

# National Service Scheme

St. Edmund's College



**ANNUAL REPORT  
2020-2021**

**MOTTO  
NOT ME BUT YOU**

**NSS CELL ST. EDMUND'S COLLEGE  
SHILLONG- 793003**



**NSS Programme Officers:**

**Dr. Jasmine T. Sawian**

**Ms. Iarisa A. Dorphang**

**Mr. Emidaoopaya Sumer**

**Mr. Bawan P. Thangkhiew**

**NSS Animators:**

**Sengbat Marak, Department of Social Work**

**Celestene Lyngdoh Mawphlang, Department of Social Work**

**Batkupar Kharshiing, Department of Khasi**

**Promiy Pakyntien, Department of Economics**

# Content

<b>Event</b>	<b>Page no.</b>
Data Entry Labour Department	4
Blood Donation Programme	5
The COVID19 Relief Activity	6-11
World Environment Day	12
World Donors Day	13
International Yoga Day “Fit India Youth Club”	14
No Spitting Campaign	15
International Day Against Drug Abuse and Illicit Trafficking	16
Workshop on Swachhata Action Plan (SAP)	17-18
Pledge Against Covid-19	19
Rastriya Ekta Diwas/National Unity Day	20
State level, Red Ribbon Quiz Competition by NACO, MACS	21
Reading of the Preamble to the Constitution	22
Programme on World Aids Day, Organized by MACS	23-25
Programme on Audience Analysis Workshop	26-27
Workshop on Issues related to ending violence against Children	28
Regional Level Eastern Round, Red Ribbon Club Quiz Competition	29
International Women’s Day	30
Swachta for NSS POs and NSS volunteers	31-32
Felicitation program for NSS animators and Interns	33-34

**Event: Data Entry for Labour Department**

**Date: 18th April, 2020**

On the 18th of April, 2020, the NSS volunteers volunteered to help the Labour Department to enter the data of daily Labourers in the Labour Department data system to avail them for a special scheme from the Government of Meghalaya. Each volunteer was given 200 lists of individual names and their information to be entered into the website.

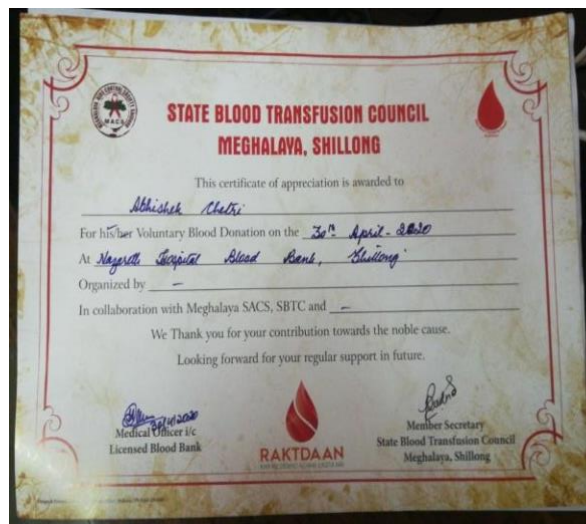


**Program: Blood Donation programme**

**Date: 30<sup>th</sup> April, 2020**

The NSS volunteers of St. Edmund’s College participated in the Voluntary Blood Donation Camp organised by State Blood Transfusion Council Meghalaya, Shillong on 30<sup>th</sup> April, 2020 at Nazareth Hospital, Shillong. One of the volunteers, Abhishek Chetri, donated blood on that day and also received a certificate of appreciation.

Thank you very much



## **Programme: COVID-19 Relief Activity**

**Date: 13th May to 9th June, 2020**

The NSS, St. Edmund's College along with the Management of St. Edmund's College, Shillong as a part of the COVID relief programme provided essential commodities and masks to a number of needy households in villages in East Khasi Hills, Ri Bhoi and also to a number of needy families in Shillong urban area.



**Packaging of essential items**

**Mawkyrnot village (31.03.2020):** About 5+ households, with around 20-25 individuals.

**Nongkseh Rim (08.04.2020):** About 12 households, comprising of daily wage labourers and widows

**Mawphu village (22.05.2020):** About 30 households provided relief

**Lamlyer village (24.05.2020):** About 10 households provided relief

**Lawmei village (25.05.2020):** About 30 households provided relief

**Nongsder village (27.05.2020):** About 30 households provided relief

**Shillong (30.05.2020):** Provided relief at Pynthorumkhrah (43 households), Nongmynsong (15 households), Lumshyiap (10 households) and Umkdait (10 households)



**Mawkyrnot village (31.03.2020)**



**Nongkseh Rim (08.04.2020)**



**Mawphu (22.05.2020)**

NSS volunteer, Winterborn Khongpdah, B.Sc 4<sup>th</sup> semester





**Lamlyer village (24.05.2020)**



**Lawmei village (25.05.2020)**



**Nongsder village (27.05.2020)**



**Mawprem (30.05.2020)**



**Lumshyap (30.05.2020)**



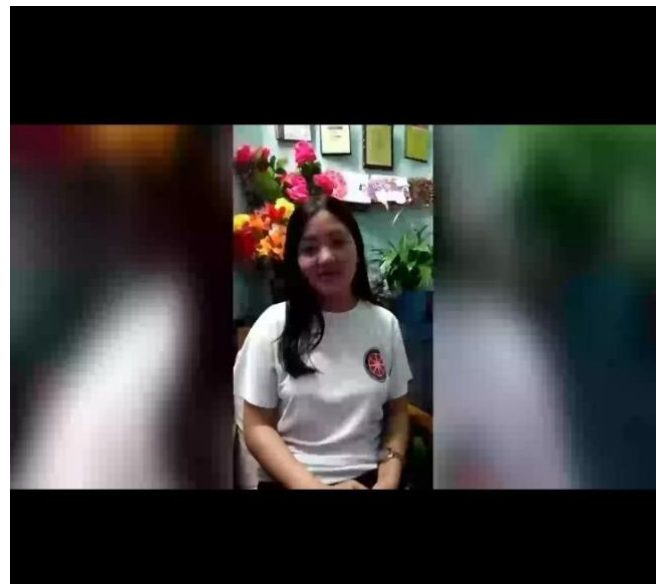
**Umkdait (30.05.2020)**

**Program: World Environment Day 2020**

**Date: 5<sup>th</sup> June 2020**

The volunteers created a video montage for World Environment Day by involving the Programme Officers, the animators, Asst. animators, the interns as well as the volunteers. In the video montage pictures were included those of the volunteers, these pictures are of the environment like forest, lakes, waterfalls and so on, some of the volunteers contributed short clips too like them doing gardening, planting plants, and so on, and the narrator was the Programme Officer Ms. Jasmine Sawian where she talked about World Environment Day. The video montage ended with a message by the fellow animator saying that it is the responsibility of us human beings to protect and conserve the environment and the earth is our home and we should protect it at all cause and then lastly wished everyone World Environment Day.

The students have observed that World environment Day is very important because its not just that day that we celebrate the environment but it showed us that every single day it is our duty to step up and be responsible human beings who live on earth and should protect all the species that are residing along with them anywhere in the world, that we should conserve it and protect it at all cost.



## Program: World Blood Donor Day

Date: 14th June, 2020

World Blood Donor Day is celebrated every year on the 14<sup>th</sup> of June and the theme for this year was “SAFE BLOOD, SAVES LIVES”. On the occasion of this day the volunteers designed slogans for spreading awareness about the need for voluntary blood donation. On this day one of our volunteers, Ms. Celestine Lyngdoh won 2nd prize for slogan competition. Her slogan was “Blood is Life, Pass it On”.

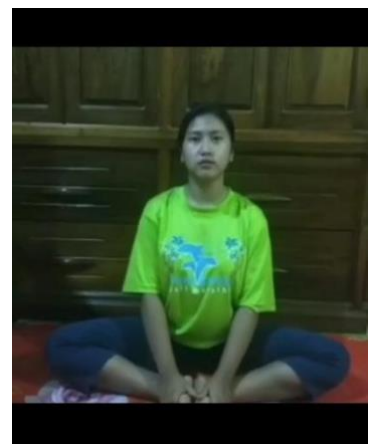


**Program: International Yoga Day “Fit India Youth Club”**

**Date: 21<sup>st</sup> June, 2020**

The volunteers celebrated International Yoga Day by remembering how important Yoga and exercise is important to keep our body healthy especially during these hard times with the pandemic we should take care and keep ourselves strong and healthy. The students posted the video montage about World Yoga Day and in this video montage there were posters made for Yoga Day and there were volunteers who did few yoga posture clips and along with the narration about each and every posture. The narrator then ended by wishing everyone a Happy International Yoga Day.

The students observed that yoga is a very important exercise where first of all is not that hard and secondly it helps us in many ways such as relieving stress and being healthy, through the video montage the student saw how the volunteers did the postures of yoga and also learned about each and every type and also how it helps us, therefore these postures if done daily can help us in being healthy and fit especially now since we all are in lockdown and we have time to do few of these yoga postures and it will benefit us in many ways.



**Program: No Spitting Campaign**

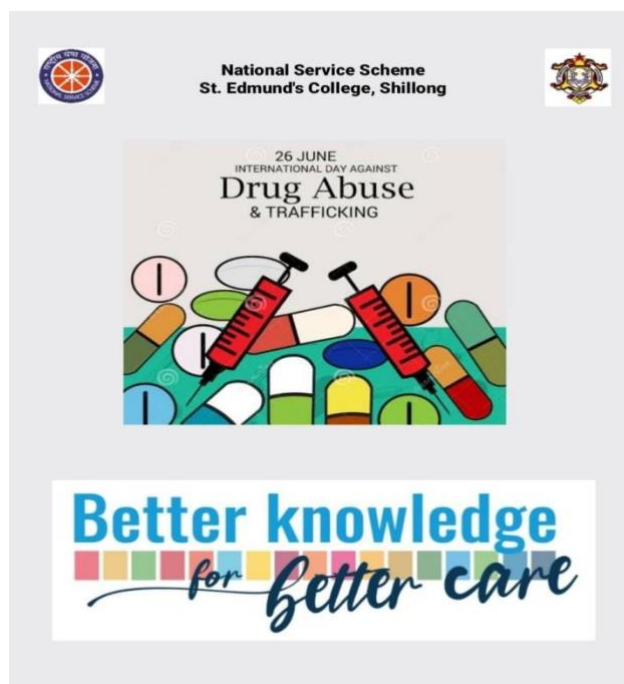
**Date: 22nd June, 2020**

The volunteers registered under the 'No Spitting Campaign' 'Spitting Kills' campaign to pledge against spitting in public places, especially during the Corona Virus pandemic. The idea was to create awareness to 10 members of family or friends and circulate the campaign. Certificates were issued to those who took the pledge. Approximately around 50 Volunteers took the pledge.

**Program: International Day Against Drug Abuse and Illicit Trafficking**

**Date: 26th June, 2020**

On this day, the 26th of June, 2020, the volunteers made a poster to be circulated online to create awareness amongst the student community on International Day Against Drug Abuse and Trafficking. Highlighting the Theme “Better Knowledge for Better Care”, which emphasizes the need to improve the understanding of the world drug problem and how in turn, better knowledge will foster greater international cooperation for countering its impact on health, governance and security.





**Program: Workshop on Swachhata Action Plan (SAP)**

**Date: 3rd July, 2020**

The National Service Scheme (NSS) unit of St Edmund's College conducted a One-day online workshop on 3rd July, 2020 on the topic Swachhata Action Plan (SAP).

The workshop began at 12:30pm and there were approximately around 32-35 participants via zoom meeting. The workshop began with an introduction session which was followed by a Power point presentation on the Objectives for the Workshop by Prof. Rituparna Rajendra.

The workshop highlighted the following objectives:

1. To introduce the aspect of the Swacchta.
2. To introduce the concept of JAL SHAKTI ABHIYAN.
3. To interact with the 5 student teams, along with other NSS Volunteers and Social work Students.
4. To Discuss about the action plan for both campus and adopted villages base on Swacchta Water Conservation.

The Workshop was headed by Prof. Rituparna Rajendra and Asst. Prof. Iarisa Dorphan. In the first Session the topic of discussion was on Swacchta Campus. Where it was highlighted that the campus of St. Edmund's College can be used as an example to bring Swacchta campus and there is so much of potential that is available to work within the campus itself.

The topic was discussed using Power Point Presentation.

In the Second Session, another topic was taken up and it was on Jal Shakti Campus which focuses on water conservation and efficient use of water in the college campus itself and be the example setter for others and the same idea can be used in the rural setting and as well as in the adopted villages. In the last Session Asst. Prof. Iarisa Dorphan, she emphasised on creating a team and members were selected for different activities and action plan and the teams of 4 students in each activities was decided. Towards the end of the program the team of students were asked to come up with an action plan with respect to their allotted topic.

1) Sanitation and Hygiene	2) Water Conservation	3) Waste Management	4) Energy Conservation	5) Greenery and Plantation
Natasha Baruah	Ryngkatdor Marbaniang	Ananya Bhuyan	Betbhalin Kharhujon	Thoni
Ribanlin Lyngdoh	Winterborn Khongpdah	Lucky G. Momin	Sebastian Kharnaor	Richard Laloo
Larihun Nongsiej	Michael Basumatary	Sengbat Marak	Anish Thakuri	Ferando Marngar
Banaiboklang Khongtir	Christine M. Lyngkhoi	Rosita Tirkey	Zenovia Rymbai	Rikidame papang
Jeiel O Wahlang	Jayashree Modak	Aphisha Kharkongor	Kanri-iaki D. Khongsngi	Ezaz Alom

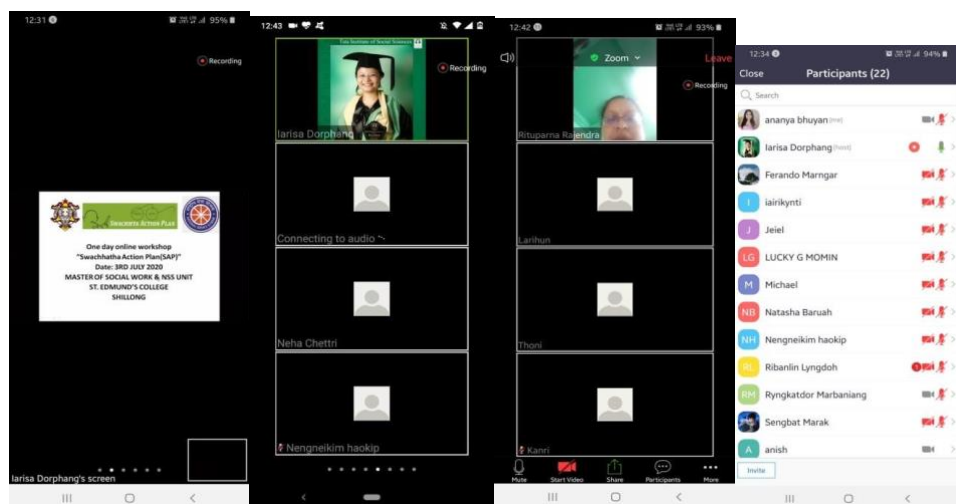
#### PROGRAM OUTCOMES:

##### The participant will be able to:

Bring about an improvement in the general quality of life in the rural areas by promoting cleanliness, hygiene and eliminate open defecation.

Motivate Communities to adopt sustainable sanitation practices and facilities.

Encourage cost effective and appropriate technologies for ecologically safe and sustainable sanitation.



## Program: Pledge Against Covid-19 - Photo Collage

Date: 8<sup>th</sup> Oct, 2020

The Pledge against Covid-19 was undertaken on 3<sup>rd</sup> Oct 2020, by the NSS Volunteers keeping in mind to fight against the Virus and to keep oneself and others safe and most importantly to follow the guidelines and measures set by the Government of India.



**Program: Observation on “Rastriya Ekta Diwas pledge” National Unity Day**

**Date: 31<sup>st</sup> October, 2020**

Rashtriya Ekta Diwas is observed on 31<sup>st</sup> October every year. This year the volunteers created a video montage and a photo collage of them reciting the pledge and holding it.



**Program: State level, Red Ribbon Quiz Competition by MACS**

**Date: 20<sup>th</sup> November, 2020**

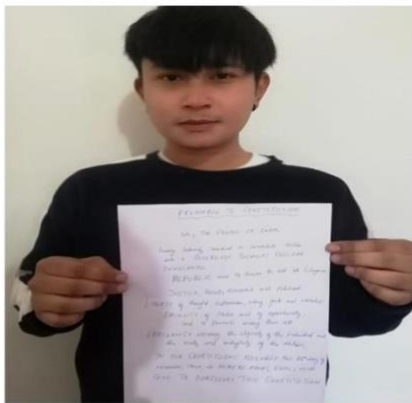
Two of our volunteers, Juhiwanki Pala and Ronald Marak represented the college for the state level Red Ribbon Quiz Competition, 2020 organised by Meghalaya Aids Control Society and won 1st prize. They qualified to the regional eastern zone round to be held on 8th January, 2021.



**Program: Reading of Preamble to the Constitution**

**Date: 26<sup>th</sup> November, 2020**

A reading of the Preamble to the Constitution was observed on 26<sup>th</sup> November year. This year the volunteers created a video montage and a photo collage of them reading the Preamble and holding it.



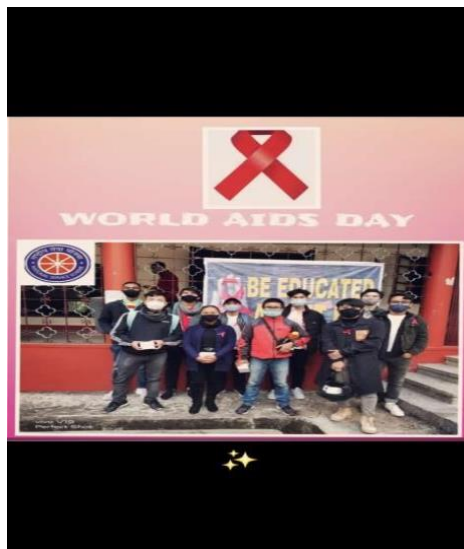
**Program: Programme on World Aids Day, Organized by MACS**

**Theme: “Global Solidarity, Shared Responsibility”**

**Date: 1st Dec, 2020**

**Duration: 3 hours (2:00 pm - 5:00 pm)**

On the 1st of December, 2020 the NSS Volunteers attended a programme which was held in the State Central Library, Shillong on account of “World Aids Day”. There were 10 volunteers who took part in it.



NSS Volunteers - St Edmunds College

Shri. N. A. Khan, Districts and Session Judge and Member Secretary of the Meghalaya State Legal Services Authority, spoke at length above the legal framework available to protect the rights of those living with HIV/AIDS.



Shri N. A. Khan District and session judge, while delivering his speech

To mark the occasion, Freestyle for 15, an Instagram sports event contest and theme song on HIV/AIDS ``Stand-up”, composed and arranged by the renowned artist of the State, Shri. Lamphang Syiemlieh were launched on this day. Prizes were also distributed to the winners of the “Promote HIV testing” contest.



Lamphang Syiemlieh and group

Founded in 1988, World Aids Day was the first international day for global health. In spite of successes made, policy measures, financial resources and the coordinated efforts of all stakeholders is required to reach the goal of eliminating HIV/AIDS globally by 2030.

Further, the theme of the celebration “Global Solidarity, Shared Responsibility” requires the world to come together to ensure that health is fully financed, health systems are strengthened, access is ensured, human rights are respected and the rights of women and girls, and gender equality are at the centre. Others who spoke were Shri. F. Myllemngap, Peer Educator, who shared about discriminations faced and challenges overcome as a peer educator belonging to the LGBTQIA+ community. Dr. (Mrs) R., Project Director, Meghalaya AIDS Control Society, Shillong, delivered the welcome address (MIPR) Shillong,

Joining people all over the globe, World Aids Day was observed in the state to show support for people living with and affected by HIV and to remember those who lost their lives to AIDS. The programme organized by Meghalaya AIDS Control Society (MACS) in collaboration with the Meghalaya State Legal Services Authority was held at U Soso Tham Auditorium, Shillong.





Chief guest - Shri Sampat Kumar while delivering a speech

The Chief guest, Shri. Sampath Kumar Commissioner and Secretary, Health & Family Welfare Department, Govt of Meghalaya and President, Meghalaya AIDS Control Society Shillong, informed that Meghalaya ranks 5th in the country in terms of prevalence of HIV cases and 2nd in the highest number of syphilis cases among pregnant women. Therefore, concerted efforts are required in creating awareness on preventive measures to address these health issues. Furthermore, he cited that the COVID-19 pandemic has brought into focus the importance of health care and the need to strengthen the health system. Praising the role of NACO and MACS for their continued fight to educate the masses on HIV and end stigmatization, he stressed on the importance of testing and adherence to treatment.

**Program: Programme for “Audience Analysis Workshop”**

**Objectives: To end violence against children**

**Date: 28.11.20**

**Duration: 2 Hours (5:00 pm - 7:00 pm)**

On the 28th of November 2020, the NSS Volunteers attended a workshop for the Audience Analysis, with the Volunteers of Aspirational Districts. Where its aim was to “End Violence Against Children”.

The first resource person started off with a small game called ‘Never have I ever’, where certain questions were being asked i.e., If anyone has stood against violence, came across child rights abuse and so on; in which the volunteers shared some of their experiences based on the questions that were being asked to them.

Secondly, the Volunteers were being directed to the purpose of the workshop, which was to “End the Violence Against Children" specially in the North East region. The purpose project aims to begin outreach with young people associated with NSS in 40 districts in the North East (33 in Assam and the 7 aspiration districts in the other states), by involving them in planning, design of initiatives and communication assets and involve young influencers on social media with massive reach.

**WHY IS IT IMPORTANT?**

As it is known from the extensive research, the most poignant from the voice and experience of children themselves, violence against children knows no borders. It cuts across boundaries of gender, age, race, culture, wealth and geography. It happens at home, on the streets, in schools, online, in the workplace, in the justice system and in institutions meant to care for children. No country is unaffected. Preventing and eliminating violence against children is a truly universal agenda.

The session was a successful one, and was of great importance for the Volunteers, as it helps in seeing how important it is in order to look into the matter of violence against children. And how each and everyone has a part to take in order to correct the wrong and to discuss on how to prevent this and make the people aware of the Do's and Don'ts.

The workshop was an informative as well as fun experience for the NSS volunteers and brought to light the current problems of children especially in the Northeast. The workshop mainly focused on child marriage and violence against children which includes bullying. The hosts made sure to make the workshop an interactive session by including discussions from the volunteers' experience and games at intervals. The workshop aims to end violence against children and to end child marriage which still prevails with the highest rates being in the northeast, Tripura and Arunachal Pradesh holding the highest numbers.

**Program: Workshop on Issues related to ending violence against Children**

**Objectives: Increasing capacities of young people from North East of India on Children's Rights**

**Date: 08.01.21**

**Duration: 2 hours (5:00 pm - 7:00 pm)**

On the 8th of January 2021, UNICEF organized an online workshop focusing on the issues related to ending violence against children. The workshop started at 5pm with the host - Sir Sonal Roshan - stating the aim of the workshop. The host then went on to question the volunteers and involve them in a discussion concerning the topics of bullying and violence. The volunteers then took part in a quick game of cahoots before continuing with the discussion on social media among children: its advantages and disadvantages. The last topic discussed upon was Corporal Punishment in which many volunteers voiced their opinions for and against; this discussion then led up to a brief explanation by the host on the pattern of violence from childhood to adulthood.

The volunteers assessed that the workshop aiming to involve young people associated with NSS in the awareness towards ending violence against children was successful as each volunteer took part in the session and voiced their own opinions concerning the topics brought up.

The workshop was a beneficial platform for the volunteers to understand the forms of violence, child rights violations, the circle of violence or pattern of violence and the online violence which threatens children today.

## Program: Regional Level Eastern Round, Red Ribbon Club Quiz Competition

Date: 8th January, 2021

Two volunteers, Juhiwanki Pala and Ronald Marak, represented the state of Meghalaya, for the Regional Level Eastern Round held on the 8th of January, 2021. They won the 3rd Prize after Assam and West Bengal.

6:01 📶 🔋 88%

← T7 News ➦

 **T7 News**  
6h · 🌐

Watch live  
TEAM MEGHALAYA

<https://webcastlive.co.in/TheRedRibbonQuizCompetition>  
Kindly place this link in all social network  
Hosted by West Bengal SACS  
Regional Red Ribbon Quiz Competition 2021  
Dated 8th January 2021  
Time 11:30am  
Participating States  
1. Arunachal Pradesh  
2. Assam  
3. Meghalaya  
4. Mizoram  
5. Nagaland  
6. Sikkim  
7. Tripura  
8. West Bengal  
Eastern Region



[Use App](#) 💬

☰ □ ◀

REDMI NOTE 8  
AI QUAD CAMERA



**Program: Poster Campaign on International Women’s Day**

**Date: 8<sup>th</sup> March, 2021**

The NSS Unit of St Edmunds College, Shillong celebrated the International Women’s Day by organising a Poster Campaign within the college. The theme for this year (2021) International women’s day was “Women in leadership: Achieving an equal future in a COVID-19 world”.

The NSS Unit comprising the POs, Animators and the volunteers actively participated in the campaign. The volunteers came up with their own creative ideas and made beautiful posters with very meaningful words and to quote a few of the written words, one wrote “A woman with voice is by definition a strong woman”, another wrote with a sketch, “Today’s Girls with ambition are tomorrow’s women with Perception”.

There were approximately 15 to 18 NSS volunteers who participated in the campaign.



**Program: Swachta for NSS POs and NSS volunteers**

**Date: 10<sup>th</sup> March, 2021**

On 10<sup>th</sup> of March, 2021 the NSS unit, St Edmund's college, went to NEHU Campus to attend a Workshop on "SWACHTA FOR NSS PROGRAMME OFFICERS AND NSS VOLUNTEERS" whereby comprising of 5 NSS Volunteers attended the programme. The Workshop witnessed a good number of participants from different institutions and approximately 30-40 NSS volunteers and Probation Officers were present. The Workshop started the registration of the participants by 10:00 am to 10:30 am and proceeded with a formal welcoming and introduction by Dr. Degracia Nongkynrih, Program Coordinator (NSS) and broke out for tea break.

The First Session was taken up by the resource person namely Bah Lyngdoh who is a consultant for Swachta Bharat Gramin. The topic was on "Plastic Waste management". In the Session, Mr.Lyngdoh highlighted the fact that Plastic waste has become a threat to the environment and as well to the human being only because of our own negligence and misusing the material.

In his allotted time Mr. Lyngdoh also spoke about Phase II of Solid Waste Management and its core elements and they are "Construction of toilet", "Construction of assets for solid Waste management", "Biodegradable Waste Management", "Gobar Waste Management" and "Composting". He emphasised more on "Interpersonal Communication" and "Behavioural Change Approach" as effective tools to combat and the use of plastic and other waste which can be a menace. A practical session was also enacted in the session where Mr Lyngdoh distributed different kinds of plastic and its patent numbers to raise awareness of what kind of plastics can be recycled and which cannot be recycled. Another practical session involved a video presentation of his routine and ways he adopted to cut the use of single use plastic and also showcased his wife's pocket bag which is convenient and eco-friendly in nature. Before ending his session, he also took a Questions round and a large number of volunteers participated with the questions.

After the Lunch break another session took place with Bah Mark Kharkongor, Consultant Swacch Bharat Mission Gramin. His Session began with a question of "What is considered as a waste?". He Continued with his viewpoint that "There is no such thing as a Waste" as a lay man we consider anything that has no value as a waste but in his understanding, he pointed out

that everything has a value we only need to look for it. With this he proceeded with a video presentation where he stood to his and showcased the work he's been doing and the video shows that many plastics and other material we threw can be reused for other purposes. He also claimed that the single use plastic is the hardest type of plastic which got almost no value but on the contrary he said that it can be used for construction of roads in the state and in fact this work has officially begun since 2019.

Before concluding the session, he brought more insights into the methods of composting and the usefulness of Sawpit. The programme ended with another question-and-answer round.

The Program Ended at 4:20pm.





**Program: Felicitation Programme of NSS Animators, SEC Unit**

**Date: 12<sup>th</sup> March, 2021 Platform: Google Meet**

The volunteers attended the Felicitation Programme which was organised by the NSS animators along with the Programme Officers and the volunteers. The programme was held on 12<sup>th</sup> March 2021, it started at 5pm and the host was one of the animators Sengbat Marak and started by opening the programme and followed by a welcome speech by Aphisha Kharkongor, after the speech a short video was presented where it contains of pictures and short clips of the outgoing animators and the interns for their contribution towards NSS. A speech was given by one of the outgoing animator Iairikynti Lyngdoh, she talked about how she was grateful to be part of the NSS family and her journey was one of the best experience and that she was lucky to be an animator working alongside with the Programme Officers as well as the interns and the fellow Animators, she thanked everyone for organising the felicitation programme and that it means a lot. The Programme Officers then took on and gave a speech about each and every animator on how good and hardworking they all are, after the speech then comes the part to felicitate the Animators and interns, the certificates were distributed by one of the Programme Officers Sir Da-oo Paya, after the felicitation the vote of thanks was done by one of the present animator Batkumar Kharshyieng.

The volunteers observed that it was an interesting programme where the outgoing animators expressed on how they were really lucky to be a part the family and how sad it was that they are leaving especially through digital mode or online mode and that how they wished that everything was normal so that they could've gotten the programme to be in offline mode and physically be there and they also wished good luck to the present animators on their journey as animators, It was a really good programme and the animators communicated well with the Programme Officers and also the Asst. animators and made this programme possible and successful.



(24) [Messages] [Info]

- Celes Lyngdoh (You)
- Sengbat MK >
- Iarisa Dorphang >
- Da-O Paya >

Also in the meeting (20)



*NSS Unit  
ST. EDMUND'S COLLEGE  
presents  
"Felicitation Programme"*

*Hosted by Sengbat Marak  
Date - 12th March 2021  
Time - 5 pm  
Join here -  
<https://meet.google.com/nid-ojcr-ehq?hs=151>*

*Program list*

- Opening of the Programme by the host - 5 pm*
- Welcome speech by  
Aphisha Kharkongor - 5.10 pm*
- Photo collage of animators and interns - 5.20 pm*
- Speech from the animators - 5.35 pm*
- Speech from the Programme Officers - 5.45 pm*
- Felicitation of the animators, assistant animators and  
interns  
- 5.55 pm*
- Vote of thanks by Bathupar Kharshyieng - 6 pm*