

NATIONAL SERVICE SCHEME

ST
EDMUND'S
COLLEGE
SHILLONG

ANNUAL REPORT

2018-19



MOTTO

NOT ME BUT YOU

NSS CELL ST. EDMUND'S COLLEGE
SHILLONG-793003



ANNUAL REPORT

REGULAR ACTIVITIES

2018 – 2019

MOTTO

NOT ME BUT YOU

NSS CELL,

ST. EDMUNDS'S COLLEGE

SHILLONG - 793003

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NAME OF THE EVENT: Felicitation Programme for NSS Animators and Volunteers

DATE: 21st April, 2018

A felicitation programme was organised by the NSS Unit, St. Edmund's College for the Students Animators of 2017-2018 namely Abhigyaan Sarma, Maharnawa Sarma, Ferrie Hinge and Aphisha. The programme started with a speech by NSS PO, Iarisa Dorphang who thanked the Animators for their hard work and effort in being the student leaders of the NSS Unit of the College. She also recalled their leadership qualities and unrelenting spirit in carrying out the tasks that were assigned to them. This was followed by a song which was performed by the NSS volunteers. The Animators were handed out Certificates of Appreciation by the NSS POs. The NSS animators then shared their experiences in the NSS and how much it has helped them grow as a person and with their fellow students. They recalled their experiences in the Special camps and their work with the local community and how much the experience humbled them and taught them the real service to others. It was quite an emotional experience for all. The Animators appreciated the efforts of the NSS and the POs, and conveyed their promise to continue in their efforts of service. The programme ended with a vote of thanks and Refreshments.

NAME OF THE EVENT: International Day of Biological Diversity

DATE: 24th May, 2018

The National Service Scheme (NSS) Unit of St. Edmund's College commemorated the International Day of Biological Diversity on the 24th of May in the College, on the internationally acknowledged theme "Celebrating 25 years of action for Biodiversity". A host of programmes including adopt a tree, cleaning drive, awareness campaign, slogan writing etc were carried out on the day.

The programme commenced with a talk on 'Importance of Biodiversity' by NSS PO Dr. J.T. Sawian. Some of the points highlighted were the benefits from biodiversity in material welfare, ecosystem services, human health, security of communities etc.

This was followed by a cleaning drive of the college campus by the NSS volunteers, and presentation of bamboo baskets to the college for waste collection.

The slogan writing competition carried out on that day had the following students as the winners - Yoowanka Dkhar (B.Sc. 4thsem), Nadine Ropmay (B.Sc. 6thsem) and Imkongsenla Longkumer (B.Sc. 4thsem).

The programme concluded with a vote of thanks given by NSS PO E. Sumer, followed by a refreshing cup of tea and snacks.



Distribution of Saplings for adoption



Cleaning drive



Slogan writing



Slogan writing

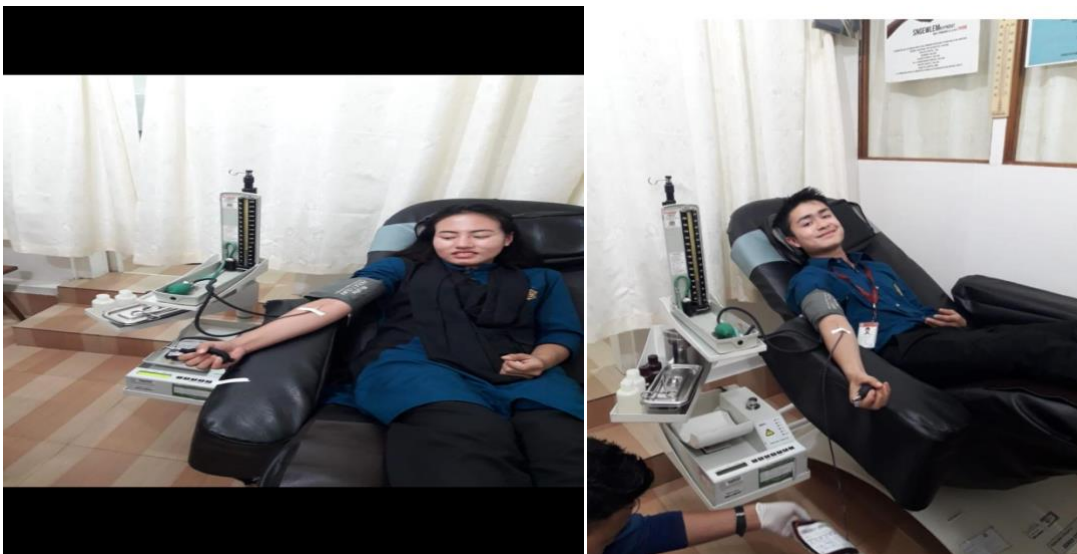


NSS volunteers with their saplings

NAME OF THE EVENT: Blood Donation at Nazareth Hospital

DATE: 15th June, 2018

The NSS St. Edmund's College volunteers led by NSS PO, Mr. E. Sumer participated in the World Blood Donor's Day at Nazareth Hospital, Shillong. The volunteers were given forms to be filled and their blood were tested. After the necessary test was done, the eligible volunteers then donated their blood. After donation the volunteers were given fruits, biscuits and juice. Later the doctor presented the volunteers with certificates and mementos.



Blood Donation at Nazareth Hospital

NAME OF THE EVENT: International Day on Yoga

DATE: 21st June, 2018

Theme: Yoga for Harmony and Peace

The International Yoga Day Celebration was held in St. Edmund's College on the 21st June which was organized by the NSS Unit, St. Edmund's College. The Principal of the College, Dr. S. Lamare, delivered the welcome speech by giving a brief introduction on how the yoga practice had started in St. Edmund's campus a few years ago and highlighted on the benefits of the exercise. He concluded by encouraging the participants to "celebrate and enjoy the day."

This was followed by a few words by Brother Simon, the Secretary of the College, who also wished the participants the very best for the session.

The main yoga session began with Ms. Anindita, the Yoga instructor, who gave a brief introduction on why the yoga day is celebrated on the 21st June. It was on account of the longest day and the "summer solstice." She also emphasized on the meaning of the theme, "yoga for peace and harmony", stating that yoga paves way for the mind, where "all problems emanate," to be at peace. Students, POs, the teaching staff and member of the College Management all enthusiastically participated in the session where they began with warm ups for the hand, elbow and shoulders.

They were then taught the different postures of Yoga (asanas) like the balsana, sukhasana, trikosana, vrksana, savasana, dhanurasana, bhujangasana and various others explaining the benefits of each one of them which maintains the "body balance." The Yoga instructor also stressed on how "yoga depends on your own level of flexibility" hence, one must not force oneself to do all the postures from the first try. "Yoga needs practice," she remarked.

Ms. Anindita Das concluded the session by demonstrating some breathing techniques which are believed to help in "inhaling positive energy and exhaling negative energy" and ended by wishing everyone a "very happy yoga day".

This was followed by Refreshments for all the participants.



International Day on Yoga

NAME OF THE EVENT: World Environment Day

DATE: 26th June, 2018

Theme: 'Beat Plastic Pollution'

The NSS, St. Edmund's College along with the Department of Environmental Science organized an Inter-departmental seminar based on the Year's Theme "Beat Plastic Pollution" on 26th June, 2018 in the College Auditorium. The programme started with the Inaugural Address by the Principal, Dr. Sylanus Lamare who gave a brief speech on the impacts of Plastics and other wastes on the environment and the role that each one of us has to play in the conservation of our precious environment. He encouraged students to carry their own cloth bags and reduce dependence on plastic bags and plastic commodities. The programme was followed by the introduction of the judges and the rules to be followed. There were a total of 12 participants from different departments of the College.

The winners are:

1st prize - Adiel H. Dkhar, Department of Chemistry

2nd prize - Mansi Kaurinya, Department of Biochemistry

3rd prize - Shibanjali Mahanta, Department of Environmental Science



A student presenting during the seminar

NAME OF THE EVENT: Workshop on Demonstration of the use of Foldscope and a Blood Profiling Camp

DATE: 20th August, 2018

VENUE: College Auditorium

A Workshop on Demonstration of the use of Foldscope and a Blood Profiling Camp was organized by the NSS, SEC Unit on 20th August, 2018. The programme started with a welcome speech by Brother Simon, the Secretary of the College. He wished the students luck and welcomed the resource persons and their students from Delhi University.

It was followed by a presentation by Dr. Purna Diwan, NSS PO, Delhi University. She demonstrated the use of fold scope as a research tool. The entire Awareness Programme was on Betel Nut effects. She explained about Betel nut chewing; Increase in chromosomal aberrations leading to risk of Oral Cancer. She showed a video on the uses of foldscope.

This was followed by a blood profiling camp by the student volunteers under the supervision of Prof. Rakesh Kumar Gupta, faculty Delhi University. They conducted blood tests, checked the blood pressure and sugar levels and haemoglobin, weight and height of the students who registered for the camp.





Counter for Blood profiling



Registration counter

NAME OF THE EVENT: Independence Day Celebration

DATE: 15th August, 2018

The Independence Day of 2018 was celebrated by the National Service Scheme volunteers of St. Edmund's College. The programme started with the hoisting of the National Flag by the Principal of the College, Dr. S. Lamare, accompanied by Br. Simon Coelho, the Secretary of the College. The National Anthem was sung and the Principal wished all a Happy Independence Day and spoke a few words addressing the audience.

This was followed by brief performances students singing, reciting poems, display of paintings which were showcased in the college cafeteria.



NAME OF THE EVENT: NSS Foundation Day

DATE: 24th September, 2018

The NSS volunteer along with the PO of the College attended the NSS Foundation Day programme in NEHU Convention Hall on 24th September, 2018. It was an honour that the NSS theme song on that day was presented by the NSS volunteers of St. Edmund's College.

This was followed by speeches from organisers, dignitaries, invited guests including the Governor of Meghalaya, Mr. Tathagata Roy. Several awards were handed out that day to various volunteers, POs and colleges. This was followed by performances from the different NSS units across the state.



NAME OF THE EVENT: Celebration of Gandhi Jayanti

DATE: 2nd October, 2018

The NSS unit St. Edmunds College organized a program at the college on 2nd October 2018 to commemorate Gandhi Jayanti. The welcome speech was given by NSS PO, Mr. E. Sumer. This was followed by a presentation on Mahatma Gandhi, his contribution to our nation, and was followed by a presentation on Swachh Bharat mission in our country. All the student volunteers including the POs took a pledge to always keep our country clean. The program was followed by a cleaning drive of the college campus organized by the NSS unit St. Edmunds College where the POs and the NSS volunteers actively took part.





NAME OF THE EVENT: Blood Donation Camp

DATE: 11th December, 2018

The Voluntary Blood Donation Camp was 11th December, 2018 was organised as a part of the College Week activities EdBlazon-2018 along with the Regional Blood Bank, Pasteur Institute, Shillong and the Meghalaya Aids Control Society, State Blood Transfusion Council. The programme started with the Inaugural address by the Principal and felicitation of the health workers by the College. This was followed by a Motivational talk on Blood donation by the attending doctor, 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.



NAME OF THE EVENT: Youth Parliament

DATE: 7th February, 2019

On the 7th of February 2019, a group of NSS SEC volunteers attended the State Youth Parliament which was organized at the International student's hostel/guest house at NEHU, Shillong. The formal program began at 10:15am. The welcome speech was given by Shri B.D. Cajee. This was followed a speech by Shri. D. Rapsang, Coordinator NYKS, who gave a brief introduction on Youth Parliament. Prof. H. Lamin, the Vice-Chancellor of NEHU, gave a very energetic speech to the youths, and encouraged them to 'Be the voice of new India'. Shri. L. Rymbui, the Minister of Education also addressed the youths and stressed on the role of youth in nation building, He put forward his thoughts of the responsibilities of the youths starting from grassroot level. The vote of thanks was given by Dr. L. Kma NEHU cell coordinator. This was followed by a tea break.

The formal session of the Youth Parliament began at around a quarter to twelve. There were 13 participants from five districts of the state. They were made to express their views on any one of four topics - 'India on the verge of becoming a super power', 'Digital India', 'One election One nation', and 'Swaatchhta- Building mass movement in India'. Each speaker was distinctive in style and spoke valuable points. They were judge by a jury comprising of prominent personalities including Shri. Charles Pyngrope MLA, Smt. D. Mawthoh retired DHTE, Smt. D. Syiem renowned Social worker, Shri. H.H. Mohrmen a reputed journalist, and Prof. C. Cajee Department of Geography, NEHU. The best two speakers were chosen to represent Meghalaya at the National level of the Youth Parliament. After the proceedings, the students made their way back, ending the day on a high note.

NAME OF THE EVENT: Cleaning Drive at Smit

DATE: 9th February, 2019

The NSS volunteers of St. Edmund's College along with Civil Hospital, Shillong organized a cleaning drive in the village of Smit on 9th February, 2019.

