

NATIONAL SERVICE SCHEME

ST
EDMUND'S
COLLEGE
SHILLONG

ANNUAL REPORT

2019 - 2020



MOTTO

NOT ME BUT YOU

NSS CELL ST. EDMUND'S COLLEGE
SHILLONG-793003



REGULAR ACTIVITIES

2019 – 2020

MOTTO

NOT ME BUT YOU

NSS CELL

ST. EDMUNDS'S COLLEGE

SHILLONG - 793003



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Name of the Program: Celebration of International Day on Yoga with NEIAH

Date: 10th June, 2019

The NSS Unit, St. Edmund's College celebrated the International Day on Yoga in collaboration with the North Eastern Institute of Ayurveda and Homeopathy (NEIAH), Shillong on 10th June, 2019. NSS Programme Officer Ms. I. Dorphang welcomed the team and a small inaugural programme was held with speech from the doctors and staff from NEIAH. The Yoga programme began with oral supervisions on the yogic asanas and exercises. A group of five demonstrators displayed the correct posture of each exercise for the volunteers. The entire exercise was quite a body flexing and mind calming one. The programme, thus, ended on a healthy note.



Name of Program: State Level World Blood Donor Day Celebration

Date: 14th June, 2019

The NSS Unit participated in the State Level World Blood Donor Day Celebration on 14th June, 2019 at Don Bosco Youth Centre organised by the Meghalaya AIDS Control Society (MACS), State Blood Transfusion Council, Meghalaya along with the co-operation of licensed Blood Banks in the state. Representatives from various organisations along with a distinguished group of voluntary blood donors were also present. Students from other colleges in the city, including NSS Volunteers, were also present. Dr. C. Budnah, the Head of the State Blood Transfusion Council (SBTC), Meghalaya gave a warm welcome to all including the chief guest, Dr. S. Lyngdoh, Project-Director, Meghalaya AIDS Control Society. This was then immediately followed by presentation of testimonies by Miss S. Rapsang and later on by Mr. Mapreet – who spoke of their own experiences of being parents of children living with Haemophilia, a debilitating chronic disease which requires blood transfusion on a normal basis and they also spoke of their experience of being on the receiving end of blood donations. This was then followed by a power point presentation by Dr. H. Dkhar of Nazareth Hospital, Shillong who gave the audience an informative, enlightening and a rather poetic account of the need for “safe, adequate and good quality blood.”

This was followed by enthralling musical performances from Synod College and the winners of Meg Icon 7. After which, Mr. L. Syiem gave his testimony of being a regular blood donor and his enriching experiences with it. The presentation of momentos to a distinguished group of voluntary blood donors was next. Dr. S. Lyngdoh, in his speech, spoke of the importance of voluntary blood donation and that of the various steps that could be taken up to increase participation in blood donation camps alike. A power point presentation highlighting the names of the various organisations which had held blood donation camps in the past year was exhibited. A blood donation camp was also being simultaneously held throughout the duration of the programme in a room opposite the hall.

The vote of thanks was proposed by Miss E. Pariat, an official of the Meghalaya AIDS Control Society (MACS). This was followed by another round of enthralling musical performances from Synod College and the Brand Ambassadors of the Meghalaya AIDS Control Society, the winners of the Meg Icon 7. The programme, thus, came to a successful end. Refreshments were served to all.



Name of the Program: Celebration of International Day of Yoga 2019

Date: 21st June, 2019

The International Day on Yoga was celebrated by the NSS Unit, St. Edmund's College along with the NCC and the IQAC of the College. Prof. Shouman, the teacher-in-charge of the NCC Unit of the College welcomed the gathering - the invitees, teachers, students and staff - to the College's celebration of the International Day of Yoga 2019. Special mention was given to the chief guest, the Officer-in-charge of the NCC Unit in Shillong along with the Principal of the College, Dr. S. Lamare. Dr. Lamare, in his speech, spoke of how Yoga was one of India's great contributions to the world and that it must continue to be encouraged to be practised. Representatives from the *Art of Living* Organisation – Ms. A. Upadhya and Dr. Sneha were the Yoga instructors for the day. Prof. Anamika directed the participants through the various asanas and positions orally. The environment was one of meditative calmness. Towards the end, Prof. Shouman thanked all those involved in the running of the programme and also put forward the message of encouraging others to partake in this ancient Indian practice. Refreshments followed.

At around noon, a poster-making campaign was organised and the students partook in it. Many colourful and informative posters about the International Day of Yoga and of Yoga and its benefits were designed. Thus, after the displaying of the posters, the day's programme came to a productive end.





Name of the Program: Celebration of World Environment Day 2019

Date: 26th June, 2019

The NSS volunteers along with students of the college celebrated the World Environment Day on 16th June, 2019, with a Cleaning drive programme of the College campus and an Awareness talk on Littering. The students and the volunteers identified areas in the college where there is litter and divided the students into groups for the cleaning drive. Students were distributed brooms, dustbins and other cleaning items and started cleaning and picking up the litter. The garbage was collected in a big dustbin. A number of students also talked to fellow students and spread messages to stop littering and the proper management of wastes. The students, volunteers as well as the animators finished up with the cleaning drive.



Name of Program: Orientation Programme for NSS volunteers

Date: 31st July, 2019

The NSS Unit organised the Orientation Programme for the new NSS volunteers on 31st July, 2019 at the College Auditorium. The programme was hosted by Rebecca, one of the NSS animator who also gave a brief history and programmes of the NSS. NSS PO, Ms. I. Dorphang, talked about the Special Camps and also briefed about the workings of the NSS. This was followed by the singing of the NSS theme song; and the introduction of the POs and the



NSS animators of the Unit. The Principal, Dr. S. Lamare, delivered his speech and motivated the students to carry on the works and the name of the NSS Unit of the College. He talked about the importance of NSS and participation in the NSS activities. This was followed by a slide show of the programmes and activities of the Unit through the years. A motivational talk was delivered by Sir G. Kharkongor, former NSS PO of the College. He emphasized how volunteers should have the spirit and dedication of volunteer work. The NSS pledge was taken up by one of the animators, which was followed by the NSS clap. A vote of thank was given by the host and everyone stood up as the College Anthem was sung.



Name of Program: NSS Workshop on Swachhta Pakhwada

Date: 1st August, 2019

A programme on cleanliness, an initiative by “Swachhta Pakhwada” was held on the 1st of August, 2019 at the AV hall, St. Edmund’s College, Shillong. It was chaired by Bah Mark, who is a State Consultant on Swachh Bharat. The Principal of St. Edmund’s College along with the PO, namely, Ms. I. Dorphan, Ms. J. Sawian and Sir E. Sumer, and around thirty NSS volunteers attended the programme. In the programme questions were being raised, such as, “What is Swachh Bharat Mission?” and also evoked ideas on changing people’s behavior and their concept about cleanliness. Bah Mark stated how the actual scenario in most villages is different, which is why it is important to understand and change the behaviour of people. There was an interactive session, wherein, various activities were conducted and students were asked to volunteer and participate, giving out a message at the end of each activity. Videos were shown on Solid Waste Management and Liquid Waste Management and how in villages with lack of proper drainage system, are incorporating it.

At the end of the programme, Sir E. Sumer urged everyone present for the programme to take a Swachh Pledge on Cleanliness.

It goes as:

“Mahatma Gandhi dreamt of an India which was not only free but also clean and developed.

Mahatma Gandhi secured freedom for Mother India.

Now it is our duty to serve Mother India by keeping the country neat and clean.

I take this pledge that I will remain committed towards cleanliness and devote time for this.

I will devote 100 hours per year, that is two hours per week, to voluntarily work for cleanliness.

I will neither litter nor let others litter.

I will initiate the quest for cleanliness with myself, my family, my locality, my village and my work place.

I believe that the countries of the world that appear clean are so because their citizens don’t indulge in littering nor do they allow it to happen.

With this firm belief, I will propagate the message of Swachh Bharat Mission in villages and towns.

I will encourage 100 other persons to take this pledge which I am taking today.

I will endeavour to make them devote their 100 hours for cleanliness.

I am confident that every step I take towards cleanliness will help in making my country clean.”



Name of Program: Cleaning drive under the “Swachhta Pakhwada” Programme in Laitmysaw and Myrkhan Village

Date: 10th August 2019

The NSS volunteers along with students of the Social Work Department started the day by meeting up in the college campus near the NSS Cell at around 9:00 am. Once they are gathered, the NSS volunteers collected the items for the cleaning drive and all boarded the College bus and reached Laitmysaw village at 10:20 am. The NSS volunteers are divided into two groups, one group was assigned to clean the place under Laitmysaw village and the second group was sent to Myrkhan village. The students assigned to clean Myrkhan village were transported by the college bus to the village. The students were given biodegradable organic bags for collection of trash. When all were done with the cleaning drive, the bags were tied up and kept it in the bus, and brought back to the college for disposal. A group photo was taken outside near the sign board of the village.



Name of Program: Cleaning drive along National Highway from Umshyrpi Bridge to 101 area

Date: 12th August, 2019

The NSS Unit, St. Edmund's College organised a Cleaning drive under the Swachh Pakhwada Programme along National Highway from Umshyrpi Bridge to 101 area. The programme was also saw active participation from the students of the Social Work

Department, NSS Units of North Eastern Hill University, Shillong and Nabon Women's Synod College, Jaiaw. The cleaning drive began at 09:55 am from the Umshyrpi Bridge. The combined strength of the entire group was around 50-55. The NSS volunteers spread out on both sides of the Highway and started collecting and picking up the litter. The majority of the team eventually made its way to 101 Area whilst another half, trailed ahead towards 3 ½ Mile. Throughout the exercise, it was observed that plastic and plastic products were seen to be the main constituent of waste found along the National Highway. The many heaps of waste were collected in biodegradable garbage bags and kept at specific spots for a vehicle specially employed for the purpose to come and pick them up. The cleaning drive was completed by 12:05 pm. Refreshments were served after a while. The students from the other two collaborating units made their way from the venue with goodwill. The NSS student reached college by 12:55 pm, and after a few minutes of conversation, dispersed from the campus. It was a good end to the day's programme.



Name of Program: Celebration of Independence Day

Date: 15th August, 2019

The Independence Day of 2019 was celebrated by the National Service Scheme volunteers of St. Edmund's College along with the NCC unit. The NSS volunteers, the NCC cadets and a few random audiences had come to witness the flag hoisting ceremony. The NCC cadets performed a parade while welcoming the Principal Dr. S. Lamare who was also responsible for hoisting the flag; Br. Simon was also seen accompanying the Principal to the ceremony.

The Principal hoisted the flag which was accompanied with the singing of the National Anthem, after that he wished everyone a Happy Independence Day and spoke a few words addressing the audience. The students who were present for the programme were provided with refreshments in the college canteen immediately after the flag hoisting.



Name of Program: Launching of “My Shillong, My Passion: A Call to Act Now!”

Date: 31st August, 2019

The NSS volunteers of the Unit along with students of the Social Work Department participated in the launching of “My Shillong, My Passion: A Call to Act Now!” on 7th September, 2019 an initiative of the Hon’ble Chief Minister of Meghalaya, Shri. Conrad K. Sangma and the Deputy Commissioner, East Khasi Hills District, Meghalaya, Shillong, at the Moreau Institute of Integral Training (MIIT), Cleve Colony, Brookdene, Shillong. Around 104 student volunteers of the College participated in a number of activities of the programme. The theme of the programme revolved around launching of Community initiatives towards Waste Management and Cleanliness. T-shirts and caps were given out to all the volunteers to spread the message of the initiative. Many schools and colleges were also invited to make their presence towards this cause along with the members of Dorbar Shnongs of different areas and localities, media persons and other prominent members and individuals of the society.

The organizers of the programme emphasized on how the slogan “My Shillong, My Passion” has to be internalized and owned by every individual in the city and that the message of a cleaner Shillong should prevail in every nook and corner of the city particularly those localities that use the rivers and streams to dump their garbage in despite stringent warnings. Photo and meme competitions were also planned across schools and colleges as part of the green campaign.



Name of Program: Cleaning Drive at Umiam View point

Date: 14th September, 2019

The NSS Unit, along with the Social Work Department, St. Edmund's College, Shillong, participated in the cleaning drive of the Umiam View Point on 14th September, 2019. The Cleaning drive was organized by Meghalaya Clean and Green Environment. The District Administration, students from different colleges, ex-ministers, and individuals joined to clean the tourists' spots and the highway. The students were divided into groups so that they could clean up the different spots at a time. Masks and gloves were given out to all the volunteers of the cleaning drive. Armed with broomsticks and bamboo baskets, they were all set to complete the task. The organizers of the drive welcomed the volunteers and appreciated their presence. They spoke on cleanliness and also how to work towards a clean and a green environment for the betterment of the future. The Deputy Commissioner of Ri-Bhoi district, R.M. Kurbah, also joined the cleaning drive. The cleaning drive was a success.



Name of Program: Walk for Freedom

Date: 19th September, 2019

The NSS Unit, St. Edmund's College, Shillong, participated in the Walk for Freedom on 19th September, 2019 organised by The Movement India. The NSS volunteers along with students of the Social Work Department, St. Edmund's College gathered at Mawkhar Community Hall at 6:30 a.m and chart papers or slogans were distributed among the students. A number of people and students from other colleges also joined the walk. A welcome speech and an introduction to the Walk for Freedom was given by Ms. Shannon Donna Massar. The Walk for Freedom pledge was given by the Chief Guest, Superintendent of Police, Shillong who also flagged off the event. The students then started to move out of the Hall according to their lines, and walked from Mawkhar Community Hall to Riatsamthiah, Umsohsun, Bimola, Motphran, and back to Mawkhar Community Hall. The event concluded with a thank you address.



Name of Program: Workshop on Leadership and Team Building

Date: 19th - 21st September, 2019

The NSS volunteers of St. Edmund's college participated in a three days workshop on "Leadership and Team Building" from the 19th-21st September, 2019 at Youth Hostel organized by Rajiv Gandhi National Institute of Youth Development, Regional Centre Chandigarh. The purpose of conducting the workshop was to motivate the volunteers to work together to develop strengths and to address any weakness. The purpose of team building is to increase trust, improve communication, increase collaboration and increase or maintain motivation. The NSS volunteers were given rules to follow for the three days programs. The rules were: punctuality, discipline, respect, co-operation, friendly, honesty, team work, maintaining confidentiality, no wasting of food or electricity, being responsible, good manners and active participation. The students were also taught different types of skills - literary skills, vocational skills, livelihood skills, cultural skills and life skills and also about self-awareness. These were followed by fun activities on empathy, wearing other shoes, activities on problem solving, decision making, critical thinking and creative thinking. The session on team building taught the students on points of team building like forming, storming, norming, performing and adjuring followed by some fun activities. Sessions on effective communication, personality, comfort, stretch/development zone and panic zone were also taught.





Name of Program: NSS Foundation Day

Date: 24th September, 2019

The NSS volunteers of St. Edmund's College participated in the NSS Foundation Day organized by NSS Cell at NEHU on 24th September, 2019. The programme was hosted by NSS PO, Ms. I. Dorphang of St. Edmund's College. The programme was attended by a number of dignitaries, academicians, teachers, and student volunteers from different colleges across the state. The formal session included singing of the National Anthem, speeches and distribution of awards. This was followed by the Informal session post lunch with a variety of performances like dancing, singing and fusion play which were performed by NSS volunteers of different college. The programmes ended with a jam session at around 6 p.m.



Name of Program: Celebration of the 150th Anniversary of Mahatma Gandhi

Date: 1st October, 2019

The NSS volunteers of St. Edmund's College participated in the Celebration of the 150th Anniversary of Mahatma Gandhi organised by Synod College, Shillong in collaboration with the Office of the District Commissioner, East Khasi Hills, Shillong on 1st October, 2019 at U Soso Tham Auditorium. The Documentary showed the life of Mahatma Gandhi, his early life and his study abroad and how he returned back to serve his country. It showed how Mahatma Gandhi helped his people and how his actions turned into everyone's motivation that they can also fight for their rights. It also showed how Mahatma Gandhi was killed and how he became the Father of the Nation. When the documentary screening was over, a thank you speech was given and the students were served refreshments.

Name of Program: Special Talk on Mahatma Gandhi and North East India

Date: 1st October, 2019

About 5 (five) NSS volunteers of St. Edmund's College participated in the Special Talk on Mahatma Gandhi and North East India organised by Synod College, Shillong in collaboration with the Office of the District Commissioner, East Khasi Hills, Shillong on 1st October, 2019 at Synod College Auditorium, Shillong. The Special Talk was organised as part of a host of programmes that Synod College in collaboration with the Office of the District Commissioner, East Khasi Hills, Shillong had undertaken to celebrate the 150th birth anniversary of Mahatma Gandhi. A host of dignitaries attended the programme including Smt. M. War Nongbri, DC of East Khasi Hills and Dr. D.R. Syiemlieh, renowned historian, scholar and former Chairman of the UPSC. The gathering consisted of invited guests, the staff and students of Synod College along with teachers and students of other schools and colleges. Smt. M. War Nongbri and Dr. Syiemlieh inaugurated a memorial plaque of Gandhi on the occasion. Smt. War Nongbri presented a speech where she highlighted the need for Gandhi's values and legacy to become a living practicality and an inspiration for all, especially the youth of the state. Dr. Syiemlieh presented his talk to the gathering. It was also a collection of concise and rather illuminating facts about a man who helped change the destiny of an entire nation.

After the talk, the prize distribution ceremony for the other competitions held was carried out. St. Edmund's College, represented by Juhiwanki Pala and Kumam Shane Paswett, bagged the second position in the College level Quiz Competition.



Name of Program: State Level Observation of National Voluntary Blood Donation Day

Date: 1st October, 2019

The NSS volunteers of St. Edmund's College participated in the State Level Observation of National Voluntary Blood Donation Day on 1st October, 2019 at Pasteur Institute, Shillong Organised by the State Blood Transfusion Council in collaboration with Meghalaya AIDS Control Society (MACS), Shillong and the Directorate of Health Services (Research), Government of Meghalaya. Smt. M. War Nongbri, DC of East Khasi Hills was the chief guest. She was accompanied by Dr. Pdah, Jt. Director of Health (Research) and Dr. S. Lyngdoh, the Project Director of Meghalaya AIDS Control Society. The programme was attended by various officials and representatives of governmental and non-governmental agencies, in-charges of the various Blood Banks, doctors, teachers and students along with other invited guests.

Dr. S. Lyngdoh stressed upon the need of voluntary blood donation to help improve supply of safe and quality blood in Blood Banks and also to strengthen the theme of the year – '*Atleast Donate Once in a Lifetime*'. Dr. Budnah, from the State Blood Transfusion Council gave a presentation on the '*Blood Transfusion Services in Meghalaya*' and also enlightened the gathering of the current scenario of the state with regards to voluntary blood donation, which is at 35.78% as of April-August 2019. She stressed upon the need to improve upon this figure.

On a lighter note, the staff of Pasteur Institute then gave the audience a charming musical performance. Following this, a representative of the Aijingim Voluntary Blood Donors Organisation talked to the gathering of the works and achievements of the organisation. He was then presented with a memento from the chief guest, as a mark of recognition for the contributions of the organisation towards improving the status of voluntary blood donation in the state. The chief guest presented her views to the gathering and had said that state of Meghalaya has seen an improvement in voluntary blood donation figures but, she added, that it still has quite a lot to do to in order to achieve a higher standard. An official from the North Eastern Indira Gandhi Regional Institute of Health and Medical Services (NEIGRIHMS), Shillong proposed the Vote of Thanks and refreshments were served.

The volunteers then, made their way to the assigned area for blood donation. Counselling was given to them before they went ahead to the room where the requisite procedures were carried out for blood donation. After donating blood, the NSS volunteers were given high nutrient

refreshment and were made to rest. By 01:15 pm, the students made their way back to college. The day ended on a good note.





Name of Program: Celebration of Gandhi Jayanti cum Cleaning drive in St. Edmund's College campus and along National Highway from 101 area to 3rd mile Upper Shillong

Date: 2nd October, 2019

The NSS Unit of St Edmund's College, Shillong celebrated the 150th anniversary of Gandhi Jayanti by organising a cleaning drive in the College campus and a cleaning drive along National Highway from 101 area to 3rd mile Upper Shillong in collaboration with the NSS Unit of St. Anthony's College, Shillong along with students of the Social Work Department, St. Edmund's College on 2nd October, 2019. The programme on cleaning drive started with a speech by the Principal, Dr. S. Lamare welcomed everyone and spoke of the importance of cleanliness and Gandhi's push for a clean India. Following this, NSS PO, Sir E. Sumer, addressed the gathering and spoke of the need to become conscientious citizens with regards to cleanliness. The Swacch Bharat pledge was also taken by all those present. The cleaning drive then started with the volunteers enthusiastically getting on with the work at hand. At around 09:20 am, the students were availed refreshments and at 09:40 am made their way to the college bus to be taken to the next venue for the cleaning drive.

The NSS volunteers then arrived at 101 Area, Shillong and were distributed gloves, masks and environment-friendly plastic bags for collection of wastes. The weather was rather grim and rainy but the volunteers carried on, nonetheless. The volunteers from St Anthony's College, Shillong arrived reached the venue at 10:05 am and the cleaning drive began at 10:15 am sharply. The combined force of around 100 participants were divided into two; one group would start from 101 Area and move ahead whereas the other would begin at Laimer and come towards the direction of 101 Area, the meeting point being Gorkha Secondary School. In spite of the inclement weather, the teams carried on and got much work done. The cleaning drive came to an end at around 12 noon. The collection bags were heaved on a vehicle, and after a group photograph, the team dispersed. The volunteers of St. Edmund's College made their way back to college and arrived at 12:30 pm. Lunch was served to all afterwards. The students made much stride towards achieving the goal of a cleaner Shillong.

The programme thus, ended on a high note.





Name of Program: Capacity Building of Youth on Leadership and Personality Development through Life Skills

Date: 22nd to 26th October, 2019

Three NSS student volunteers of St. Edmund's College participated in the Capacity Building of Youth on Leadership and Personality Development through Life Skills – A Five days Residential Programme for East Khasi Hills District as part of the NSS Special programme for North East Region organised by the NSS Unit of St. Anthony's College, Shillong from 22nd – 26th October, 2019 at Siloam, Umbir, Ri – Bhoi District.

Day 1, 22nd October, 2019 – Around 50 volunteers from various colleges of East Khasi Hills District participated in the programme. The group was introduced to the principal Resource Person, Rev. Fr. George. This was followed by an ice-breaking session. Sessions continued in the evening and post-dinner, an entertainment/cultural night was held by and for the volunteers.

Day 2, 23rd October, 2019 – The day started with a self-reflection and students were divided into different groups for interaction, group discussion and group games. This was followed by a trek to U Lum Sohpet Bneng. After dinner, there was an interaction between the group and Dr. Jacob, a representative of Nature Life International who talked about the harmful practises being carried out in the pharmaceutical industry and who also championed the cause of traditional medicine.

Day 3, 24th October, 2019 – Routine was followed and sessions continued. It was observed that the resource person made effective use of group activities such as action songs and games to provide a stimulating environment. Students also filled out simple psychological tests to know more about their own personality. In the evening session, Prof. Gregory of St. Anthony's College interacted with the group about important aspect of life skills, and reflection on future family life.

Day 4, 25th October, 2019 – Normal routine was followed throughout the day and in the afternoon, Shri. Deepak Kumar, Regional Director, NSS, talked and interacted with the students on the need of life skills to boost leadership and personality in an individual. Sessions continued later on and the group dispersed at 09:30 pm.

Day 5, 26th October, 2019 – Normal routine continued with the last session ending at 12:15 pm with lunch. At 1:20 pm, the students gathered to share their valuable feedback, insights and experiences of the programme. At 02:00 pm, the Valedictory Programme was held, followed

by a photo session. After goodbyes, the student volunteers made their departure from Siloam at 03:00 pm.





Name of Program: Celebration of Rashtriya Ekta Diwas

Date: 31st October, 2019

The NSS students of St. Edmund’s College celebrated Rashtriya Ekta Diwas on 31st October, 2019. The programme started with an introduction by the animator of the college. NSS PO, Ms. I. Dorphang spoke about the history behind the celebration of this day. This was followed by the screening of a documentary which showed the contributions and life of Sardar Patel. It showed how he played a central role in making India a unified country, his devotion and ideas and his appreciation of Gandhian principles and examples.

The Principal’s speech was an enlightening one; he spoke of the dynamics between the Princely states, notably, the Khasi Princely States and the Government of India during the years immediately after Independence. He encouraged all of us to learn more about our own culture and history and to be proud of it.

The Rashtriya Ekta Diwas pledge was sworn in by the participants, followed by the National Anthem. The program ended with refreshments being served to all.



Name of Program: Eco Trekking-cum-Cleaning Drive along David Scott Trail

Date: 8th November, 2019

An Eco Trekking-cum-Cleaning Drive along the David Scott Trail was organised by the NSS St. Edmund's College Unit on 8th November, 2019 from Mawphlang to Lad Mawphlang. The NSS volunteers of 40 students along with the POs and Trek guides were ferried in two buses to Mawphlang. We arrived in Mawphlang village at around 09:55 am, where a few introductory remarks were made by NSS PO Sir E. Sumer, and the rules and regulations were explained by the two Trek guides. The trek then commenced along the trail and the volunteers also began picking up litter wherever they could see any lying about along the trail. The trek was of a fairly manageable terrain and was not too extreme for the amateur trekkers. The volunteers showed enthusiasm, endurance, responsibility and compliance of instructions. The guides were communicative and explained many things about the folklore, history and heritage attached to the site. At around 12:30 pm, the team stopped and had a lunch break and at 01:30 pm, commenced with the trek. The team also encountered other trekkers and interacted with the different trekking groups.

The scenery along the trail was one of serene beauty, with the hills and the clouds becoming a mesh of radiant greenery and stark blue. The river running between the valley was also a beautiful sight. The natural sounds and tranquillity of the area really made for a calming experience. The team members began reaching the other end i.e., Lad Mawphlang at around 03:00 pm, some boarded the buses while some interacted with the community members. The team eventually left the area for Shillong at 04:30 pm. Despite the strenuous physical exercise filled day, the environment in both the buses was one of joviality.





Name of Program: Hackathon

Date: 16th November, 2019

The NSS volunteers participated in a programme on Hackathon organised by the Meghalaya Police at St. Anthony's College on 16th November, 2019. The programme started with speeches about safety and security on the road and anywhere in our daily routine. Data on vehicle population in Shillong city till March 2019 was shared which was about 34,559 of Transport vehicles and 1,42,736 of Non- transport vehicles. This was followed by a talk on the Rules and Threats in Traffic, followed by Road Safety Engineering Measures for Enhancement of Road Safety. There was also a brief talk on Traffic Problems and some of the challenges. The program was ended with a Thank You speech and the students were given refreshments.

Name of Program: Plastic Festival 2020 cum Trekking

Date: 21st February, 2020

The NSS volunteers along with students of the Social Work Department of St. Edmund's College participated in the Plastic Festival 2020 organised by Grassroots at Mutong village, Khliehriat, Jaintia Hills on 21st February, 2020. The students reached the village and they started the trek at 12 noon from Lumshyrmit to the festival. During the trek, people of the community picked up plastic waste and collected them. The resource person explained why the plastics were collected. He showed a plastic bottle in which the plastic waste collected were stuffed inside, making the plastic bottle a good substitute for bricks. We made our way to the festival which was in Mutong village. After a short break, the programme started with a welcome speech given by the Rangbah Shnong of the village. This was followed by a welcome song by Nongkyntoin School and a speech by a member from Grassroots. A speech was also delivered by the Chief Guest, and the programme ended with a vote of thanks by the organisers.

