup>	BSc



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### 3. World No Tobacco Day

1.	<b>Title of the Activity</b>	Signature campaign on World No Tobacco Day
2.	<b>Date</b>	31.05.22
3.	<b>Venue</b>	St. Edmund's College, Shillong
4.	<b>Duration (in hrs)</b>	5 hrs
5.	<b>Organising Department/Club</b>	NSS, St. Edmund's College Unit
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	N/A

The National Service Scheme (NSS) unit of St Edmund's College celebrated the World No Tobacco Day 2022 with the theme “**Tobacco – Threat to the Environment**”. Tobacco – Threat to the Environment aims to raise awareness on the harmful and deadly effects of tobacco use.

On this day awareness is being raised among the public on the environmental impact of tobacco – from cultivation, production, distribution and waste. It thus gives tobacco users extra reasons to quit. The impact of the tobacco industry on the environment is vast and growing adding unnecessary pressure to our planet's already scarce resources and fragile ecosystems. The Unit organized a signature campaign on this day to raise awareness on the ill effects of tobacco with the aim of giving up this bad habit.





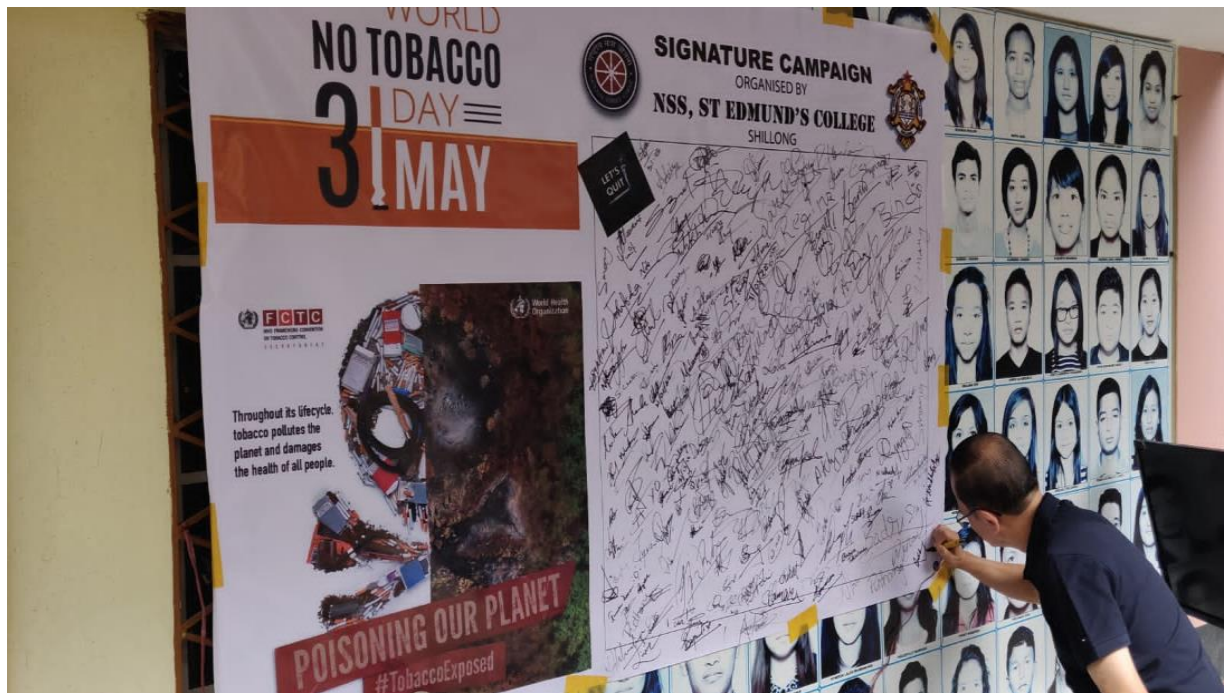


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#### 4. Red Ribbon Club Youth Festival

1.	Title of the Activity	RRC Youth Festival
2.	Date	11.08.22 to 12.08.22
3.	Venue	State Central Library, Shillong
4.	Duration (in hrs)	5 hrs
5.	Organising Department/Club	Red Ribbon Club
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	38

The Red Ribbon Club Youth Festival was observed on the 11<sup>th</sup> and 12<sup>th</sup> of August, 2022 at State Central Library, Shillong. The theme of this festival is “**Empowering Youth for HIV & Stigma Free Society**”. As the theme stated, this festival aims at harnessing the potential of the youth by equipping with them the correct information on HIV/AIDS Prevention, care and support.

Various competition and activities were held in the event like bike rally, intercollege debate, extempore speech, chart and face painting, photography, slang poetry, B-boying, beatbox and popping contest, e-sports, street play competition and other informal programs.

The NSS unit of St. Edmund's College was given the initiative of conducting the street play as one of the activities of the festival. There were 6 schools/colleges /university that had participated in the street play. Mawlai Presbyterian Higher Secondary School emerged as the winner, followed by Martin Luther Christian University and Women's College, in the second and third place respectively.

The NSS Volunteers of St. Edmund's College unit had participated in this festival by taking part in the street play which brought awareness and portrayed the attempt to clear various myths that surround drug abuse, and also encourage the addicts, as well as, their families to seek proper treatment.





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There were 38 NSS volunteers who had participated in this festival from the St. Edmunds College unit, where 20 students had also participated in the Flash mob before the street play. Even though, they did not win the competition yet they had given their best with the performance and appreciated MACS for giving them the opportunity to participate.

The Volunteers also got to take part in the formation of the 'Red Ribbon' human chain where participants of various colleges and schools had taken part. They also got to witness the performance of the Magic show by John Lanong, followed by a fashion show by Ariff Mukhim.

**Learning Outcomes:** The programme had greatly benefited the students attending it. Through the street play that the students organized, they came to realize and understand people with HIV/AIDS are considered a burden in society, and a curse to other peers. The theme of the programme helped volunteers to also learn about the importance of a stigma free society.





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#### Red Ribbon Club Youth Festival 2022: List of programme participants

1.	Rebecca Kharlyngdoh	21	Phibakor Suting
2.	Camilla Nongrum	22	Iaikyntiew Kurbah
3.	Shidalin Basaiawmoit	23	Wiancy Mary Sun
4.	Darihunlang Nongsiang	24	Ibashisha Lakhmie
5.	Jessica Malngiang	25	Jolisha Suting
6.	Gifted Grace N Syiem	26	Tanvi Farzeen
7.	Dexter Kharlyngdoh	27	Amiable Nongtnger
8.	Camelia Wahlang	28	Jenitiful Marshangbai
9.	Phaimideimaia Dhar	29	Jonathan Thabah
10.	Hamesha Surong	30	Kmenlang Suja
11.	Insharai Wankhar	31	Emiki Dabiang Shadap
12.	Eriginia Nongbet	32	Naffica Dkhar
13.	Shrajat Sharma	33	Daniella Ezme Thabah
14.	Streamlet Wahlang	34	Waphira Sylvana Hadem
15.	Sharailin Pyngrope	35	Edikalson Mawein
16.	Badakerlin Nongbri	36	Kristina Shylla
17.	Giana Nongrum	37	Elza T. Lamare
18.	Damangkynsai	38	Phibaaipura Behphat
19.	Bansahnam Kshiar		
20.	Anisha Kharshiing		



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#### 5. International Youth Day

1.	<b>Title of the Activity</b>	International Youth Day
2.	<b>Date</b>	12.08.22
3.	<b>Venue</b>	Basket Ball Court, St. Edmund's College
4.	<b>Duration (in hrs)</b>	2 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	54 (match players); Audience – N/A

The NSS Unit of St. Edmunds College observed the International Youth Day at the college by organizing Basketball Matches for both the girls and boys at the college basketball court on the 12.8.22 from 2pm onwards. It is believed that the sports was one of the recreational activities for the youths which helped them to manage stress and provided them a sense of balance between the academics and co-curricular activities.

The volunteers had made arrangements in preparation prior to the game. The names of the players were collected, and arrangements for first aid box, refreshments and medals were made. The seating arrangements for those who came to witness the games were also made.

The games was played between the new block vs the old block. In the girls' match, the new block emerged as the winners by a single point; in the boys' match, the old block was unbeaten by twenty points behind. There were 30 boys and 24 girls who had participated in the basketball match.

The match was witnessed by a number of NSS volunteers, Programme officers, Vice Principal, Dean, teachers of different departments and students from various departments. Medals were given to both the teams, and were felicitated by Programme Officer, Dr. Jasmine T. Sawian, Ms. Iarisa A. Dorphang, the Vice Principal, Monotosh Chakravarty and the Dean, Dr. B. Nongbri.





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**Learning Outcome:** In observance of the International Youth Day, the basketball match was conducted successfully. As the youths are full of young energy and spirit, the basketball match was successful in showcasing their true talents, that is beyond their academics. While conducting the games, the volunteers had learnt to also built good rapport with one another.

#### **International Youth Day: List of programme participants**

1.	Insharai Wankhar	28	Ravi Shankar Yadav
2.	Phaimideimaia Dhar	29	Hengouthang Lenthang
3.	Iaikyntiew Kurbah	30	Dexter Kharlyngdoh
4.	Ezaini H. Passah	31	Mebanlamlynti Kharmawphlang
5.	Lily Chongnunhoi Haokip	32	Kadam I. Chawnmang
6.	Bipara Magar	33	V. Lalhruaizela
7.	Prashna Sharma	34	Sangti A. Konyak
8.	Anu Nayam	35	Lurshai
9.	Shirlena Nongbri	36	Deepankar Das
10.	Lapynhun Kharkongor	37	Samuel Lalmawizuala
11.	Evadaker lyngdoh	38	R. lalrinsanga
12.	Daphraki Biam	39	Vaishno Chettri
13.	Mebahun L. Marshilong	40	Dhanjit Boro
14.	Careen War	41	Jahdiel M Sangma
15.	Anisha Nongrum	42	Saljagring D. Sangma
16.	Saphiiarisa Majaw	43	Khuolminlun Joseph
17.	Ilapynshai Marwein	44	Abhay Mukherjee
18.	Chelsea A Wanniang	45	Ruben Ginminthang
19.	Abhinanda Das	46	Fester Akham
20.	Hannah. H. Ruth	47	Jaziel Zuriel Nonglait
21.	Mebaaiahun Kharsyntiew	48	Lalrammuana Sailo
22.	Diangti Mawphlang	49	Voris Mayanglambam



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23.	Shanaya Lyngdoh	50	Bishwadeep Bhattacharjee
24.	Chaneil O. Paila	51	Orestar John Wanniang
25.	Aiphikabahun wankhar	52	Nafeez Hamza
26.	Klarisa Lyngdoh	53	Anurag Chhetri
27.	Akumdong T. Imsong	54	Yogesh Sikhdel





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## 6. Tree Plantation

1.	<b>Title of the Activity</b>	Tree Plantation
2.	<b>Date</b>	13.08.22
3.	<b>Venue</b>	St. Edmund's College
4.	<b>Duration (in hrs)</b>	2 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	15

The NSS unit of St Edmund's college conducted a tree plantation programme on the 13<sup>th</sup> of August, 2022 at the college campus. The saplings were obtained from the Department of Agriculture, Lower Cleve Colony, Shillong and were brought to the college premises.

A total of 12 saplings were bought and the location for the plantation was identified i.e. behind the Coffee Corner. A volunteer each took a sapling to be planted, while the rest of the volunteers accompanied in preparation and digging of holes with the use of appropriate tools, and the others helped with the removal of the polyethene from the saplings. The saplings were planted with enough distance from each other to give them space to grow.

After the completion of the plantation, the area was cleaned and the college tools were returned. There were 15 NSS volunteers who had participated in this campaign along with the Programme Officers.

**Learning Outcome:** Tree plantation is a new experience to some of the volunteers in the College. Though they were few in numbers for the programme, but with teamwork and good coordination the plantation drive was successful and 12 saplings were planted that day.



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#### Tree Plantation: List of programme participants

	Name	Semester
1.	Insharai Iaphi Wankhar	3 <sup>rd</sup>
2.	Streamlet Wahlang	3 <sup>rd</sup>
3.	Badakerlin Lyngdoh Nongbri	3 <sup>rd</sup>
4.	Camilla Nongrum	3 <sup>rd</sup>
5.	Shidalin Basaiawmoit	3 <sup>rd</sup>
6.	Sharailin Pyngrope	3 <sup>rd</sup>
7.	Jenitiful Marshangbai	3 <sup>rd</sup>
8.	Tanvi Farzeen	3 <sup>rd</sup>
9.	Darihunlang Nongsiang	3 <sup>rd</sup>
10.	Shrajat Sharma	3 <sup>rd</sup>
11.	Damangkynsai Khongmalai	3 <sup>rd</sup>
12.	Jonathan Thabah	3 <sup>rd</sup>
13.	Eviginia Nongbet	3 <sup>rd</sup>
14.	Giiana Nongrum	3 <sup>rd</sup>
15.	Rebecca Kharlyngdoh	3 <sup>rd</sup>



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## 7. Independence Day Celebration

1.	<b>Title of the Activity</b>	Independence Day Celebration
2.	<b>Date</b>	13.08.22
3.	<b>Venue</b>	St. Edmund's College
4.	<b>Duration (in hrs)</b>	5 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	15

As part of the Independence Day celebration, the NSS Unit of St Edmund's college had celebrated this auspicious day in their unique way. They had come up with the activities of making posters of the Unsung Heroes of the North-Eastern region, and distribution of the Indian flags to students of the college.

In simple terms, unsung hero is a person who has achieved great things or acts of bravery or self-sacrifice, yet, is not celebrated or recognized or committed. The contributions of personalities from the Northeastern are often left out when we speak about independence. Through this campaign the NSS volunteers had to do some research where they identified the unsung heroes of North-eastern states. Therefore, few of the unsung heroes from the Northeastern states that the NSS volunteers had picked were:

- Bir Tikendrajit Singh, crown prince of Manipur
- Rani Gaidinlui, freedom fighter of Nagaland
- Haipou Jadonang, a Naga Leader
- U Tirot Sing Syiemlieh, former king of Hima Nongkhlaw
- Moje Riba from Arunachal Pradesh
- Gopinath Bordoloi of Assam
- Kanaklata Barua, the youngest freedom fighter of Assam
- Maniram Dewan of Assam
- Kushal Konwar, a prominent leader of Assam
- Shoorvir Pasaltha, the first Mizo Freedom fighter



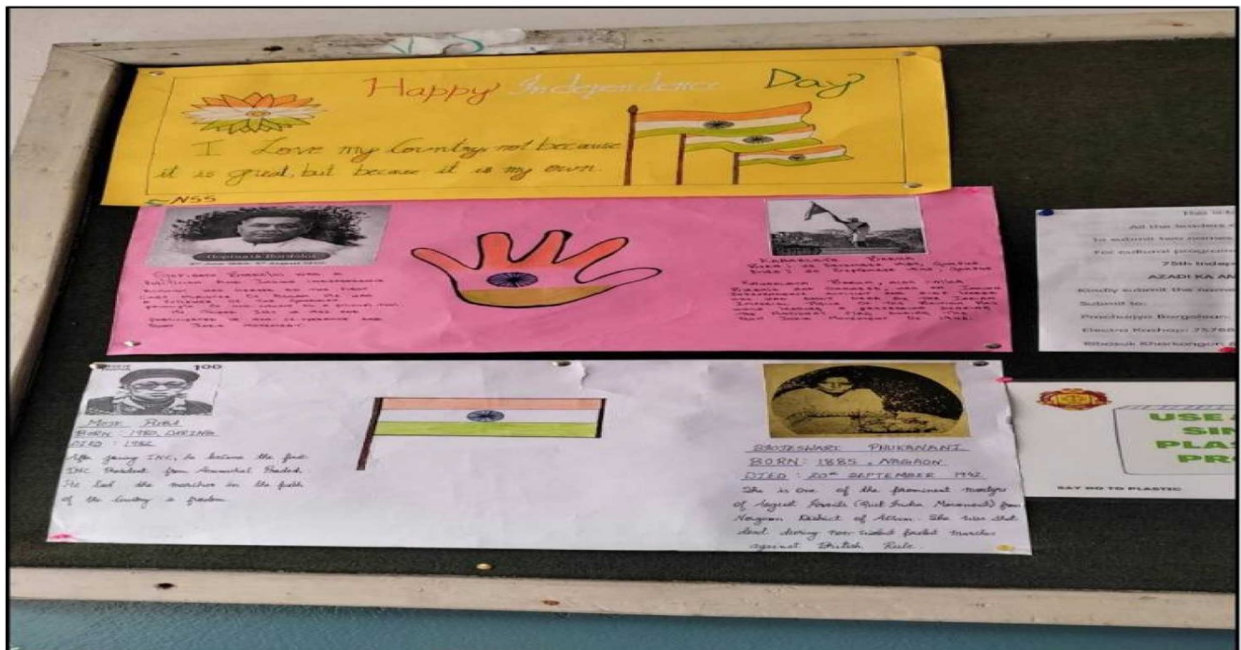
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The campaign was conducted on the 13.08.22 at the college campus where 15 NSS volunteers had taken the initiatives. The objective of the campaign was to remind us about how unsung heroes had contributed towards Nations Independence without being recognized or talked their brave deeds.







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**Learning outcome:** This campaign created awareness to the students about the local heroes fighting for the independence of our country. The volunteers also had to do in-depth research and learn about the unsung heroes of northeastern India who had willingly contributed in the fight for independence.

#### **Independence Day Celebration: List of programme participants**

	Name	Semester
1.	Insharai Iaphi Wankhar	3 <sup>rd</sup>
2.	Streamlet Wahlang	3rd
3.	Badakerlin Lyngdoh Nongbri	3rd
4.	Camilla Nongrum	3rd
5.	Shidalin Basaiawmoit	3rd
6.	Sharailin Pyngrope	3rd
7.	Jenitiful Marshangbai	3rd
8.	Tanvi Farzeen	3rd
9.	Darihunlang Nongsiang	3rd
10.	Shrajat Sharma	3rd
11.	Damangkynsai Khongmalai	3rd
12.	Jonathan Thabah	3rd
13.	Eviginia Nongbet	3rd
14.	Giiiana Nongrum	3rd
15.	Rebecca Kharlyngdoh	3rd



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## 8. Visit to Missionaries of Charity

1.	<b>Title of the Activity</b>	Visit to Missionaries of Charity
2.	<b>Date</b>	23.08.22
3.	<b>Venue</b>	Shanti Bhavan
4.	<b>Duration (in hrs)</b>	3 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	Digonto group
7.	<b>Participants (students)</b>	13 (NSS ) + 15 (Digonto group)

The NSS unit St. Edmund's college had collaborated with the Digonto group of the college where they had visited the homeless shelter for the aged, Shanti Bhavan on the 23<sup>rd</sup> of August, 2022. About 13 NSS volunteers and 20 members of the Digonto group, along with, Programme officer, Ms. I.A. Dorphan visited the shelter home.

The residents came from different district of Meghalaya, and some were even from outside the state. The Digonto members performed a number of songs and dances for the residents of Shanti Bhavan, who was greatly enjoyed by the performance. The Digonto members had also prepared gifts for the residents, which were distributed after the performances. The NSS volunteers interact with the staff and the residents of the shelter home. The residents shared their stories, experience, difficulties and how they ended up in the shelter home. Some stories left the volunteers tearful, hearing their stories, while some volunteers can be seen chuckling and chortling with the residents and their stories. As the residents are from different places, often communication becomes difficult, but the members of the Digonto group present during that day were ready to translate and help in communication. During the interaction, a number of volunteers can also be seen singing and dancing along with the residents. Through this interaction and visit, the residents expressed their great joys for the company of the volunteers and the Digonto group members.



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**Learning Outcome:** The visit to the Shanti Bhavan was a good experience as the volunteer gets to connect with old and destitute from every corner of the state. Communication and interacting skills are one of the characteristics of a volunteer which can be seen during the visit.

#### **Missionaries of Charity visit: List of programme participants**

	Name	Semester
1.	Darihunlang Nongsiang	3 <sup>rd</sup>
2.	Rebecca Kharlyngdoh	3 <sup>rd</sup>
3.	Camilla Nongrum	3 <sup>rd</sup>
4.	Shidalin Basaiawmoit	3 <sup>rd</sup>
5.	Bashida Marbaniang	3 <sup>rd</sup>
6.	Insharai Iaphi Wankhar	3 <sup>rd</sup>
7.	Streamlet Wahlang	3 <sup>rd</sup>
8.	Giiiana Nongrum	3 <sup>rd</sup>
9.	Damangkynsai Khongmalai	3 <sup>rd</sup>
10.	Eviginia Nongbet	3 <sup>rd</sup>
11.	Sharailin Pyngrope	3 <sup>rd</sup>
12.	Badakerlin L. Nonglait	3 <sup>rd</sup>
13.	Shrajat Sharma	3 <sup>rd</sup>



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## 9. Vermicomposting Training Programme

1.	<b>Title of the Activity</b>	Vermicomposting Training Programme
2.	<b>Date</b>	01.09.22
3.	<b>Venue</b>	Department of Environmental Science, St. Edmund's College
4.	<b>Duration (in hrs)</b>	3 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	30

The NSS Unit of St. Edmund's college conducted a Vermicomposting Training Programme for the volunteers at the Department of Environmental Science, St. Edmund's College on the 1<sup>st</sup> of September, 2022. NSS Programme Officer, Mr. E. Sumer, was the resource person, and a total of 30 NSS volunteers participated in the training programme.

The programme commenced with a talk on the meaning, importance and benefits of Vermicomposting that can be used by the local people in the community. This was followed by a presentation on Vermicomposting by the resource person which can be understood as 'an organic and biological process in which earthworm species are primarily used to convert organic matter or biodegradable wastes into manure'. Its benefits include improvement in the physical, chemical and biological quality of soil, and enhancement of soil fertility. Vermicompost-treated soil has better aeration, porosity, bulk density and water retention.

The second part of the training took place in the vermicomposting area, where the volunteers were shown a vermicompost unit, and were given explanation on vermicompost preparation, practice and management. The students were then further taught about using simple steps on how to make such compost at home.





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The third part of the training is the question-and-answer session, where volunteers got to clarify their doubts and ask question from the resource person. The session ended with the resource person sharing tips for using this compost and to try it out at home.





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**Learning Outcomes:** NSS is associated with volunteers, working and learning along with the community.

Therefore, this training on preparation and benefits of Vermicomposting taught the students about the simple method of making the compost, even at home. Through the training, the volunteers can bring their learning into practice once they start working in the community, through the programmes and special camps.

#### **Vermicomposting Training Programme: List of programme participants**

1.	Edikalson Marwein	3 <sup>rd</sup>	BSW
2.	Phibaaipura Behphat	3 <sup>rd</sup>	BSW
3.	Kristina Shylla	3 <sup>rd</sup>	BSW
4.	Elza T. Lamare	3 <sup>rd</sup>	BSW
5.	Insharai Iaphi Wankhar	3 <sup>rd</sup>	BSW
6.	Giiana Nongrum	3 <sup>rd</sup>	BSW
7.	Streamlet Wahlang	3 <sup>rd</sup>	BSW
8.	Damangkynsai Khongmalai	3 <sup>rd</sup>	BSW
9.	Eviginia Nongbet	3 <sup>rd</sup>	BSW
10.	Pyngrope Sharailin	3 <sup>rd</sup>	BSW
11.	Badakerlin L. Nonglait	3 <sup>rd</sup>	BSW
12.	Shrajat Sharma	3 <sup>rd</sup>	BSW
13.	Darihunlang Nongsiang	3 <sup>rd</sup>	BSW
14.	Camilla Nongrum	3 <sup>rd</sup>	BSW
15.	Rebecca Kharlyngdoh	3 <sup>rd</sup>	BSW
16.	Shidalin Basaiawmoit	3 <sup>rd</sup>	BSW
17.	Bashida Marbaniang	3 <sup>rd</sup>	BSW
18.	Joycee Mary Marboh	5 <sup>th</sup>	BA (Khasi)
19.	Poonam Ray	5 <sup>th</sup>	BSW
20.	Damerius Kharkongor	5 <sup>th</sup>	BSW
21.	Ester B. Rynjah	5 <sup>th</sup>	BSW





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22.	Vidya R. Lyngskor	5 <sup>th</sup>	BSW
23.	Medonlem Rapsang	5 <sup>th</sup>	BSW
24.	Phibatriti Marbaniang	5 <sup>th</sup>	BSW
25.	Ibadahun Blah	5 <sup>th</sup>	BSW
26.	Vivian Alexander Lyngdoh Nonglait	1 <sup>st</sup>	BCA
27.	Ribasuk Kharkongor	5 <sup>th</sup>	BA (Khasi)
28.	Virginia Dhar	5 <sup>th</sup>	BA (Khasi)
29.	Bashisha Iawphniaw	5 <sup>th</sup>	BA (Khasi)
30.	Kitboklang Marbaniang	5 <sup>th</sup>	BA (Geography)



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## 10. National Nutritional Week – Awareness Campaign

1.	<b>Title of the Activity</b>	Awareness Campaign on National Nutritional Week
2.	<b>Date</b>	02.09.22
3.	<b>Venue</b>	Myllem Mawsawa and Myllem Rngi
4.	<b>Duration (in hrs)</b>	5 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	12 (NSS volunteers) + 35 (School students)

National Nutritional week is observed annually from 1-7 September. As an observance of the National Nutritional Week, the NSS unit of St. Edmund's College conducted a one-day Awareness Campaign at Myllem Mawsawa and Myllem Rngi on the 2<sup>nd</sup> of September, 2022.

The volunteers divided into two groups conduct the Awareness Campaign in two different schools, namely: Mawsawa LP School and Rngi LP School. An ice breaking game and exercise was conducted before the awareness program. The campaign was merely an awareness program but an interactive session where the students take part in the session.

With the theme “**Celebrate a world of flavors**”, the NSS volunteers tried to raise awareness regarding proper eating habits, healthy habits before and after eating, basic steps of cleanliness and balanced diet, keeping in mind that cooking and eating habits changes from rural to urban. However, reminding the students about clean habits, and healthy eating is quite apt.

The volunteers tried to use simple tactics for the students to understand about cleanliness habits: washing their hands before and after eating, taking a bath, combing their hair properly, brushing their teeth; good eating habits: washing vegetables before consuming, drinking clean water and having a balanced diet. The



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volunteers also focused on showing the students the steps of washing their hands and steps of brushing their teeth.

Small competitions were held on activities like drawing, identifying healthy food, and practically washing their hands. Gifts were distributed after the activities are done as an encouragement for the children to take part in interactive session.

**Learning outcome:** The outcome of campaign was positive and successful. The school students were able to learn and put into practice the simple tasks, for example, the steps of washing their hands before and after eating their meals. The students were also taught not to litter the candy wrapper after eating and were advised to drink a lot of water and have a good balance diet.





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## National Nutritional Week – Awareness Campaign: List of programme participants

	Name	Semester
1.	Darihunlang Nongsiang	3 <sup>rd</sup>
2.	Rebecca Kharlyngdoh	3 <sup>rd</sup>
3.	Camilla Nongrum	3 <sup>rd</sup>
4.	Shidalin Basaiawmoit	3 <sup>rd</sup>
5.	Bashida Marbaniang	3 <sup>rd</sup>
6.	Ibadahun Blah	5 <sup>th</sup>
7.	Poonam Ray	5 <sup>th</sup>
8.	Damerius Kharkongor	3 <sup>rd</sup>
9.	Ester B. Rynjah	3 <sup>rd</sup>
10.	Vidya R. Lyngskor	3 <sup>rd</sup>
11.	Medonlem Rapsang	5 <sup>th</sup>
12.	Phibatriti Marbaniang	3 <sup>rd</sup>





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#### School students

1.	Naphisabetbha Nongkhlaw	21	Merciful Kharkongor
2.	Shishala Nongklaw	22	Andrew Kharkongor
3.	Baphimerry Nongkhlaw	23	Badeplang Nongkhlaw
4.	Johnny Kharkongor	24	Indashipti Nongklhlaw
5.	Stvean Nongkhlaw	25	Banraplang Nongkhlaw
6.	Kennystar Nongkhlaw	26	Ribokskhem Nongkhlaw
7.	Makebanjop Nongkhlaw	27	Ibanjoplang Nongkhlaw
8.	Andy Kharkongor	28	Meitpang Nongkhlaw
9.	Persara Nongkhlaw	29	Meshanglang Nongkhlaw
10.	Niewkorlang Nongkhlaw	30	Elisabeth Nongkhlaw
11.	Lucymerry Kharkongor	31	Daniel Nongkhlaw
12.	Kyrshan Nongkhlaw	32	Prabok Kharkongor
13.	Meban Nongkhlaw	33	Niti Kurkalang
14.	Kesborlang Nongkhlaw	34	Kevinstar Kurkalang
15.	Teiborlang Nongkhlaw	35	Evansharai Kurkalang
16.	Meitpang Kharkongor		
17.	Peacefully Nongkhlaw		
18.	Pyndeplang Kharkangor		
19.	Keseous Kharkongor		
20.	Mebanraplang Kharkongor		



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## 11. International Literacy Day – Awareness Campaign

1.	<b>Title of the Activity</b>	Awareness Campaign on National Nutritional Week
2.	<b>Date</b>	09.09.22
3.	<b>Venue</b>	Kyrdemkhla Primary School
4.	<b>Duration (in hrs)</b>	5 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	12 (NSS volunteers) + 32 (school students)

International Literacy Day is observed on the 8<sup>th</sup> of September each year. This year, the NSS Unit of St. Edmund's College celebrated International Literacy Day on the theme "Transforming Literacy Learning Spaces" on the 9<sup>th</sup> of September, 2022 at Kyrdemkhla Primary School. The main aim of the programme was to share and inspire the children of the school about the importance of learning how to read and write.

UNESCO who introduced Literacy Day had defined it as: the ability to identify, understand, interpret, create, communicate and compute, using printed and written materials associated with varying context.

The NSS volunteers had taken the opportunity to bring forward the message to the children by conducting communication games, arithmetic counting games, guessing the word and other games that were also played during the program. The school students were also provided with a set of stationery items, so that they can write down the answers to the questions.

The first phase of the event was sharing and interacting with the students.

Questions like; Why are they going to school? What did they learn? What is their aim in life? And most importantly whether they know how to count their ABC, 123 or read and write their Names. This session is like an ice breaking session between the volunteers and the students. It was an introductory session where



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the volunteers explained about the objective of the programme, and also to get the students to actively participate in the sessions and various competitions and games.

Communication is one of the key factors of bringing people close to one another. Therefore, the volunteers came up with telepathy or communication game, where a group of students were lined up in a group of 10, and each student has to pass on the same action or words from the starting point to ending. They also played an arithmetic counting game, with the help of addition and subtraction in math, with the student's participation. They are also students participated in the guessing the word games, where the students were asked to demonstrate an action according to the word displayed.

The students were also inspired to have big dreams like their role models, and most importantly were encouraged to study and not to drop out of schools.

There were 32 students of Kyrdemkhla Primary School along with 12 NSS Volunteers. The session ended with other games like football, tag, races and mawpoint.

**Learning outcome:** To celebrate International Literacy Day, the NSS volunteers tried to share and inspire the children of the school about the importance of learning how to read and write. Through games and activities that were conducted by the volunteers, the school children can be seen reading and writing their own names and other spellings. The awareness campaign was successful as the students were very interactive and continued their interaction throughout the day. The volunteers learnt the art of differential teaching, and to inculcate patience and interest in the children.



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## **International Literacy Day – Awareness Campaign: List of programme participants**

1.	Angki Tayeng
2.	Alethea S. Diengdoh
3.	Felicity Nanglein
4.	Phidamon Khar Marbaniang
5.	Wandabiang Nongrum
6.	Niangsawching Samte
7.	John Hame Dapura Rabon
8.	Darihunlang Nongsiang
9.	Camilla Nongrum
10.	Bashida Marbangiang
11.	Shidalin Basaiamoit
12.	Rebecca Kharlyngdoh



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## 12. NSS Foundation Day

1.	<b>Title of the Activity</b>	NSS Foundation Day
2.	<b>Date</b>	24.09.22
3.	<b>Venue</b>	Multi-Use Convention Hall, NEHU
4.	<b>Duration (in hrs)</b>	7 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	18

The National Service Scheme was founded and formally launched on the 24.09.1964. Therefore, 24<sup>th</sup> September is observed every year as NSS Day all over NSS Units in India with appropriate formal programmes and activities. The NSS logo symbolizes a tiny circle of youth's energy and spirit willingly ready to contribute its services for the welfare of mankind in the 24 hours of the day. As the logo symbolizes the youth's energy the auspicious day was celebrated with a lot of enthusiasm and lively spirit of the youths.

The NSS Cell, NEHU Celebrated the 53<sup>rd</sup> NSS foundation day on the 24.09.22 at the Multi-Use Convention Hall, NEHU. Dr. W.R. Kharlukhi, Rajya Sabha MP, attended the inaugural programme as the Chief Guest. The Programme started with a welcome speech by Dr. M.M. Khyndeit, NSS Programme Coordinator, NSS Cell, NEHU. He gave a brief introduction about NSS and all the activities that were carried out during the last two years.

Mr. F Rumnong, State NSS Officer, Government of Meghalaya was present on the occasion as a Special Guest. He shed light on the history of NSS in the country and Meghalaya, as a whole. He mentioned the importance of NSS in various institutions, such as higher secondary, colleges and at university level. He spoke about how NSS helped in developing and building the personality and character of students. Following this, he mentioned the regional and national activities such as Republic Day Parade, NSS Youth Festival, National Youth Parliament, National Integration Camp, Ek Bharat Shrestha Bharat and International Programmes such as Youth Exchange Programmes to different countries. He also mentioned the upcoming



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programmes to be held in Shillong such as the Pre-RD parade camp and North East Youth Festival. He also mentioned the importance to promote NSS State Festivals and State NSS Award. The SNO also mentioned the need of giving weightage and incentives to NSS volunteers, so that it will be helpful for the students to avail jobs. He concluded his speech by shedding the importance of enhancing skills through NSS, as it can act as a change maker for the NSS volunteers.

The University Level Awards, 2022 were conferred to the winners by the Chief Guest and others. In recognition of their commendable service to the community the best NSS unit, 2022 was conferred to NSS Ri-Bhoi College, Nongpoh, Best NSS Programme Officers were conferred to Iasuklang Kharumnuid, St. Mary's College, Shillong and Yomica V. Syiemlieh, Ri-Bhoi College, Nongpoh, and also the Best NSS Volunteers were conferred to Naphisharoi Kharbuli of NSS Unit, NEHU, Shillong, Kerdarilin Khongwir of NSS Unit, Lady Keane College, Shillong, Armstrong Lyngdoh of NSS Unit, Ri-Bhoi College, Nongpoh, Suklang Paul Kurbah of NSS Unit, NEHU, Shillong and Pyndemlang Lyting of NSS Unit, Shillong College.

In the informal session, the volunteers were delighted by the performances of various units under the NEHU Cell. Different performances included traditional dances, folk songs, western dances and music, Bollywood dances and music, and wrapping up the Programme was the DJ session.

The NSS unit of St Edmunds had also taken part in the western dance category with the title: **“When the sound of the music is heard our body, soul and mind comes together as one”**. There were 18 volunteers who had gone to perform along with their NSS PO.

**Learning Outcome:** The volunteers got to learn about the history and workings of the NSS at the University level. They were able to meet and interact with students from other NSS units of different colleges across the state. The students were also able to show case their talents in the informal session of the programme.



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## NSS Foundation Day: List of programme participants

1.	Rebecca Kharlyngdoh (3 <sup>rd</sup> sem)	13	Kitboklang Marbaniang (5 <sup>th</sup> sem)
2.	Shidalin Basaiawmoit (3 <sup>rd</sup> sem)	14	Iaikyntiew Kurbah (3 <sup>rd</sup> sem)
3.	Darihunlang Nongsiang (3 <sup>rd</sup> sem)	15	Streamlet Wahlang (3 <sup>rd</sup> sem)
4.	Camilla Nongrum (3 <sup>rd</sup> sem)	16	Phibakor Suting (3 <sup>rd</sup> sem)
5.	Bashida Marbaniang (3 <sup>rd</sup> sem)	17	Damangkynsai Khongmalai (3 <sup>rd</sup> sem)
6.	Insharai Wankhar (3 <sup>rd</sup> sem)	18	Naffica Dkhar (3 <sup>rd</sup> sem)
7.	Bansahnam Kshiar (3 <sup>rd</sup> sem)		
8.	Ibashisha Lakhmie (3 <sup>rd</sup> sem)		
9.	Anisha Kharshiing (3 <sup>rd</sup> sem)		
10.	Gianna Nongrum (3 <sup>rd</sup> sem)		
11.	Phamideimaya Dhar (3 <sup>rd</sup> sem)		
12.	Emiki Shadap (3 <sup>rd</sup> sem)		





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### 13. NSS Special Camp 2022

1.	<b>Title of the Activity</b>	NSS Special Camp
2.	<b>Date</b>	01.09.22 to 07.09.22
3.	<b>Venue</b>	Myllem Kyndong Nongkyntir
4.	<b>Duration (in hrs)</b>	168 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	50

The NSS unit of St. Edmund's College, Shillong, conducted a Special Camp in one of the adopted villages of Myllem Kyndong Nongkyntir from the 1st -7th October, 2022. There were 50 volunteers who had attended the camp and 3 Programme officers had accompanied the volunteers.

After the pandemic strike, NSS activities were conducted online and NSS Camps had been discontinued. However, with the pandemic scare behind us, this camp created an opportunity for the volunteers to experience community life and building a good rapport with the village and the community people. This camp also allowed volunteers to practically understand the problems of the local community, as they too would be living and experiencing the situation as the community people. The other aim of the camp was to develop teamwork and cooperation amongst the students, which can be seen during the activities carried by each committee created specially for the Special Camp.

The activities of the camps were divided equally according to the day-wise. The first activity was the cleaning drive, where the surrounding area and the community hall where the camp is held is cleaned and cleared. Soon, the local children were gathered around the community hall in wonder and excitement, and the NSS volunteers interacted with them and they proved to be a great help for the volunteers during the home visits.



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During the camp, the volunteers bid their mornings with daily yoga asanas. Home survey visits were arranged during the first three days. The volunteers also had their daily cultural programme practice; and screening of movies for the children was shown during the evenings of the Special Camp.

The NSS Unit of St. Edmund's College had collaborated with NEIAH (Shillong) for a Health camp on the 3<sup>rd</sup> day; and on the 4<sup>th</sup> day the NSS collaborated with Bansara Eye Care for an Eye Camp which were attended by the villagers, who felt that they were greatly benefitted by such programmes.

Swachh Bharat was also observed by cleaning the entire surrounding area of the community hall and the football field nearby.

The volunteers also organized a foodfest, jumble sale and lucky draw during the special camp, wherein the whole activity was a success, as community people came by to participate. They also organized sports for the children of the village, where the volunteers in charge of sport activities took the initiative.

The hectic week for the volunteers was soothed by the Biodiversity Trek to Wahniangleng. The volunteers enjoyed their trek to the picturesque destination, and returned back to the camp feeling refreshed. The next day was one of the most awaited program i.e. the Cultural programme, where volunteers get to entertain the community people and showcase their different talents, as gratitude to the villagers for their warm hospitality and generosity shown to the volunteers throughout their stay, and also for their assistance and patience, which has made the camp a great success.

The camp ended with the volunteers cleaning the community hall once again, not leaving any polythene or garbage around the hall and the playground. Then before departure, the luggage is loaded into the buses and volunteers left the camp with memories they made with the other volunteers and the community people.

**Learning Outcome:** The NSS Special camp helped the volunteers to experience real living and interaction with the local community in the adopted village. Moreover, the volunteers, belonging to different semesters and departments, got to know each other well through their team work and cooperation. Since most of the



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volunteers were new to each other, the camp helped them to learn from each other when working in the different committees of the camp in the adopted village. They also got to learn and experience other cultures, and ethnic customs, while interacting with each other through the cultural programmes of the camp.







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#### NSS Special Camp 2022: List of programme participants

1	Aphisha Kharkongor	31	Iaikyntiew Kurbah
2	Risuklin Kharmalki	32	Cordelia M. Rajee
3	Anwasha Saikia	33	Sharailin Pyngrope
4	Adiamupra Adiee Mukhim	34	Eviginia Nongbet
5	Deiphibanda Mawlong	35	Badakerlin L. Nongbri
6	Sharmynrap Biam	36	Insharai-iaphi Wankhar
7	Kitboklang Marbaniang	37	Gi-iana Nongrum
8	Jayrish Singh Achom	38	Eukratis Sohtun
9	Virginia Dhar	39	Streamlet Wahlang
10	Joycee M. Marboh	40	Tanvi Farzeen
11	Vivian Alexander L. Nonglait	41	Damang Kynsai Khongmalai
12	Ethan Lyngdoh	42	Daniella Thabah
13	Ribasuk Kharkongor	43	Vidya R Lyngskor
14	Sumana Sarkar	44	Poonam Ray
15	Banritihun Khongphai	45	Phibatriti Marbaniang
16	Ankita Sarmah	46	Ester B Rynjah
17	Ankita Basumatari	47	Ibadahun Blah
18	Shrajat Sharma	48	Medonlem Rapsang
19	Emiki Dabiang Shadap	49	Damerius Kharkongor
20	Naffica Dkhar	50	Bashida Marbaniong
21	Banteilang Dkhar		
22	Jessica L. Nongrang		
23	Olivia G. Kharkrang		
24	Melisa Kharbyngar		



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25	Camilla Nongrum		
26	Darihunlang Nongsiang		
27	Shidalin Basaiawmoit		
28	Rebecca Kharlyngdoh		
29	Ibashisha Lakhmie		
30	Janisha Rymbai		



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#### 14. International Women's Day

1.	<b>Title of the Activity</b>	International Women's Day
2.	<b>Date</b>	09.03.23
3.	<b>Venue</b>	St. Edmund's College, Shillong
4.	<b>Duration (in hrs)</b>	4 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	16

The International Women's Day, which falls on 8<sup>th</sup> March of every year, is globally celebrated on the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating women's equality. The theme for this year's international women's day was "DigitALL: Innovation and technology for gender equality".

The NSS unit of St. Edmund's College observed the International Women's Day on 09.03.2023 in the College premises and at a few NGOs. The volunteers, alongwith the Programme Officers, had decided in a previous meeting to prepare and make bookmarks, and distribute these to all the female teachers and women staff present in the college. They had taken the initiative of making 160 bookmarks for the International Women's Day celebration, where each volunteer was given the responsibility to make 10 bookmarks. There were 16 NSS volunteers who had taken part in this activity.







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**Learning Outcome:** The campaign helped the volunteers to learn about the significance and importance of Women's Day. Moreover, this activity gave a chance to the volunteers to learn all the female staff and teachers' names of the College, for preparing and handing over their personalized bookmarks. The volunteers got to wish all the female staffs and the teachers a happy international day. The volunteers also got to appreciate their hard work that had helped the students develop themselves to be better persons.

#### **International Women's Day: List of programme participants**

1.	Darihun Nongsiang	4th
2.	Rebecca Kharlyngdoh	4th
3.	Shidalin Basaiawmoit	4th
4.	Camilla Nongrum	4th
5.	Insharai Iaphi Wankhar	4th
6.	Streamlet Wahlang	4th
7.	Gianna Nongrum	4th
8.	Damangkynsai Khongmalai	4th
9.	Eviginia Nongbet	4th
10.	Sharailin Pyngrope	4th
11.	Badakerlin L. Nongbri	4th
12.	Elza Tiffany Lamare	4th
13.	Kristina Shylla	4th
14.	Bashida Marbaniang	4th
15.	Shrajat Sharma	4th
16.	Phibaaipura Behphat	4th



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## 15. Campus Intervention Programme

1.	<b>Title of the Activity</b>	Campus Intervention Programme
2.	<b>Date</b>	22.03.23
3.	<b>Venue</b>	St. Edmund's College, Shillong
4.	<b>Duration (in hrs)</b>	4 hrs
5.	<b>Organising Department/Club</b>	Meghalaya AIDS Control Society
6.	<b>Name of the Collaborating Agency/Club</b>	NSS
7.	<b>Participants (students)</b>	150

The Meghalaya AIDS Control Society, under the aegis of the National AIDS Control Organization, New Delhi has been actively working towards achieving its aim and objective to combat HIV/AIDS and reverse the spread of HIV infection in the state of Meghalaya, especially amongst the youth ages 15–29-year-old.

Therefore, in regards to this, the Meghalaya AIDS Control Society had organized “The Campus Intervention Programme” in collaboration with the NSS. The programme was organized on the 22.03.23 at the St. Edmund's College Basketball Court. The theme of the program was ‘**Youth Against HIV & AIDS**’. There were approximately 150 students who has come to participate in the program.

The programme was organized to raise awareness among the youths of the college and to improve their knowledge about HIV/AIDS and its prevention. The programme started with the opening speech of by the resource person, Mr. A. Kharkongor, who created awareness about Drugs and Substance abuse and its ill effects by citing examples through the flash mob and skit delivered by the team MOD. He also educated and motivated youths on voluntary blood donation and blood testing.

The second session of the programme were the Open quizzes, that were conducted to promote interactions and participation by the college students. The programme ended with the giving away of prizes for those who answered questions.



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**Learning Outcome:** The Campus Intervention Programme greatly benefited the students, as they got to actively participate in the programme. This made them comfortable in answering the questions, without any awkwardness. They were advised to get their blood tested and not to have any shame in talking about the STDs and other diseases.

#### **Campus Intervention Programme: List of programme participants**

1	Murchana Bordoloi	81	Neikesanuo Chadi
2	Ibadahun Blah	82	Olivia Grace Kharkrang
3	Ryan Sing Syiem	83	Waphira Sylvana Hadem
4	Clarinda Barisuk Lyndem	84	Mebahun Lyngdoh Marshilong
5	Athan H Kharkongor	85	Chelsea Wanniang
6	Saralin Sukhlain	86	Amilra Nongrum
7	Zingmi Rungsung	87	Ilapynshai Marweín
8	Mary Wanbok Suching	88	Stancy Kharngampynta
9	Alethea Salandakani Diengdoh	89	Kevin Nelson Ranee
10	Poonam Ray	90	Saphiiarisa Majaw
11	Wandabiang Nongrum	91	Diangti Bahun Lyngdoh
12	Phidalumlang Kharkongor	92	Hannah H.Ruth
13	Phidamon Khar Marbaniang	93	Wandahunlang Chyne
14	Shebareem Nongrum	94	Chausma Waneap
15	Mebansiewdor Nongkhlaw	95	Daniel Marweín
16	Felicity Nonglein	96	Tyngshaiñ Nongrum
17	Damerius Kharkongor	97	Banameshisha Marweín
18	Candida Lyngwa Rapthap	98	Ronan Collin Kharmalki
19	Jon Hame Dapura Rabon	99	Sakshi Barua
20	Mavariene R Kharlyngdoh	100	Shilps Sikha Delia
21	Evalarine Mawrie	101	Jessica Malngiang
22	Bharilang Kshiar	102	Voris May
23	Emiba Thabah	103	Daniella Ezme Thabah
24	Esther B Rynjah	104	Angshita Kashyap
25	Vidya R Lyngskor	105	Pradakshina Borbora
26	Medonlem Rapsang	106	Priyanka Goswami
27	Sanwini Rymbai	107	Gargi Brahma
28	Nilu Suting	108	Geetika Machahamy
29	Kamjila	109	Ianandakani Syiem
30	Habiba Khanan	110	Remsanguali Chingoh
31	Phibawanrisa Dewkhaid	111	Ngursanghami
32	Niangsawnching Samte	112	Felima Hauship
33	Kevin Mark K Myrthong	113	Naome Lalremkinui
34	Jilius Tiewmon	114	V.L.Malsawaurmdawngkimi
35	Angki Tayeng	115	Nukshijiungle Kielun
36	Phibatriti Marbangiang	116	Toshimongle Jamir
37	Aidamesha Wankhar	117	Kikumer
38	Bagmita Borah	118	Jmlimemla
39	Ashna Anuwara Raikhowa	119	Hadessah





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40	Derimeka Khongwang	120	Pinky
41	Juman Kalita	121	Kerosthen
42	Betdondor Marwein	122	Kenienrche
43	Abigail Nongrum	123	Balaayinghun Lyngdoh
44	Abjini Garga	124	Sankiru Synnah
45	Aiombaiar Nengnong	125	Loisy Warlong
46	Aitisha Nongrum	126	Leeyc Cattcyecivs
47	Amiable Nongtnger	127	Phaimideimaia Dkhar
48	Andrea Rasana K.Marak	128	Phibaaipura Behphat
49	Anisha Daphi Kharshiing	129	Phibakor Suting
50	Anna Manar	130	Phibakordor War
51	Badakerlin Lyngdoh Nongbri	131	Rebecca Kharlyngdoh
52	Balarilang Ryngkhlem	132	Sanchita Sarmah
53	Bashida Marbanian	133	Sharailin Pyngrope
54	Camelia Wahlang	134	Shidalin Basaiaiaawmoit
55	Camilla Nongrum	135	Streamlet Wahlang
56	Christine Bakordor Dkhar	136	Tanisha Rymbai
57	Cordelia Mary Rajee	137	Tanvi Farzeen
58	Darihunlang Nongsiam	138	Wiancy Mary Sun
59	Delira Sympli	139	Thiuchunliu Khangchian
60	Edanias Nongbri	140	Thirida Lynshing
61	Elza Tiffany Lamare	141	Bansahnam Kshiar
62	Eukratis Sohtun	142	Banteilang Dkhar
63	Eviginia Nongbet	143	Barry Wankupar Wahlang
64	Gift Grace Nandah Syiem	144	Damangkynsai Khongmalai
65	Giiana Nongrum	145	Deckstar Kharlyngdoh
66	Iaikyntiew Kurbah	146	Edikalson Marwein
67	Ibalahun Marpna	147	Fullmoonday Pariong
68	Ibashisha Iaphi Wankhar	148	Hamesha Surong
69	Iohlynti malai	149	Jonathan Thabah
70	Jecinta Shabong	150	Kennavin Mawlong
71	Jenitiful Marshangbai		
72	Jessica Lyngdoh Nongrang		
73	Jessica Malngiang		
74	Jolisha Suting		
75	Juliana Mary Thabah		
76	Kmenlang Suja		
77	Lasandakiru Lyngdoh		
78	Luckycia Evenica Kharlong		
79	Melisa Kharbyngar		
80	Nafisha Malngiang		



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#### 15. NSS Special Camp 2023

1.	<b>Title of the Activity</b>	NSS Special Camp 2023
2.	<b>Date</b>	10.04.23 to 17.04.23
3.	<b>Venue</b>	Myllem Kyndong Nongkyntir
4.	<b>Duration (in hrs)</b>	
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	53

The NSS Unit of St Edmund's College, Shillong took the opportunity to conduct a Special Camp at Myllem Kyndong Nongkyntir from the 10<sup>th</sup> to 17<sup>th</sup> April, 2023. The camp was a great opportunity for the volunteers to join the camp. There were a today of 53 volunteers who had participated in the camp along with the Programme Officers who had accompanied the volunteers.

During the camp, a number of home visits and mobilization activities were carried out, since there was a gap of about 4-5 months from the previous camp in the same village. Moreover, surveys were also conducted in the adopted village, where volunteers were able to complete 50 surveys on the first day, 60 surveys on the second day, and 26 surveys on the third day. For the surveys during the Special Camp, the volunteers divided themselves into groups of 5-6. They were each given 10 survey forms, and were asked to go different directions of the adopted village for the survey.

Another activity that was conducted at the camp was a friendly football match between the Seng Samla Shnong and St Edmund's College football team. This event was highly anticipated by the youths of the village and the volunteers, as it was one of the activities which really capture the interest and excitement of the youth, and where they also get to interact with each other with an attitude of sportsmanship. The match ended with St. Edmund's College emerging as the winner. Lunch was served to all the players of both the team and the NSS volunteers of the camp.





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**Learning Outcome:** The NSS volunteers got to learn about the status of education and employment amongst the local youths through surveys that they conducted in the adopted village. The volunteers had to experience ups and downs during the surveys, but all these had benefitted them in their skills of communication. They were patient towards the community people and also learn as the people shares their answer and opinion on the survey. The football match between the St. Edmund's college team and the youth football team also imbibed in them a spirit of active participation and sportsmanship during the engagement.

#### **NSS Special Camp 2023: List of programme participants**

1	Emiki Dabiang Shadap	31	Ribasuk Kharkongor
2	Daniella Ezeme L. Thabah	32	Joycee Mary Marboh
3	Jayrish Achom Singh	33	Obestar K. Dewsaw
4	Vivian Alexander Lyngdoh Nonglait	34	Ronald K. Suting
5	Afreen A. Gaazi	35	Fedalick Syngkon
6	Rebecca Kimneithieng	36	Iwansukshisha Marbaniang
7	Risawa Marboh	37	Ardourine T. Lamin
8	Phibanseisoh Nongbet	38	Kitboklang Marbaniang
9	Rebecca Kharlyngdoh	39	Andy Fabian Diengdoh
10	Shidalin Basawiaimoit	40	Paleishisha Dohtdong
11	Camilla Nongrum	41	Adiam A. Mukhim
12	Bashida Marbaniang	42	Deiphibanda Mawlong
13	Gifted Grace N. Syiem	43	Ethan Lyngdoh
14	Insharai Iaphi Wankhar	44	Poonam Ray
15	Jessica Malniang	45	Phibatriti Marbaniang
16	Damangkynsai Khongmalai	46	Damerius Kharkongor
17	Giana Nongrum	47	Medonlem Rapsang
18	Shrajat Sharma	48	Vidya R. Lyngskor





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19	Streamlet Wahlang	49	Ibadahun Blah
20	Tanvi Farzeen	50	Esther B. Rynjah
21	Cordelia Mary Rajee	51	Ranphila A. Shatoang
22	Aphisha Kharkongor	52	Banritihun Khongphai
23	Darihunlang Nonsiang	53	Sharailin Pyngrope
24	Risuklin Kharmalki		
25	Bashisha Iawphniaw		
26	Virginia Dhar		
27	Ankita Sarmah		
28	Memory Mukhim		
29	Ribanshem Lyngdoh		
30	Ankita Basumatari		



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## 16. Earth Day

1.	<b>Title of the Activity</b>	Earth Day
2.	<b>Date</b>	21.04.2023
3.	<b>Venue</b>	St. Edmund's College, Shillong
4.	<b>Duration (in hrs)</b>	5 hrs
5.	<b>Organising Department/Club</b>	NOW Eco Club
6.	<b>Name of the Collaborating Agency/Club</b>	NSS
7.	<b>Participants (students)</b>	80

The NOW Eco club of St. Edmund's College in collaboration with the NSS Unit of St. Edmund's college commemorated the Earth Day on the 21<sup>st</sup> of April, 2023 in the college campus, on the acknowledged theme **“Invest in our Earth”**. As celebration of the Earth Day, a cleaning drive of the college campus was conducted. A total number of 83 volunteers and members of the Eco Club had participated.

The volunteers were asked to gather around the college canteen where directions and explanation by the teachers. They divided themselves into two groups. The NSS volunteers were tasked with cleaning the college field and its surrounding area, while the members of the Eco Club were tasked with cleaning the entire campus, starting from the main gate.

All the volunteers were given biodegradable garbage bags and surgical gloves for the cleaning drive. Both teams collected polythene garbage and other unwanted plants they found. After the cleaning drive, all the volunteers gathered around along with their garbage for the photo session.

**Learning outcomes:** The learning outcomes of the campaign was the importance of cleaning and preserving the surroundings around us. Mother Earth had provided us with a lot of resources for our daily life, so it is our duty to respect and protect our present resources. The volunteers were able to collect and clear polythene and unwanted litter present in the college campus and playground during the programme.





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#### Earth Day 2023: List of programme participants

1	Darihunlang Nongsiang	47	Babetlin Dkhar
2	Camilla Nongrum	48	Melveryne L Marshilong
3	Rebecca Kharlyngdoh	49	Medari-ia-I Kyrmen Kharkangor
4	Shidalin Basaiawmoit	50	Mebanbatskhem Helarius Kharmawlong
5	Bashida Marbaniang	51	Gracious Madur
6	Vivian Alexander Lyngdoh Nonglait	52	Vikash kumar Ray
7	Sarah Bose	53	Yash Kumar Singh
8	Jayrish Singh Achom	54	Joana S. Sangma
9	Darimiki Pale	55	Ankita Sarmah
10	Irom Sinpangbi Mangang	56	Vania Shadap
11	Risawa Marboh	57	Ingie Chwlpah D. Shira
12	Phibanseisoh Nongbet	58	Stephen Yumlum Chada
13	Rebecca Kimneitheing	59	Nehjasei Haokip
14	Afreen A. Gaazi	60	Ankita Rasumatari
15	Embhah Albert Marbaniang	61	Rinasuk Suchiang
16	Ng Anisha Singha	62	Riwotmi D. Shulet
17	Gracy Thabah	63	Daphraki Biam
18	Nehboklang Lapang	64	Idaka-Warihun Lamare
19	Ankit Bhattarai	65	Lamki D. Laloo
20	Drema Lhamu	66	Bankyntiew Snaitang
21	Risamaphi Mulliemngap	67	Lapynhun Kharkongor
22	Neil Armstrong Nongsap	68	Anoshna Mukherjee
23	Wanpyndapbiang Marngar	69	Blajied Kyrpang Tariang
24	Andy Fabian Diengdoh	70	Donkumar Syiemlieh





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25	Paleishisha Dohtdong	71	Zhilo Chuchi
26	Deiphibanda Mawlong	72	Phaimideimaia Dhar
27	Iawansukshisha Marbangiang	73	Kitborlang Marbaniang
28	Inocent Nongrum	74	Amanicia Marphy Nongkyurh
29	Ridabiang Syngoh	75	Mebahun Lyngdoh
30	Prem Chhertri	76	Wanki N. Laloo
31	Kyra Noela K Sangma	77	Jessica Malniang
32	R. Lalnuthluangi	78	Gift Grace Syiem
33	Aibaphylla Basaiawmoit	79	Camelia Wahlang
34	Naphisabetbha Syiemlieh	80	Hamesha Surong
35	Virginia Dkhar		
36	Sandajinghun Hujon		
37	Abhishikta Sen		
38	Jelina Binong		
39	Sangjirso Terangpi		
40	Ardousine T damin		
41	Ramphila A Shatsong		
42	Alisha June Suchiang		
43	Adiamupra Adiee Mukhim		
44	Allan Neil Diengdoh		
45	Mario Rymbai		
46	Lokas S Kurbah		



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## 17. Participatory Rural Appraisal (PRA)

1.	<b>Title of the Activity</b>	Participatory Rural Appraisal (PRA)
2.	<b>Date</b>	13.05.2023
3.	<b>Venue</b>	Myllem Kyndong Nongkyntir
4.	<b>Duration (in hrs)</b>	5 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	8

The NSS Unit of St. Edmund's College had conducted a PRA at Myllem Kyndong Nongkyntir on the 13.5.23. This activity was conducted after long-delayed months, as it one of the important activities during the NSS special camps in the adopted village.

PRA in simple terms can be understood as an assessment and learning process that empowers the community people to create the information base for planning and action. It means an approach which requires a good communication between the staffs and the community people to find out information about the problems, needs and potential in the community.

The resource person on the programme was, Mr. R. Langstieh, alongwith 8 NSS volunteers and NSS Programme Officers. The community people who were present comprised of youths and women organization, with a total representation of 18 individuals.

The programme started with the resource person initiating an ice breaking session, where he introduced himself to the local participants and they were also asked to do the same. He then asked the people about the problem they faced in the community and what needs to be focused. The resource person provided the participants with chart papers and stationaries in front of them. He asked them to participate by writing down in the chart papers.



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The participants were asked questions about the local problems and the people willing agreed to have a discussion among themselves. After a short deliberation, they nominated one member to write for them. Some of the problems faced by the villagers and were noted down by the participants include the poor condition of the school, no proper drainage or no proper waste disposal.

Through this PRA the unit will be able to understand the community infrastructure and conditions properly. As an adopted village the unit now has the responsibility to know about the community and how the village functions.

**Learning outcomes:** The outcome of the programme was successful as a number of the community people had come to take part in the session. The students were able to learn about the skills and ways on how to engage with local community people and to try to encourage the people to open up and share their views and problems. Through the ice-breaking session the people were able to participate in listing down the problems that the community faced.





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## Participatory Rural Appraisal (PRA): List of programme participants

	Name	Semester
1.	Darihunlang Nongsiang	4 <sup>th</sup>
2.	Camilla Nongrum	4 <sup>th</sup>
3.	Bashida Marbaniang	4 <sup>th</sup>
4.	Rebecca Kharlyngdoh	4 <sup>th</sup>
5.	Shidalin Basaiawmoit	4 <sup>th</sup>
6.	Ibadahun Blah	6 <sup>th</sup>
7.	Poonam Ray	6 <sup>th</sup>
8.	Medonlem Rapsang	6 <sup>th</sup>





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## 18. Tree Plantation

1.	<b>Title of the Activity</b>	Tree Plantation
2.	<b>Date</b>	29.07.2023
3.	<b>Venue</b>	Khapmara, Ri-Bhoi District
4.	<b>Duration (in hrs)</b>	2 hrs
5.	<b>Organising Department/Club</b>	NSS
6.	<b>Name of the Collaborating Agency/Club</b>	
7.	<b>Participants (students)</b>	25

A tree plantation drive was conducted by the NSS Unit of St. Edmund's College on the 29<sup>th</sup> of July, 2023 at Khapmara, a village in Ri-Bhoi District. A total of 65 saplings, obtained from the Forest Department of Meghalaya, were planted in Khapmara village, which was the location for the plantation.

A total of 25 NSS volunteers participated in the plantation drive. Each volunteer was tasked with clearing the area where the sapling is to be planted, digging the soil and planting and watering the sapling. A distance of 5 feet were kept between each sapling.

After the plantation drive, the whole area was cleaned thoroughly, and polytene and other plastic bags from the saplings were collected, placed together and properly disposed.

**Learning Outcome:** Tree plantation is a new experience for some of the new volunteers who got their first chance to learn how to plant saplings with the help and guidance of the seniors volunteers and teachers. The volunteers were also briefed on the importance of trees and plants, and the role that each one has in contributing to this noble cause of protection of our environment and to mitigate climate change. The programme was successful as a total of 65 saplings were planted.



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APRIL 2022 – JULY 2023







# St. Edmund's College, Shillong

Internal Quality Assurance Cell (IQAC)

EXTENSION ACTIVITIES REPORT [2022-23]

APRIL 2022 – JULY 2023

## Tree Plantation Programme: List of programme participants

1.	Melisa Kharbangar	5 <sup>th</sup> semester
2.	Balarilang Ryngkhlem	5 <sup>th</sup> semester
3.	Delira Sympli	5 <sup>th</sup> semester
4.	Kitborlang Dkhar	5 <sup>th</sup> semester
5.	Iohlynti Malai	5 <sup>th</sup> semester
6.	Astha Barooah	5 <sup>th</sup> semester
7.	Lasandakini Lyngdoh	5 <sup>th</sup> semester
8.	Banteilang Dkhar	5 <sup>th</sup> semester
9.	Phibakor Suting	5 <sup>th</sup> semester
10.	Abigail Nongrum	5 <sup>th</sup> semester
11.	Jolish Suting	5 <sup>th</sup> semester
12.	Nafisha Malniang	5 <sup>th</sup> semester
13.	Yapam Maluk	3 <sup>rd</sup> semester
14.	Rebecca Lamin	3 <sup>rd</sup> semester
15.	Chuingamwon A. T.	3 <sup>rd</sup> semester
16.	Daniella Ezme L Thabah	3 <sup>rd</sup> semester
17.	Mayuri Reang	3 <sup>rd</sup> semester
18.	Nafinia Marwein	3 <sup>rd</sup> semester
19.	Ritika Dey	5 <sup>th</sup> semester
20.	Aiombaiar Nengnong	5 <sup>th</sup> semester
21.	Ibashisha Lakhnie	5 <sup>th</sup> semester
22.	Darihunlang Nongsyiang	5 <sup>th</sup> semester
23.	Jahdiel M. Sangma	3 <sup>rd</sup> semester
24.	Elza Tiffany Lamare	5 <sup>th</sup> semester
25.	Aitisha Nongrum	5 <sup>th</sup> semester



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IQAC Coordinator