

National Service Scheme

St. Edmund's College



ANNUAL REPORT

2021-2022

**MOTTO
NOT ME BUT YOU**

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



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Event: Workshop on Foundation of Interview Skills

Date: 15th May, 2021

On the 15th of May 2021, the NSS Volunteers along with the other students of the college attended a workshop for The Foundation of Interview Skills, organized by the NSS of St Edmunds College. The objective of the workshop is to enhance and improve interview skills, communication skills and resume writing etc. of the participants. There were 150 student participants and the webinar was conducted via ZOOM platform.

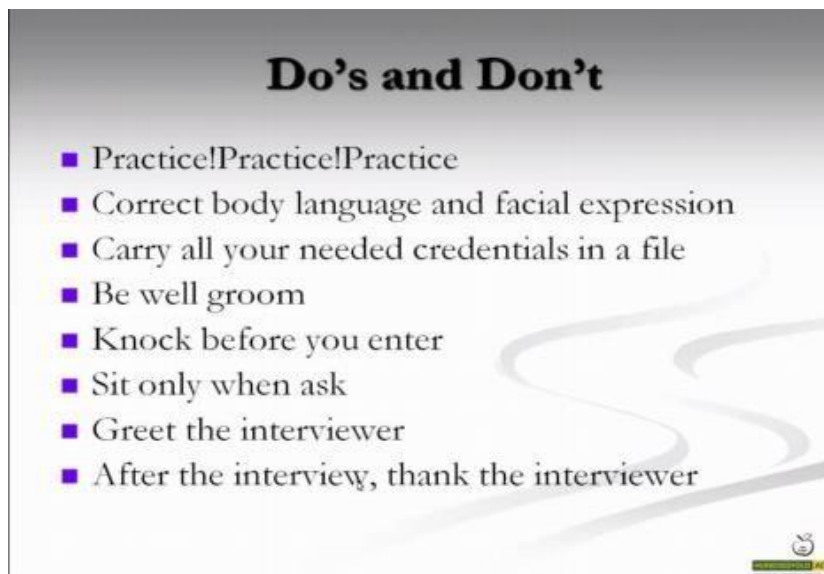
The resource person was Mr. Sunny Mawlong, a postgraduate in Economics and Business Management and also an outstanding leader and a motivational coach, started off with playing WORDLES where the participants had to identify some of the visual depiction of words contained in a piece of text.



Resource Person Mr Sunny Mawlong

He then taught the participants the necessity of Resume writing and career objectives, which is very important. Last but not the least, the participants/Volunteers were directed to the purpose of the workshop, which was the Foundation of Interviewing Skills.

The aim of the workshop is to enhance the youths to improve their interviewing and communication skills, by various advantageous methods like resume writing, career objectives, communication (being the key to an interview), the Do's and Don'ts in an interview and the FAQ's.



Why is it Important?

Interviewing Skills are an essential tool for all students in Today's world of employment as there is increasing competition for job vacancies. This is largely due to the rise in graduation rates, consequently there are far more candidates applying for the same jobs.

These factors mean that good grades and appropriate work experience is no longer enough to secure you a job, which brings us to the importance of developing excellent interviewing skills to ensure you stand out to potential employers. Making a good impression in your interview is key, so being confident and well prepared will greatly increase your chances of making it to the next stage of the recruitment.



The session was a successful one, and was of great importance to all the participants, as it helps in the enhancement of one's skill or communication on this ground.

The NSS Volunteers along with the other participants had a productive workshop and learned a lot about the interviewing skills & communication. It helped the participants to understand about how the interviews are to be tackled or dealt with. They also learned about the Do's and Don'ts – one should follow during an interview, the different kinds of FAQ's that they might come across, so on and so forth.



The workshop was informative as well as a fun experience for the NSS Volunteers as well as the other participants from the college. It brought to light the different kinds of cases that the youths might come across with during an interview. It is really of great help to all the participants. The host made sure to make the workshop an interactive session by including - discussions from the volunteers, experience, questions and games too.



Some of the participants along with the resource person (Mr. Sunny Mawlong) and the Program Officer

 **FOUNDATION OF INTERVIEW SKILLS** 
Organized By The NSS Unit of St.Edmund's College

Dear participants, you all are cordially invited to attend an online workshop on Foundation of Interview skills, where you can enhance and improve your interviewing skills, communication skills and resume writing,etc.

RESOURCE PERSON
SUNNY MAWLONG
MANAGING DIRECTOR AT IMMANUEL COACHING ACADEMY AND HUNDREDFOLD ACADEMY.SOFT SKILLS TRAINER.
MOTIVATIONAL SPEAKER

DATE: 15th May 2021
VENUE: Google Meet (link will be provided)

REGISTER HERE: <https://docs.google.com/forms/d/1v5ASm17bbOCeGLpzTqsDE-ZsmrFSDbX3mNy-74TKzc/edit?usp=drivesdk>

NOTE: THE LAST DATE FOR THE REGISTRATION IS ON THE 14TH OF MAY 2021

Event: Webinar on ‘The Faunal Diversity in Extreme Ecosystems’ (Commemoration of International Day on Biodiversity)

Date: 22nd May, 2021

Resource Person: Dr. Shivam Shrotriya, Research Biologist, Wildlife Institute of India, Dehradun

The Host for the program was Pratiksha Kaushik, she welcomed everyone to the webinar and talked about Biodiversity and that we should protect and conserve our mother earth, she also mentioned the theme for Biodiversity Day 2021 which was “We Are Part of the Solution #Nature”.

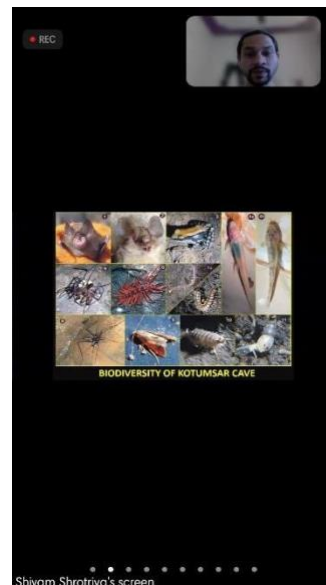
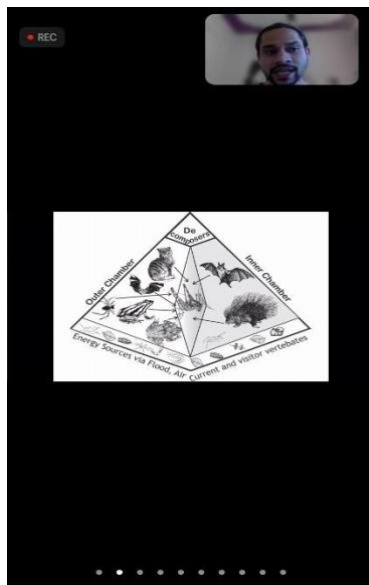
The resource person of the webinar was Dr. Shivam Shrotriya is a research biologist at the Wildlife Institute of India, Dehradun. He is currently pursuing a Ph.D. degree in Wildlife Science on the Himalayan Wolf. Dr. Shrotriya started with his presentation on “The Faunal Diversity in Extreme Ecosystems”. He first asked a question “What do you understand by biodiversity?” and the students answered to the question. He then showed two pictures, one was a waterfall and the other was in a city with traffic, here he asked which one is biodiversity and one of the students said both and it was the correct answer. He then talked about how all the species in earth are different from each other and through the interactions among us it creates the ecosystem, a picture was shown about ecology, each and every species has their own roles, most of the species are gone because of connections and every species are dependent on their habitats or ecosystems. The next point was about Cave Ecosystem, he showed a cave which is situated in Central India, it is a 600m long chamber inside. The question was how can biodiversity emerge in caves?

One of the students said water but water is not enough and since there are no plants means no photosynthesis. There are actually 10-11 species in the cave and he explained how a bat in a cave eats on insects and they bring the digested food and excrete and that becomes decayed. There are

also fishes that survive inside the cave but these fishes and other species have gotten used to the dark nature since in caves it is always dark so most of the species are blinded meaning they lost their eyesight and also color. The next point was the 2nd extinct ecosystem which was Ladakh, the temperature there is very low and is also called the cold desert, the question was raised again that is there a variety of biodiversity in this place but surprisingly there are about 1100 plant species, 319 birds, 36 mammals, 15 Herpetofauna, 370 butterflies and about 3lakh people. He showed pictures of many species found in the area, there was a wolf too which is the oldest wolf in the world and it is called the Tibetan or Himalayan wolf. He talked about the major challenges to biodiversity and then ended with the presentation. An interactive session took place where students were asking question to the resource person.

A short quiz took place on biodiversity, after the quiz a vote of thanks was given by one of the students thanking everyone who registered and attended the webinar. The webinar ended at 1:24 p.m.

Learning Outcome: It was an informative session where the resource person touched on a lot of important topics of biodiversity and ecology like what types of species of flora and Fauna that are found in the world and also talks about how these species survive. We also learnt about the different challenges of biodiversity. Also, the quiz conducted by the 6th semester of the EVS department was very informative and helpful.





Webinar on ,International Biodiversity Day
Organised by Environmental Science Department
in collaboration with National Service Scheme (NSS)
St.Edmund's College, Shillong



DEAR PARTICIPANTS,
CONGRATULATIONS ON SUCCESFULLY ENROLLING YOURSELF FOR
WEBINAR ON INTERNATIONAL BIODIVERSITY DAY ON 22nd MAY,2021.

THEME ON "WE ARE PART OF THE SOLUTION #FOR NATURE".

Date: 22ND May,2021.

PROGRAM TIMING: 12:00 PM.

Venue: Zoom Meeting.

Click here to join:

<https://us02web.zoom.us/j/84940028763?pwd=T2LzenJ0MTcrY1p6aEhVRkVpVWVNMUT09>

Meeting ID: 849 4002 8763

Passcode: 479912



THANK YOU

Event: Webinar on Commit to Quit (Commemoration of World No Tobacco Day)

Date: 31st May 2021

Time: 4:30 pm – 6:00 pm

Platform: Google Meet

Resource Person: Dr. Siddarth Banerjee, Dental Surgeon

The programme (hosted by NSS Animator - Kanriiaki) started with a welcome speech delivered by the Principal, Dr. S. Lamare. The participants then took part in taking the pledge related to the theme on the occasion of World No Tobacco Day. NSS Animator Aphisha Kharkongor then screened a video entitled “What is the single best thing you can do to quit smoking”. While the video was playing, the Principal commented in the group chat, “If a smoker spends Rs. 150/- a day, he will spend Rs. 54,750/- a year and Rs. 2,73,750/- in 5 years, if he quits smoking, he could use the money to get something useful for himself and his family. “

The resource person in the webinar was Dr. Siddarth Banerjee. He completed his bachelor of Dental Surgery from Guru Nanak Institution of Dental Science and Research Kolkata. The resource person greeted the participants of the webinar, and stated that although a lot of us may wish a ban on tobacco but we must also think about those who produce tobacco and earn their daily bread from this product. Then he went on to ask the as to why it is important to quit tobacco, to which he himself answered that we all inherently know that it is bad for our health, as well as, for the people around us but still a lot of us find it hard to quit.

His presentation started with a general introduction of tobacco, a cash crop which is changed into various forms for various uses. One such example is *Biri* which is manufactured in large quantities especially in India and most of the workers in such factories are women and children. People of low income usually consume these as they are cheap. One of the categories of tobacco are flavoured cigarettes, another category is low smoke tobacco (eg: hukka). Another type is smokeless tobacco which is consumed directly without burning the tobacco and people usually put in one side of their mouth, after which they feel a sense of euphoria. There is also a new form of tobacco which is banned in our country which is called Nicotine Delivery System which uses an electronic method.

When we look into the facts and figures we can see two types of facts and figures one is nationwide and another is state level. Tobacco in India attributes to 19% total death due to heart disease whereas in Meghalaya it is 27.06%. Smoking affects almost all the parts of our body, smoking causes various types of cancers It also causes a lot of NCDs (Non-Communicable Diseases) like stroke, pneumonia etc. Most of the smokers have cavity in their teeth. Smoking also reduces reproductive capacity in both men and women.

How tobacco leads to addiction?

Tobacco consists of a chemical called nicotine. When one smokes nicotine goes into the blood and directly goes to the brain and it attaches itself to the Nicotinic receptors after which a specific pathway gets activated which is known as the reward pathway after which we feel good because a specific chemical is released called dopamine which results in feelings of euphoria.

Why is it difficult to quit?

After experiencing it for the first time and we feel good then we want to use it more, then when we stop using tobacco the body is starved of nicotine which lowers the level of dopamine which causes the person to feel sad which causes various withdrawal symptoms.

How to overcome the addiction?

We have to develop a plan which must start with a quit date, inform the people around us so that they can support us, anticipating the challenges that is to come, remove all tobacco products from our environment.

Challenges to quitting:

Physical addiction, emotional and psychological connection, behavior and social connection. We can cope with withdrawal symptoms by drinking lots of water and engaging in healthy hobbies, increase appetite and weight gain, focus on positive thoughts, engage in physical activities. One of the most difficult challenges is tackling social and behavior connections which we can do by keeping ourselves positive and being prepared for any kind of relapse. Smoking is a social activity so we should not seize ties with our friends

The benefits of quitting are the blood pressure goes back to normal, the risk of getting a heart attack decreases, nicotine and carbon monoxide levels in our blood reduces, breathing becomes a lot easier, chances of getting lung cancer reduces by 30-50%, life starts moving in a different course.

The following questions were asked at the end of the interaction:

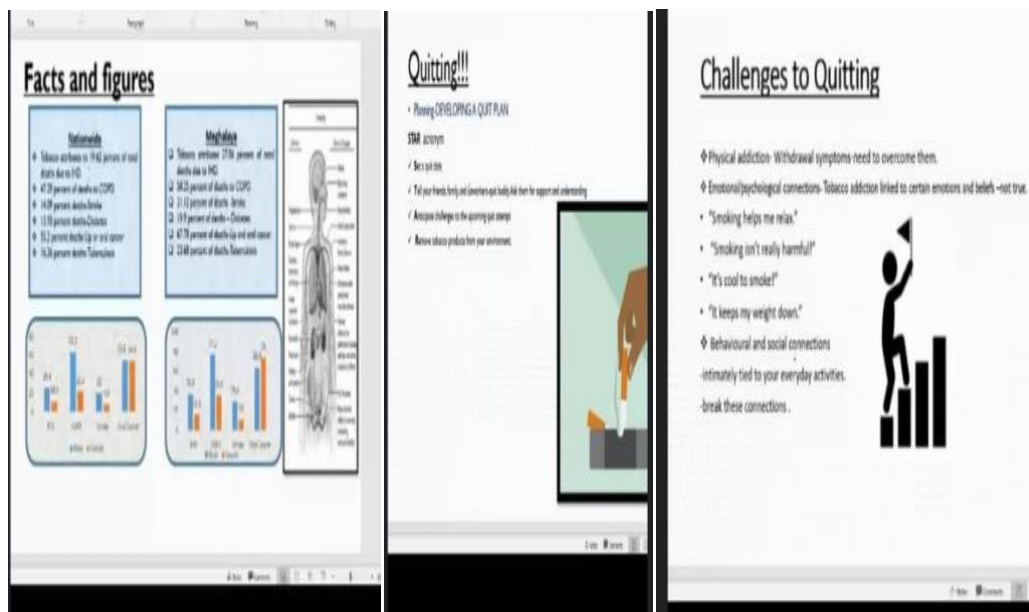
Can India take a step like New Zealand to completely ban smoking?

If eating tobacco is bad, then why can't it just ban it for good? What is second hand smoking?

What happens when smoking with empty stomach?

At what age is children most vulnerable to both passive and active smoking?

Tobacco causes pleasure but just as much as it gives it also takes up a lot from our lives. Not only is our health at risk but even the people around us is affected passively. This programme makes us aware of the dangers of tobacco consumption and the healthy ways in which we can overcome the addiction and ways to cope with the withdrawal symptoms. It helps us to come up with a systematic plan to quit.



Benefits of Quitting

The infographic illustrates the cumulative benefits of quitting smoking at various points in time. It shows a vertical timeline from 0 to 100 hours, with corresponding health benefits listed for each stage.

Withdrawal

EXPERIENCES

- Headaches
- Coughing
- Cravings
- Increased appetite or weight gain
- Physical changes (swollen, itchy, irritated, redness, or rashes)
- Restlessness
- Disturbed sleep cycle
- Difficulty concentrating
- Flu-like symptoms
- Anxiety

Coping!!

Withdrawal symptoms

Cognitive-behavioral therapies

Withdrawal symptoms	Cognitive-behavioral therapies
Anxiety	Get through things, set regular, and schedule to physical activity
Coughing	Use physical exercises of breathing, warm tea, juicy, citrus vapors, and avoid dairy
Cravings	Use strategy: Delay, Deep breathing, Drink water, Use something else
Increased appetite or weight gain	Be able to have a large appetite and be tempted to replace cigarettes with food. Make healthy eating choices (fruits, vegetables, and other healthy snacks)
Mood changes	Focus on goals for things about quitting or bring your head with happy, happy music to distract the negative thoughts
Restlessness	Engage in physical activity for fun walks
Sleeping disturbances	Relax, meditation, and mental imagery

Tackling Emotional/Psychological/Behavioural connections

Click to add title


4. Reflect with this based on the benefits of quitting

5. Be prepared for any level of stress.


Action Performance	Preparation to Break the Habit
Smoking increased with using	Signs you smoking immediately after using that the stress, anxiety, mood or the other harmful stress
Smoking in a social activity	Do not have to relax and with your friends if together or avoid going to dinner or eat
Smoking in a stress when	Drink water or tea, carry a small bottle to keep your hands busy, practice deep breathing or exercise to reduce stress
Smoking in the car	Remove all cigarettes from the car, open to music, take public transportation, or request to help with car-pooling
Smoking while on the phone	Begin to another activity while on the phone


Helpline numbers

Nationalist Helpline: 1800-120-1234 (24/7)
 Helpline numbers: 1800-120-1234 (24/7)
 Helpline numbers: 1800-120-1234 (24/7)



“COMMIT TO QUIT”






“WORLD NO TOBACCO DAY”


Organized by the National Service Scheme St. Edmund's College unit (NSS SEC).

Resource Person
Dr. Siddhartha Banerjee
*Program Officer,
 Health and Wellness Centers,
 Operationalization, Jhpiego.*




Date : 31ST May 2021
 Time: 4:30pm


To register click here:
<https://forms.gle/UYZT3yb4FJgGbyc8>




LET'S START TODAY

WORLD NO TOBACCO DAY







COMMIT TO QUIT

ORGANIZED BY THE NSS UNIT OF ST EDMUNDS COLLEGE SHILLONG



WORLD NO TOBACCO DAY





STOP SMOKING!!

“COMMIT TO QUIT”

ORGANIZED BY THE NSS UNIT ST. EDMUNDS COLLEGE SHILLONG

Event: World Environment Day**Date: 5th June, 2021**

The National Service Scheme (NSS) unit of St Edmund's College celebrated World Environment Day 2021 with the theme “**Ecosystem Restoration**” with the campaign Reimagine. Recreate. Restore. A collage of pictures was prepared depicting Programme officers and volunteers displaying a letter to spell out the focus of the year's celebration viz. Ecosystem Restoration. The celebration was carried out to bring into focus the theme 'Ecosystem Restoration' - a global mission to revive billions of hectares, from forests to farmlands, from the top of mountains to the depth of the sea.

Ecosystem restoration is about recovering degraded or destroyed ecosystems and also conserving healthy ecosystems. “Just as we caused the climate crisis, the biodiversity crisis and the pollution crisis, we can reverse the damage that we've done; we can be the first generation to reimagine, to recreate and to restore nature to kickstart action for a better world,” notes a message by Inger Andersen, Executive Director, UNEP.



Event: An interactive session “Aspiring Civil Services: Pathway to Possibilities”

Date: 10th June, 2021

Resource Person: Shri Cyril V. Darlong Diengdoh (IAS 2010), Secretary to the Government of Meghalaya, Home, CMO, Finance, Personnel and Planning

The National Service Scheme St. Edmund’s College (NSS SEC) unit organized a webinar (Platform: Zoom) on the 10th of June 2021 at 2 pm to interact with a renowned civil servant of the state and further discuss the pathway for young aspirants to achieve their dream of becoming a civil servant.

The session commenced with the welcome address by NSS Programme Officer Dr. Jasmine T. Sawian, where she underlined the significance of such a discussion to enlighten the young minds and promote the participation of the students at all levels. This particular program allows the students to listen and interact with a wonderful mind that has chronicled great success in the field of civil service.

Dr. Sylvanus Lamare, Principle of St. Edmund’s College, expressed his gratitude for all the participants and to the resource person for being present despite his busy schedule. A question needs to be asked to the entire Khasi community and the state of Meghalaya as a whole, as to why the contribution of civil servants is no longer noticeable in the field of IAS officers that have come up recently? This is a big warning to the state whether students are not good enough or is it that we don’t have a good preparation institute or is it that we are not really concentrating on this particular area.

This was followed by a brief introduction by Brother Ralph Sequeira who was one of few teachers who taught Mr. Cyril D. Diengdoh during his school days. Mr. Cyril Darlong Diengdoh studied at St. Edmund’s School from 1990 to 2001 and was awarded the ‘Edmundian of the Year’ in his final year. He then studied Law at the National School of India University and graduated in 2008. He belonged to the 2010 batch of the IAS allotted to the Assam-Meghalaya Carder. He has served as SDO Civil Sohra, Deputy Commissioner East Garo Hills, and Deputy Commissioner, South West Garo Hills and is presently Secretary Home Personnel Chief Minister’s Office Planning and a few other departments. Mr. Diengdoh is also the Director of Tourism of Meghalaya.

Mr. Cyril Darlong Diengdoh aspires to inspire the youth of St. Edmund's College. The session is divided into a segment of 20 minutes of his talk and the remaining 40 minutes of interaction.

Below is a brief excerpt of the programme.

Why civil services?

When he studied in St. Edmund's School and at the Law school in Bangalore, he was given opportunities for various leadership positions and really inspired him on finding a role to play to give back to society and be in a position where he can do something to bring about change and affect development hence civil services was the answer. In was in his final year of Law school in the year 2007 that he decided to pursue and prepare for the UPSC exam. Cyril convinced himself that his background in Law, the foundation he received throughout school and the fact that if he takes the exam, he will be able to acquire a position where he can understand the state better and serve the people. Such an opportunity is be grasped. He then took up a coaching class in Delhi and decided to have a schedule with at least a minimum of 8 hours a day he devoted to his studies. Initially it was tough with a lot of distractions and challenges but it was important to have a plan in mind and focus on the preparation time it will be worth it.

Coming back to his school days, some of the key elements that help Mr. Diengdoh in his journey were his love for quizzing, reading and knowing new things. Even though he had to prepare and study for long hours it was a joyful experience in the sense that he was able to learn new information and closely understand them from an analytical point of view. The key take away is to enjoy the preparation process.

How to prepare?

Like any other exam it is important to do as well as the others to get into the exam. It is evident that the percentage of marks scored by the toppers is about 50% to 55%. The reason behind this is either because the exam is so hard that a person scores only 55% gets in or the other perspective is that you only need 55% to crack the exam. And since the competition is so tough is it important to stay focused and dedicated. The strategy Cyril adopted was to look at the syllabus, read past years question papers and to understand what the exam is trying to test. It is advisable to choose the optional paper well. Normally the optional paper is a subject that a person has graduated in and yet chose it in a way that studying the subject is enjoyable. Though the trend in the past years is that it is not only factual knowledge that is tested, they are trying to see whether the candidate is able to

analyze all the facts in a factual situation from various perspective and give a balanced answer at the end of the day. At present, the number of resources available is countless in terms of the internet.

The purpose of the exam should be very clear. When a person is clear with his goal nothing could stop him. Having focus strategy is a must. Once a focused strategy is in place the person should stick to the strategy and see what works best for him. Consistency and perseverance is the key to aptly prepare for the exam.

What is civil service about?

Cyril further goes onto to motivate the students by stating that civil servants play a significant role in the development of the country, they hold key positions such as District Magistrates and Deputy Commissioners. They monitor so many things. With his position as a Secretary Personnel, he was part of a team that framed the Right to Public Services Act. This act gives timelines and helps in improving public service delivery. As DC in Garo Hills, he had the opportunity to travel to some of the remote villages and implement various schemes. As a civil servant, one of the key roles Cyril play is to coordinate with various departments and talk to the public. Unfortunately, many of us may suffer from a lack of knowledge because we may not know the process on how to crack the UPSC exam.

He concluded his talk that his mere advice is not enough to crack the exam but rather the individual's attitude and willingness to go the extra mile to well equip themselves.

The questions asked are as follows:

Query: How to channelize our preparation even without attending coaching?

Response: Coaching is not compulsory and there are many people who attend coaching but who don't make to the civil service likewise there are many people who don't attend coaching and make it to the civil service. It is about understanding an individual's strength and know the syllabus well. Channelize energy in such a way that once you have made up your mind and you are steadfast to achieve your goal. Then once you start the process you take it step by step. Have a one-week goal.

Q: Most of our seniors have advised us to study at least master's before giving the UPSC exams. Sir could you please share your thoughts?

R: The minimum qualification is a graduate degree. Many of the students who do take the exams have a master's degree; it helps because advance knowledge does help. One strategy could be when you enter your master's and start preparing from then itself for your UPSC exams. But having said that it is not necessary to have a master's degree before taking the exams. The key is to know how much you've understood your subject matter during graduation itself.

Q: The state government of Meghalaya started a scheme to encourage students to prepare for civil service. How successful is it? If no success, why?

R: The scheme is run by the Meghalaya Administrative Training Institute (MATI) and this year itself it has been revamped. MATI has not been very successful in terms of who has qualified. Many of the students who undertook this training program have taken the MPSC exam for other jobs also. So, this preparation will definitely help to crack competitive exams.

The course is still continuing it's administered by MATI and details are available online.

Q: Since it is an examination of elimination what is the best possible method to study? Is it through practice or mock test or reading?

R: Mock test plays a very important role. Nowadays mock test is available online also. Definitely mock test is a way to self-evaluate if you are reading the right materials or you are understanding them before giving the main exams. The key strategy is to look at the syllabus, look at the study material and take notes of the important points.

Q: Whether we can opt for Mathematics as an optional subject for UPSC exam?

R: Yes, you can opt for Mathematics. Many engineers are taking Arts subject like Geography or Sociology to take the exam. The criteria to decide is which is the paper you are most interested in as a student when you have studied and you are good at. That should be the guiding strategy.

Q: How do we channelize our newspaper reading from the UPSC point of view, keeping in mind the daily time strain?

R: Cyril would spend about half an hour reading the paper and go through the key parts of the paper such as current affairs, general economy, key developments in the country and the like.

Q: During your preparation were you fully confined in your room and distance yourself from indispensable NGOs, church society?

R: A routine should always be maintained. By 7 am he would wake up and have breakfast by 8:00 am or 8:30 am. Then he would study till 12:00 pm. And continue till his coaching classes at 2 pm. So, his study routine would span between 6 to 8 hours a day. But physical activities should be incorporated in the routine as well.

The numbers of participants were about 173.

Close	Participants (173)	Close	Participants (173)	Close	Participants (172)
	Afreen Mawthoh		Aroup Majumdar		Kevin Thubru
	Ahsan Sabry		Aspirant Samuel L Tlau		Kitboklang marbaniang
	Aiba Suchiang		Avishaan		KI
	Aijjngkmen		Bada		Ksankupar Kurkalang
	Alethea S. Diengdoh		Baiaihun Mary Kurkalang		Kyntibanylla lyngdoh nonglait
	aman kumar		Bakhankor Nongsiej		Kyrshanbor Shulet
	Andy F Diengdoh		Banaiboklang Eco 69		Laishram Ganashyam
	Ankita Basumatari		Banrikmenlang i Shylla		Lallawmzuala Sailo
	Anusuya Barua		Barsa Pols/436		Larihun
	Aphisha Kharkongor		Bawan Pyntngenglang Thangkiew		Lavinia Lamare
	Aroup Majumdar		Bertrand Dkhar		Lavinia Sohlang
	Aspirant Samuel L Tlau		Bharilang		Lr Somayo Charanga
	Avishaan		BM		Mar Syiem
Close	Participants (172)	Close	Participants (172)	Close	Participants (171)
	Mewan		Prettysha Marbaniang		Sengbat Marak
	Miramon Nialang		Primoy Pakyntein 265		Shatijung
	murchana bordoloi		Prince Priyam		Shebareen Nongrum
	Mustafiza Hazarika		Pulom buchi		SHUBHANKAR SARMA- 418
	Nafisa B Majaw		Putusenla Longchar		Shubhram Bhattacharjee
	Neiniwanroy Shullet		Pyndapbiang Wanlah		shyam -66
	Ngayur M		R Bamelari L Nonglait		Simon Coelho
	Nilu Suting		Rajiyoti 4th sem.		Sneha Paul
	Nisha Sharma		Randall Lyngdoh		Sujaan Buragohain
	Nsayingis		Ranisa Begum		Sumit Deb
	Opanglemla Kichu		Rebelson Umsong		Sylvanus Lamare
	Phiaillahun 82 Geography		Redmi 9 Power		Tahhangai bonny.
	PHIBADAHUN RANGLSLANG		Reshmi Paul		tharmi r.shimray

Close Penicipams (J73)  Daia Risa Nongbet

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Easter Nian9nunnero



Event: Webinar on De-Addiction

Date: 19th June, 2021

Resource Person: Dr. Ariz Inamdar, MBBS, MD Psychiatry, Consultant Psychiatrist at Solapur, Maharashtra

Time- 1:00pm - 2:30pm

Platform: Zoom

The National Service Scheme (NSS) unit of St Edmund's College organized a Webinar on De-Addiction on 19th June, 2021. Dr. Ariz Inamdar was the Resource Person at the programme. The webinar started with a brief introduction to the resource person, Dr. Ariz Inamdar a renowned psychiatrist. He has completed his MBBS and MD in Psychiatry and is presently a Consultant Psychiatrist at Solapur, Maharashtra.

Dr. Ariz Inamdar started his talk by stating the facts about the condition of a person who is undergoing withdrawals. Withdrawal symptoms will last for 3-5 days. But with the help of Anticraving medicines the method seems a little bearable. At this point, having positive interaction around family and friends is very important for speedy recovery. The family can do this by instilling hope and building confidence in the person. It is to be understood that the patient is a victim of intoxicants and not a culprit. Hence, criticism does more harm than good.

Another major factor influencing addiction is peer pressure. Peer pressure is one of the leading factors that drive many youth to experiment with alcohol and drugs. Some peers may belittle a person who chooses to have a healthy lifestyle so they will keep forcing him to indulge in such substances. Knowing how to deal with peer pressure is a skill that needs to be inculcated in our youths today.

Prevention is always better than cure. One of the ways to prevent the sales of such products is by increasing taxes, to have countermeasures for drinking and driving, to post restrictions on its availability and to ban advertisements of such products. Today there is irrefutable scientific evidence about the hazardous consequences of alcohol and tobacco and yet there are no signs of their use decreasing in the near future.

According to the Global burden of Disease study 2010 for young people aged 15-49 years the 7 leading risk factors for disease burden were:

1 st	Alcohol use
2 nd	Tobacco smoking including second- hand smoke
3 rd	High blood pressure
4 th	High body-mass index (obesity)
5 th	Diet low in fruits
6 th	Drug use
7 th	Occupational risk factors for injuries

Some of the misconceptions are as follows:

- Misconception 1 – It’s an effective stress buster
But this brings up the question- at what cost? Relief from stressors is only temporary and illusory. Alcohol actually increases stress in the long run.
- Misconception 2 – In moderation, it is good for the heart
There is weak evidence to support this notion with a number of methodological flaws. Hypothetically prevented male deaths are about 88,000. The actual cardio-vascular male deaths due to alcohol are about 4,66,000. Lastly, the actual total male deaths due to alcohol are about 20,39,000.
- Misconception 3 –So far as one drinks responsibly, it is safe to drink
Does anyone drink out of control by choice? Why call it an addiction?
- Misconception 4 –In cold climate if you want to survive then you must have to drink.
This is one of the misconceptions that are otherwise proven wrong. According to researchers, alcohol causes vasodilatation, loss of heat, frost bite and hypothermia.

The simple fact is anyone can get addicted or meet with an accident if intoxicated. Binge drinking is also harmful. Just one day of drinking at a party can ruin your or someone else’s life. Accidents, behavioral problems, health hazards and work absenteeism are bound to happen when one drinks. Most people ask “it is ok to drink in parties?” It should be noted that most addicts were once occasional party drinkers. About 15% of those who touch it get addicted.

When it comes to Cancer patients, no amount of alcohol is safe. In 2004 worldwide, light drinking resulted in about 5000 deaths from oropharyngeal cancer, 24,000 from esophageal carcinoma, and 5000 from breast cancer. If one really wants to protect the heart - there are many well proven methods such as regular exercise, low fat diet, controlling diabetes and hypertension.

From a recent multi-centric Indian study found: even occasional or light drinking is harmful. Tobacco and pan masala act as a gateway drug. Government has to spend a huge amount of money on the treatment of alcohol related diseases. Innocent people lose their lives in accidents. Work abstinence and poor quality of work. Addiction plays a big role in maintaining the poverty in society. Alcohol harms the family too. It stirs up disharmony and hatred in the family. In addition to this, alcohol destroys the psychological health and decreases academic performance. The prevalence of anxiety and depression is higher in those who drinks or smoke. In India, 15% to 20% of work absenteeism and 40% of accidents at work are due to alcohol consumption. Addiction creates financial disaster. For instance, if a person spends Rs.100/day, this is about Rs.3000/month which amounts to Rs.36,000/year. Therefore, this proves to be a crucial factor maintaining the poverty in our society.

Event: International Yoga Day

Date: 21st June, 2021

The NCC and NSS units in collaboration with IQAC St. Edmunds college, Shillong organized a virtual yoga session on the occasion of 7th International Yoga Day. The eminent guest and trainer for this virtual Yoga session was Mr. Prasenjit Dey.

The program commenced with the welcome address by NSS Programme Officer Sir E. Sumerr where he underlined the significance of the practice of Yoga which can promote the holistic health of every individual. The Day will be marked at a time when COVID-19 pandemic continues to upend lives and livelihoods of people globally

Dr. Sylvanus Lamare, Principal, St. Edmunds College, Shillong expressed his gratefulness for being invited to be a part of this significant day. He highlighted the importance of yoga as it works on all aspects of the person: the physical, the mental, the emotional, the psychological and the spiritual.

This was followed by a brief introduction of the trainer Mr. Prasenjit Dey who is from Kendra Vidyalaya. He conducted a virtual yoga session where firstly he gave an introduction about yoga and its benefits. He quoted “Yoga is a Boon to Humanity”. Thereafter, he started demonstrating various yoga asanas, such as Surya namaskar, Setu Bandha Sarvangasana, Savasana, pranayama. On a concluding note, he ended the session with a prayer. All the participants of the webinar performed all the yoga asanas with full enthusiasm.

St Edmund's College

21st June
International
Yoga Day celebration

ORGANIZED BY
NSS AND NCC UNITS
IN COLLABORATION WITH
IQAC ST EDMUND'S COLLEGE

TRAINER: **MR. PRASENJIT DEY**

TIME: **4:00 PM**
TO JOIN THE EVENT CLICK THE BUTTON BELOW



Event: Webinar on Tribal Rights

Date: 26th June, 2021

Speaker: Ms. Bhavya Saini, Member of Tribal Right Forum and the Executive Member Project Eklavya.

No. of participants: 120

The National Service Scheme, St. Edmunds College Shillong organised a webinar on Tribal Rights on 26th June, 2021. The eminent guest and speaker for this webinar was Ms. Bhavya Saini, Member of Tribal Right Forum and the Executive Member Project Eklavya.

The program commenced with the welcome address by Ms. Iarisa Dorphan where she give a short explanation on Tribal Rights. This was followed by a brief introduction of the Think India Tribal Right Forum. This was followed by a brief speech by Br. Simon Coelho, after which the resource person – Ms. Bhavya Saini took over.

The resource person introduced herself to the participants and shared a link for the website of the Think India Tribal Rights Forum including links to their social media platforms, in the chat box. The resource person then went on to ask the participants what they understood by the term ‘Tribe’. The session continued with the resource person talking about the origin of terms ‘Adivasi’ and ‘Aboriginal’, the percentage of tribal population in India, scheduled tribes in constitution, media-representation and agricultural practices concerning tribes, naxalism, left narratives surrounding tribals and the British’s “Divide and rule” policy effects on tribes. The resource person ended her presentation on Jan-Jatiyan/Tribes at 3:12pm and moved on to the interactive session where participants asked the resource person questions based on the program.

QUESTIONS AND ANSWERS:

1. How to encourage organic farming?
Everything must be organic, as it is a trend, it is eco-friendly and also healthier living. Meghalaya also focused in organic farming.
2. How to protect tribals in educational institutions and workplace outside of their home states?
In order to protect the tribals in educational institutions we should create a new policy and also create a whole new model for tribal institutes.
3. Can tribal identify merge with modernity?

When it comes to this modern generation, we have a perfect infrastructure around us. So we need new technologies in order to help the tribal to identify based on modernity.


4. Are there any incentives for organic farming?

From the government, in the farming areas they are still working and schemes have been provided to the farmers. The government takes the product from the farmers, collect it, pack it, brand it and sell it.


After the interaction session came to an end, the program officer hosting the webinar – Ms. Iarisa Dorphang proceeded to give the vote of thanks at 3:30 pm. The feedback form link was sent by one of the NSS animators in the Zoom chat box at 3:34pm and the program came to an end. Participants of the program filled the feedback form through the link provided and left the zoom meeting right after completion.

The session was a successful one and provided valuable information to the participants involved concerning the topic of Representation of tribal communities of India in Mainstream Media and the role and effect of Central and State Government Schemes in the welfare of tribal communities of India. Participants also learned a great deal on organic farming, agricultural practices and tribal rights.

St Edmund's College
Shillong - 793003







The National Service Scheme
St Edmund's College invites you to a
Webinar on Tribal Rights



Speaker - Bhavya Saini
Member Think India Tribal Rights Forum,
Executive Member Project Eklavya


Topics:
- Representation of tribal Communities of India in Mainstream Media.
- Role and Effect of Central and State Government Schemes in the welfare of Tribal Communities of India.



















 **26 JUNE 2021**
 **2:00 pm**

Certificates will be given

Join us by clicking the KNUP



	Apsa	
Bari Ryntathieng (me)	> A Aren	 
 EVS SEC (Host)	§ BN	
Bakhamkor Nongsiej	BS	 
Bhavya Saini (Co host)		
Aaron Dameshwa	 	Baljuda War nongbri
	 	Bawan Pyntngnlang
Abigail		Thang...
	Aiba	
	Benedictson	Pakem-78
	Balita	Siangshai

Netso Vasa

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Ankita Sharma

Chyrhitdian Khongla

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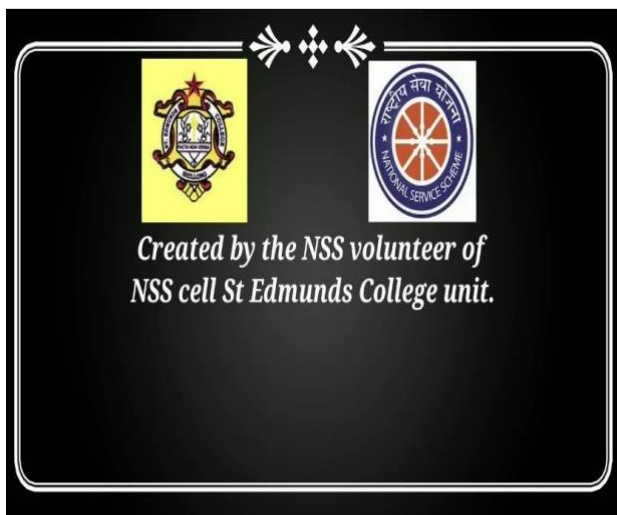
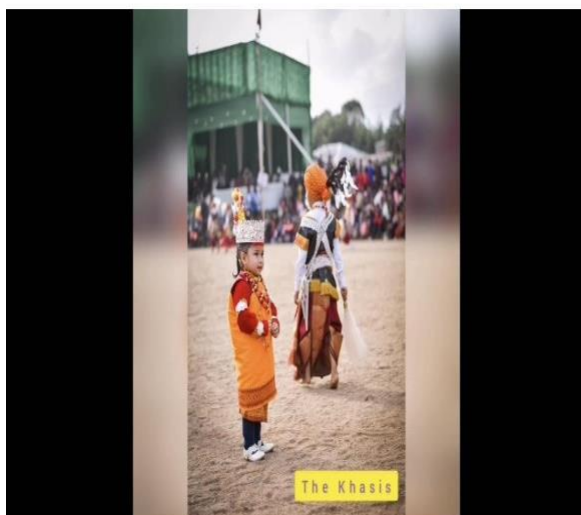
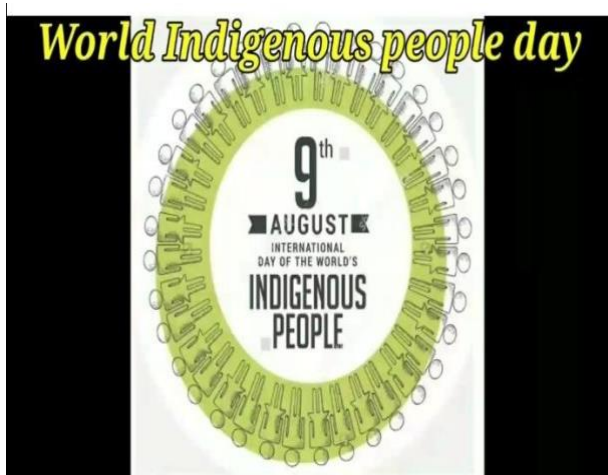
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Event: Celebration of World's Indigenous Peoples Day

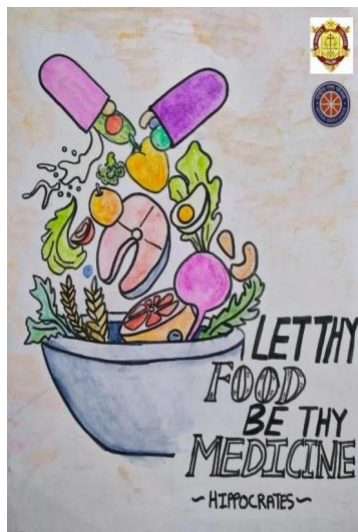
Date: 9th August, 2021

The National Service Scheme (NSS) unit of St Edmund's College celebrated the World's Indigenous Peoples Day by preparing a video to raise awareness of the event. The video highlighted about Indigenous People and their distinct social and cultural heritage. It also portrays the unique connection that they share with nature and the need to protect them. The video also shared pictures of different tribes from across north east India.



Event: Celebration of Poshan Maah (Nutrition month)**Date: 3rd September, 2021**

The National Service Scheme (NSS) unit of St Edmund's College celebrated the Poshan Maah (Nutrition month) on 3rd September, 2021. The Poshan Maah starts from the 1st of September and continues to the 30th of September. During this month on nutrition, students are encouraged to plant sapling of varieties of different plants and vegetables which can be easily planted and maintained in kitchen gardens/ schools/ college campus or any protected place. A few NSS volunteers participated in this campaign and shared photos of them planting saplings of vegetables in their kitchen garden.



NSS volunteer for Nutrition month

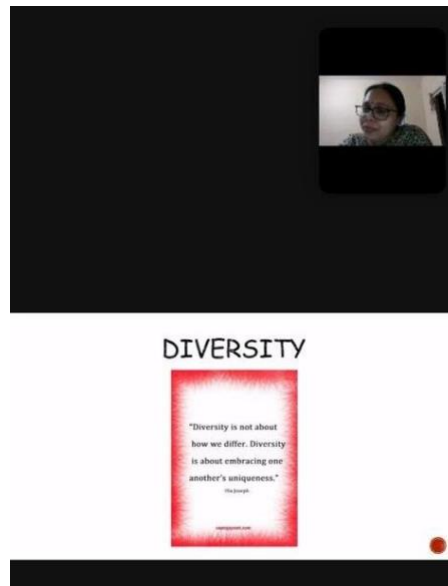
A poster prepared by students

Event: Inclusive Education and Introduction to Sign Languages

Date: 16th September, 2021

The NSS volunteers of St. Edmund’s College attended a meeting organised by the Rotary Club Cherry Blossom Shillong on the occasion of Literacy month. A talk on sign language was delivered by Ms. Nivedita Tiwari, Co-founder and Director, Samaaveshi.

Ms. Tiwari explained how education is important for everyone and even for people with disabilities. She explained how they are suffering due to lack of awareness and resources, she also explained that changing one’s attitude, peer sensitization and using respectful language can bring a great change in their life and also to see the person beyond their disabilities.



Disabled person' x	'Person with disability' v
'Handicapped'	'Person with disability'
'Crippled'	'Person with physical disability'
'Deaf and dumb'	'Person with hearing and speech impairment'
'Mentally retarded'	'Person with intellectual disability'
'Mentally ill'	'Person with mental illness'
'Normal person'	'Person without disability'



Event: Webinar on Keeping My Heart Healthy**Date: 29th September, 2021****Resource Person: Dr. Reuben Lamiaki Kynta**

The National Service Scheme (NSS) unit of St Edmund's College conducted a webinar on the occasion of World Heart Day on the topic "Keeping my heart healthy" on 29th September, 2021. The meeting was held via Zoom (Meeting ID: 757 7469 0195, Passcode: y5MJ3k). The resource person was Dr. Reuben Lamiaki Kynta, Assistant Professor, Cardio Thoracic and Vascular Surgery (CTVS), NEIGRIHMS.

Dr. R.L. Kynta started by giving an introduction to the human heart and its function. He mentioned that cardiovascular disease is the world's number 1 killer causing 17.8 million deaths every year. He then explained the meaning of cardiovascular disease or simply called CVD. CVD are estimated to account for 26% adult deaths in India, as about 15% of the population smoke tobacco, 4.3 litres of pure alcohol is consumed per person and 21.1% have hypertension which can increase risk of heart attack, heart failure, kidney disease or stroke.

Dr. Kynta also explained about the vulnerabilities of the heart and different types of CVDs which include heart disease, heart attack, stroke, peripheral vascular disease and heart valve disease. He also talked about arrhythmia, aortic disease, cardiomyopathies, congenital heart disease, deep vein thrombosis and pulmonary embolism, heart failure, pericardial disease and rheumatic heart disease. The majority of deaths due to CVD are precipitated by risk factors such as high blood pressure, high cholesterol, obesity and diabetes. These can be prevented/ controlled by consumption of a healthy diet, regular exercise, avoiding tobacco and keeping an eye on your blood pressure, cholesterol levels and blood sugar levels. He suggested that we should know our warning signs and the sooner assistance is sought, the greater the chances of a full recovery.

Dr. Kynta concluded by advising students to learn about CPR and get certified from a local organization so as to be able to help out in case someone goes into sudden cardiac arrest, and to never do drugs.

2021 WORLD HEART DAY

KEEPING MY HEART HEALTHY

Dr. Reuben Lamiaki Kynta, MCh CTVS
Assistant Professor
Cardiothoracic and Vascular Surgery
NEIGRIHMS, Shillong

USE ♥ TO CONNECT

THE BASICS

The heart is a muscular organ that pumps blood throughout the body via the circulatory system, which is made up of the heart, blood and blood vessels.

The pumped blood carries oxygen and nutrients to tissues and organs through the blood vessels, while carrying away metabolic waste such as carbon dioxide.

The heart beats around 100,000 times and pumps up to 7,500 litres of blood every day!

USE ♥ TO CONNECT

WORLD HEART FEDERATION

CARDIOVASCULAR DISEASE
THE WORLD'S NUMBER 1 KILLER

Cardiovascular diseases are a group of disorders of the heart and blood vessels, commonly referred to as **heart disease and stroke**.

17.8
MILLION

deaths every year from CVD

31%

of all global deaths

>75%

of CVD deaths take place in low- and middle-income countries

USE ♥ TO CONNECT

GLOBAL CAUSES OF DEATH

ST EDMUND'S COLLEGE

ST. EDMUND'S COLLEGE INVITES YOU TO A WEBINAR ON "KEEPING A HEALTHY HEART" ON THE OCCASION OF WORLD HEART DAY.

Organised by
National Service Scheme
St Edmund's College

Speaker
Dr. Reuben Lamiaki Kynta
Assistant Professor
Cardio-Thoracic and Vascular Surgery
(CTVS)
NEIGRIHMS

29th September 2021
5:00pm

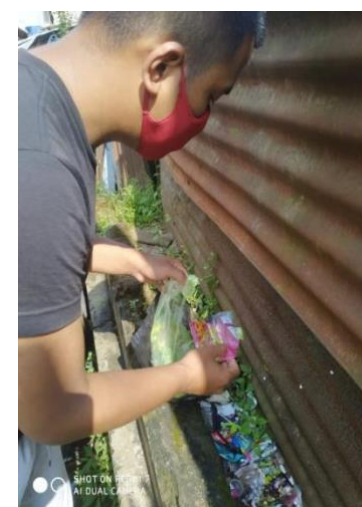
Click the heart to join the program

E-certificates will be provided

Never lose your heart in any situation, it is the best way to deal with all kinds of problems.
HAPPY WORLD HEART DAY

Event: Celebration of Gandhi Jayanti**Date: 2nd October, 2021**

The National Service Scheme (NSS) unit of St Edmund's College organized a cleaning drive-cum-plogging on the occasion of Gandhi Jayanti on 2nd October, 2021 which commenced at 6 am in the morning at the college campus. A number of students participated in the cleaning drive activity where the students ran and at the same time stopped to pick up any litter along the road. Some students cleaned the areas in their localities where they stayed and even along the roads and footpaths.



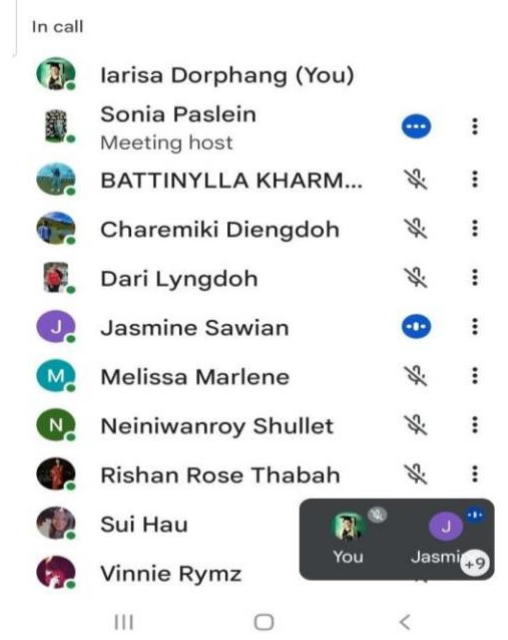
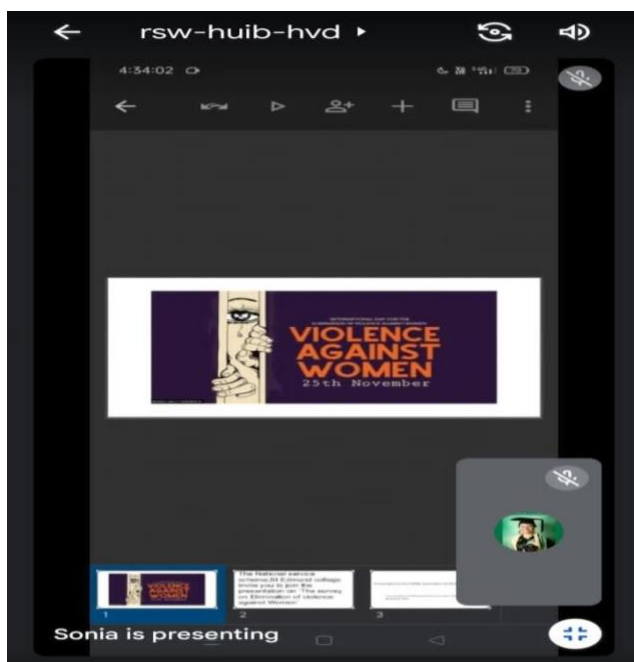
Event: Clean India Campaign**Date: 29th October, 2021**

The National Service Scheme (NSS) unit of St Edmund's College took part in the Clean India Program on 29th October, 2021 as a part of the Azadi ka Amrit Mahotsav celebrations. A cleaning drive was organized where students from different educational institutions took part at Jawaharlal Nehru Stadium. The celebrations aimed at creating awareness, mobilization of people and ensuring their involvement in the Clean India initiative in unique terms of scale and participation.



Event: Presentation on Elimination of violence against women**Date: 25th November, 2021**

The National Service Scheme (NSS) unit of St Edmund's College along with the Department of Social Work (PG) organized a presentation on Elimination of violence against women on 25th of November, 2021 on Google meet (<https://meet.google.com/rsw-huib-hvd>) at 4pm. The students of Social Work highlighted about the awareness of crimes against women and how we can prevent them. The range of crimes covered by the term 'violence against women and girls' is shocking. These crimes can take place behind our front doors and beyond them. These crimes are conducted by a minority of people, yet the consequences reach far and wide across society. There were a total of 26 participants in the presentation.



**The Student Social Worker
under NSS Sec Unit, St.Edmund's College, Shillong
Invites you to join the presentation**

On

Elimination of Violence against
women.

25 November 2021
2:00 pm onwards
Online meeting
via Google meet

<https://meet.google.com/fof-tzha-xwh>



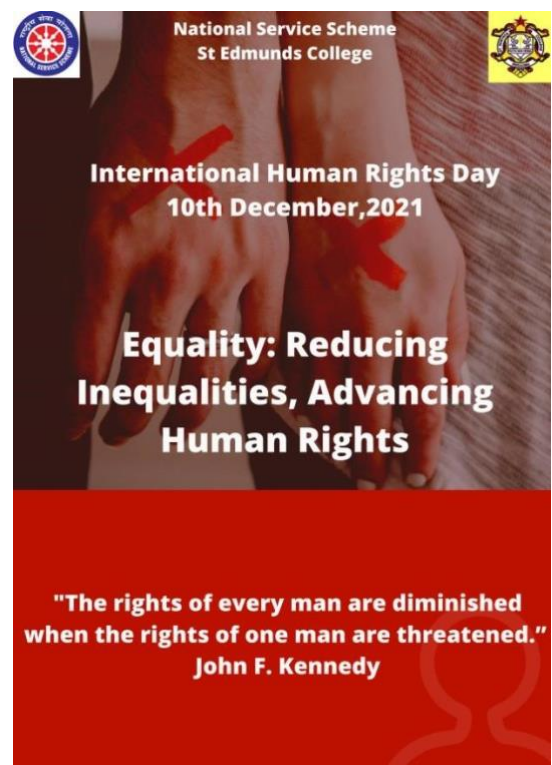
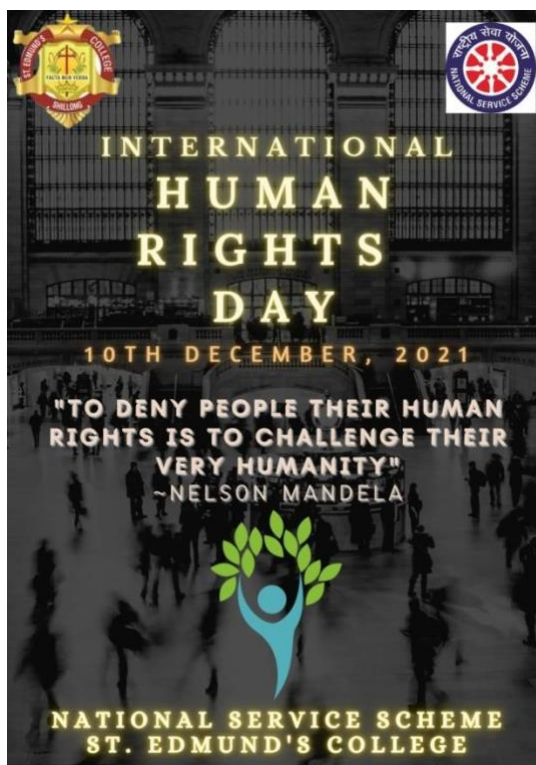
Event: World AIDS Day**Date: 10th December, 2021**

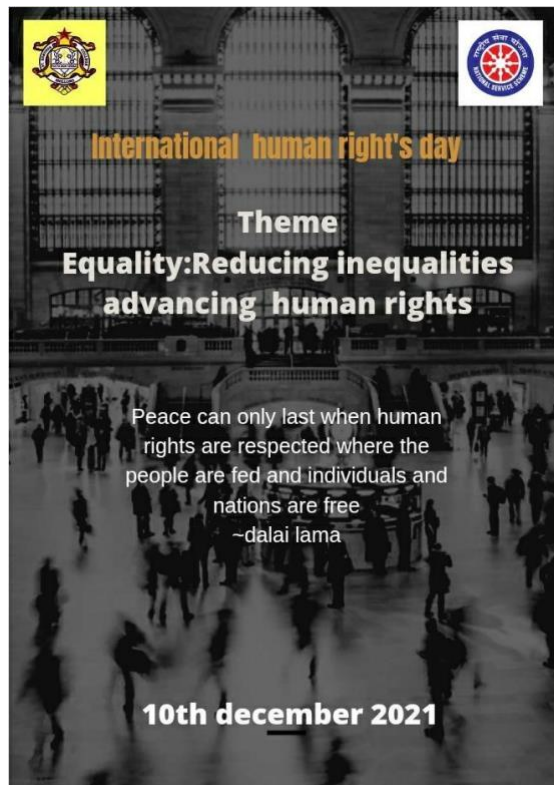
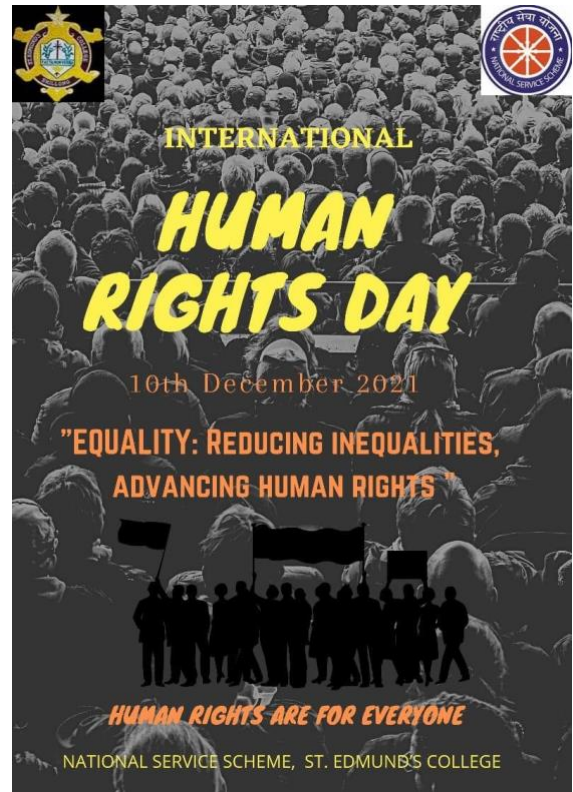
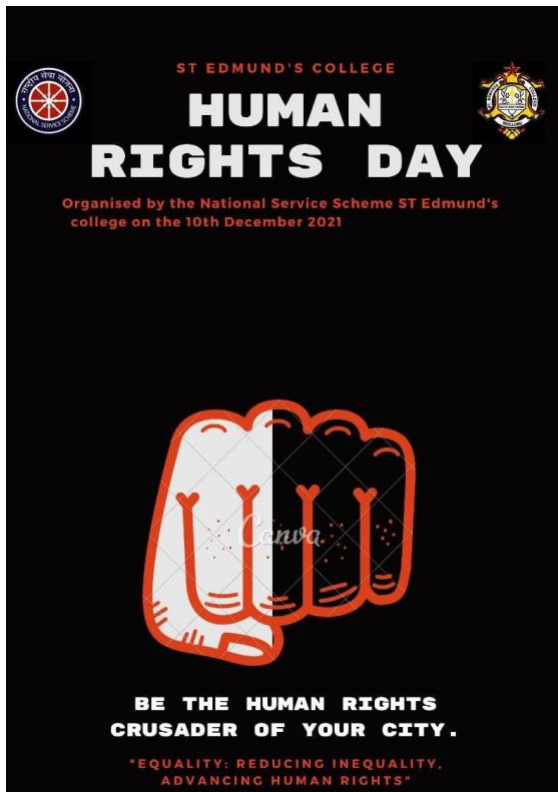
The National Service Scheme (NSS) unit of St Edmund's College celebrated the International World AIDS Day on 10th of December, 2021. World AIDS Day is observed on *December 1 each year*. It is a day of solidarity for people around the world who are affected by HIV. The theme of World AIDS Day 2021 is 'End inequalities. End AIDS. End pandemic' with a special focus on reaching people left behind and to highlight the growing inequalities in access to essential HIV services. This year the NSS volunteers of the unit commemorated World AIDS Day on 10th December, 2021 in a program organized by Voluntary Health Association Meghalaya (VHAM) and participated in a flash mob dance along with students from other institutions.



Event: International Human Rights Day**Date: 10th December, 2021**

The National Service Scheme (NSS) unit of St Edmund's College celebrated the International Human Rights Day on 10th of December, 2021. This year's Human Rights Day theme relates to 'Equality' and Article 1 of the UDHR – "All human beings are born free and equal in dignity and rights". The principles of equality and non-discrimination are at the heart of human rights. In solidarity with this year's celebration the NSS Unit prepared digital posters to raise awareness on rights of human and these were shared with the staff and students of the college.





Event: National Girl Child Day**Date: 24th January, 2022**

The National Service Scheme (NSS) unit of St Edmund's College celebrated the National Girl Child Day on 24th of January, 2022. National Girl Child Day is celebrated on 24th January every year to create awareness of the disparities that girls suffer in India, the girl child's fundamental rights, and the importance of female nutrition, health, and education. This year's theme "All girls deserve better—the world deserves better" puts the international community on notice. It calls upon us to do better collectively. In solidarity with this year's celebration the NSS Unit prepared a collage of pictures was prepared of Programme officers along with their daughters and female NSS volunteers with their parents.



Event: NSS Republic Day Parade Camp**Date: 26th January, 2022**

An NSS volunteer, Fernando Paulus Marngar, BA (English) 5th semester was selected to be a part of the marching contingent of the NSS Republic Day Parade Camp at New Delhi on 26th January, 2022 organised by the Government of India, Ministry of Youth Affairs & Sports, Directorate of National Service Scheme, New Delhi. Fernando has brought laurels to the College and to the State for being a part of the marching contingent during the prestigious event.

NSS volunteers of St. Edmund's College unit, Fernando Paulus Marngar and Lucky G. Momin, B.Sc. (Environmental Science) 5th semester, had earlier participated in the Pre-Republic Day Camp at Central Institute of Technology, Kokrajhar, Assam from 23rd October to 1st November, 2021. On completion of the Camp, Fernando selected to take part in NSS Republic Day Parade Camp at New Delhi on 26th January, 2022.



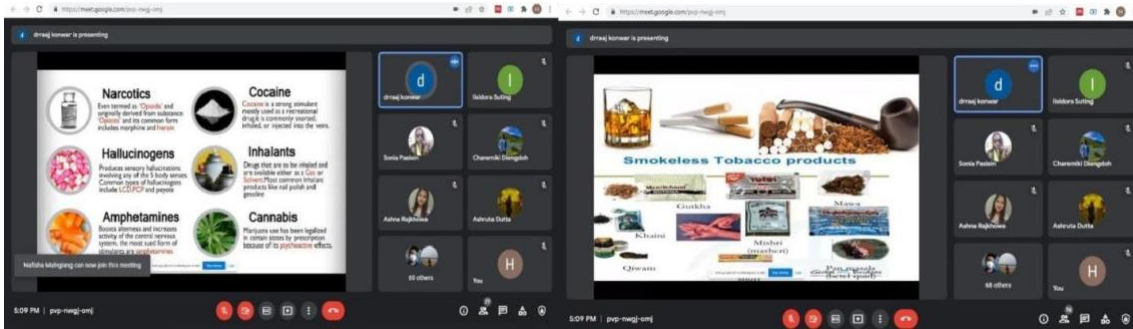
Event: Webinar on The Impact of Substance Abuse in Youth**Date: 25th February, 2022****Resource Person: Dr. Raaj Konwar, Head, Psychiatry Department, Nazareth Hospital Shillong**

On the 25th of February 2022, a webinar was held by the National Service Scheme Unit, St. Edmund's College, in collaboration with the Department of Social Work -PG, St. Edmund's College, on the topic "Impact of substance abuse in youth"; hosted via Google Meet (<https://meet.google.com/pvp-nwgj-omj>). The resource person for this webinar is Dr. Raaj Konwar, Head of the Psychiatry Department at Nazareth Hospital Shillong. The participants include students, members of the management, the Programme Officers and the faculty of St. Edmund's College.

A brief welcome speech was delivered by the host of the webinar, Mr. Charemiki Diengdoh, followed by a formal welcome speech by the moderator of the webinar, Miss Sonia Paslein (NSS volunteers), introducing the Resource Person and a brief description about the Resource person to the webinar participants.

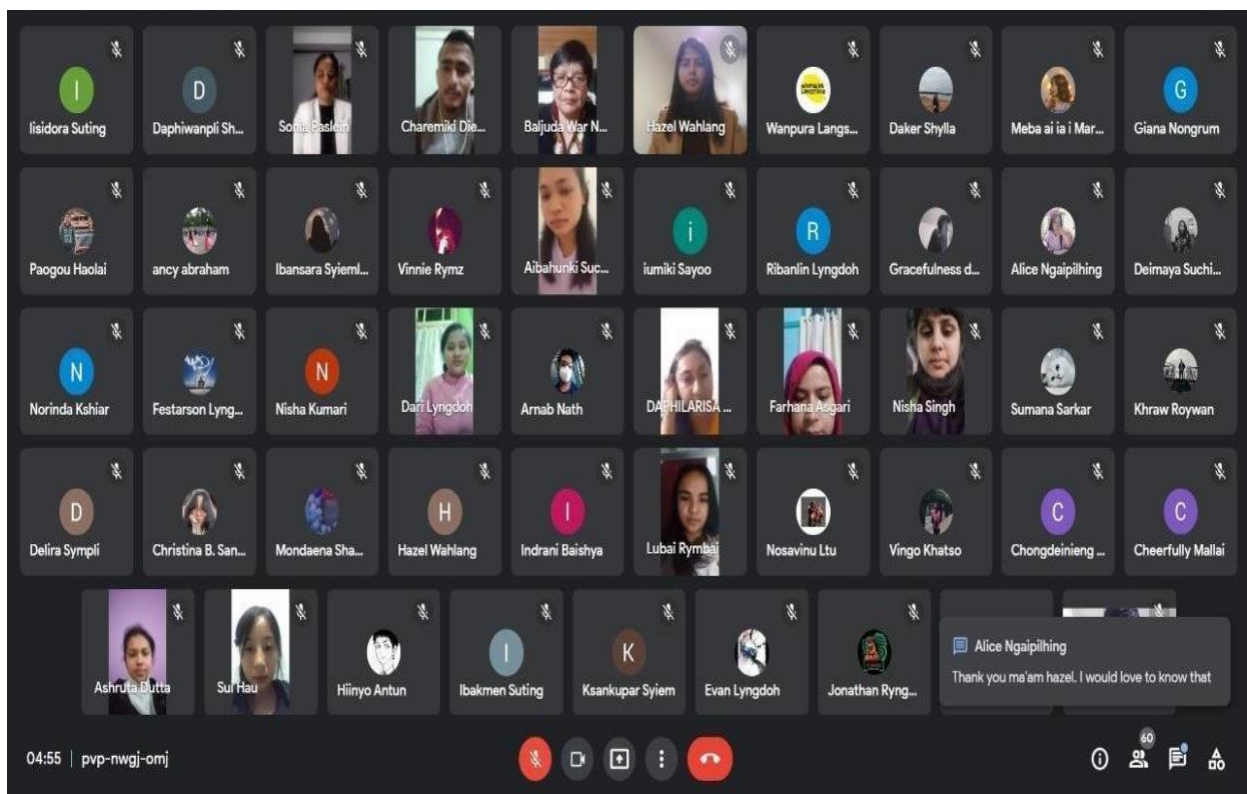
The Resource Person, Dr. Raaj Konwar, immediately began to explain to the participants the topic of "Impact of Substance Abuse on Youth," and he has even prepared a nice PPT that assisted the participants in having a better understanding of the topic. As Dr. Raaj explained, there are many types of substances that can adversely affect the health of humans, including alcohol, opiates, and so on. In addition to this, Dr Raaj added that when all these substances are taken into a human body, they will first affect the brain and then they will move on to affect the lungs or any other part of the body.

In the webinar, the Resources person made it very interesting by asking the participants to ask questions about each topic. After he finished speaking about a topic, he would ask if they had understood it or not. As a result, there were a lot of questions from the attendees and Dr. Raaj answered them right away in the chat box.



As soon as the Dr. Raaj session had finished, a Question and Answer round session began in which the moderator, Ms. Sonia, encouraged participants to leave questions or leave comments in the chat box that she would read on to the resource person. Most participants, as well as teachers, asked questions. It took approximately 25 minutes for this session to complete. Miss Dari Lyngdoh (NSS volunteer) gave a Vote of Thanks at the end of the webinar.

There were approximately 85 attendees who were able to attend the webinar.





INVITING YOU ALL
TO THE
ONLINE WEBINAR

**THE IMPACT OF
SUBSTANCE ABUSE ON
YOUTH**

Organised by NSS,
St. Edmund's College, Shillong



Date - 25th February 2022
Time - 5:00 pm

RESOURCE PERSON:
Dr. RAJ KONWAR, MD
HOD Psychiatry, Senior Consultant
Nazareth Hospital

GOOGLE MEET
LINK → <https://meet.google.com/pvp-nwgj-omj>

FOR REGISTRATION
<https://forms.gle/gadpByvS9o9Ayhzs7>

For more information contact -
8837262038, 97744 69949

Event: Youth Parliament Festival 2022**Date: February – March 2022**

National Service Scheme (NSS) volunteers of St. Edmund's College, Ralph Lennard Marbaniang, Adriel Salnang K. Marak and Mewan E. War took part in the selection of participants for the District level National Youth Parliament Festival 2022 held from 18th to 20th February, 2022. They had to submit pre-recorded videos on selected topics. NSS volunteers, Ralph Lennard Marbaniang and Adriel Salnang K. Marak were then selected to participate in the State level National Youth Parliament which was held from 23rd to 27th February, 2022 which was held on a virtual mode. They also had to submit pre-recorded videos on the topics which were given below in the flyer.

State Youth Parliament – 2022

Date : 23rd - 27th February 2022

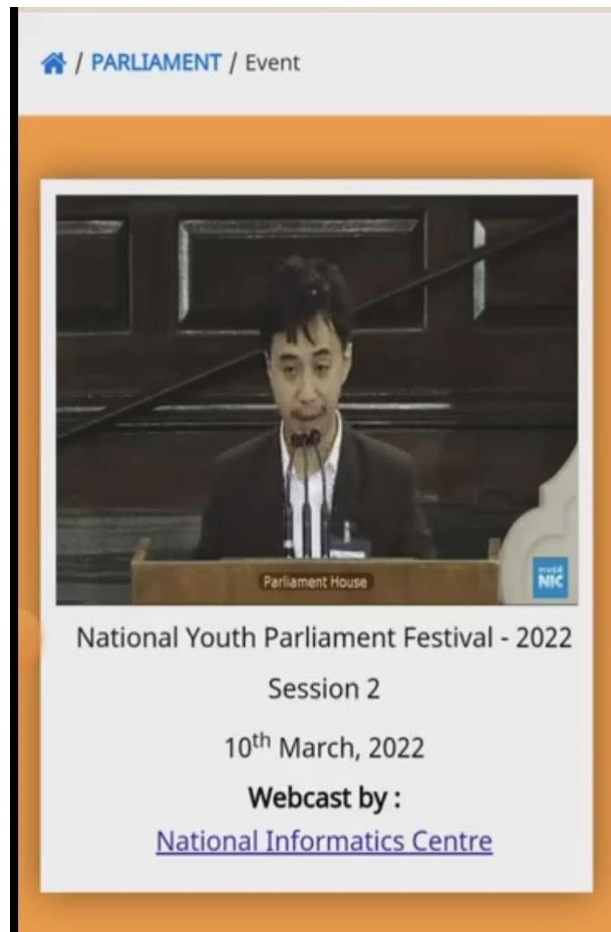
Mode : Virtual

The topics are revealed, start the preparation TODAY!

- Sabka Sath, Sabka Vikas Aur Sabka Vishwas
- Sankalp Se Siddhi
- Ek Bharat Shrestha Bharat
- Beej se Bazar Tak and Lab to Land
Har Khet Ko Paani and Per Drop More Crop
- Make in India
- Khelo India – Fit India
- Start up India, Stand up India

Connect with us [f](#) [t](#) [@](#)

The finale of the National Youth Parliament Festival was held on 10th and 11th March 2022 at New Delhi. NSS volunteer, Ralph Lennard Marbaniang was selected as the State Representative in the 3rd edition of the NYPF 2022 and delivered his address on “**Patriotism and National Building**” during Session 2 on 10th March, 2022.



Ralph Lennard Marbaniang (NSS, St. Edmund’s College) delivering his address on “Patriotism and National Building” during Session 2 on 10th March, 2022 during the NYPF at New Delhi.