

NATIONAL SERVICE SCHEME

ST. EDMUND'S COLLEGE



**ANNUAL REPORT
2023-2024**

**MOTTO
NOT ME BUT YOU**

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



NSS PROGRAMME OFFICER

Ms. Iarisa A. Dorphang

Mr. Emidaoopaya Sumer

Mr. Martius Rynjah

Dr. Jasmine T. Sawian

NSS STUDENT ANIMATORS

Iohlynti Mallai, Department of Social Work

Ridabiang Sungoh, Department of Sociology

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1. NSS SPECIAL CAMP 2023

1.	Title of the Activity	NSS Special Camp 2023
1.	Date	10-04-23 to 17-04-23
2.	Venue	Mylliem Kyndong Nongkyntir
3.	Duration (in hrs)	7 days
4.	Organising department/club	NSS
5.	Name of the collaborating Agency /Club	
6.	Participants (Students)	53

The NSS Unit of St. Edmund's College, Shillong, took the opportunity to conduct a Special Camp at Mylliem Kyndong Nongkyntier from the 10th of April to the 17th of April 2023. The camp was a great opportunity for the volunteers to participate. A total of 53 volunteers took part in the camp, along with the Programme Officers who accompanied them.

During the camp, a number of home visits and mobilization activities were carried out, as there had been a gap of about 4-5 months since the previous camp in the same village. Moreover, surveys were conducted in the adopted village, during which volunteers completed 50 surveys on the first day, 60 surveys on the second day, and 26 surveys on the third day. For the surveys conducted during the Special Camp, the volunteers divided themselves into groups of 5-6. Each group was given 10 survey forms and was assigned to different directions of the adopted village to conduct the surveys.

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





Learning outcome: The NSS volunteers gained valuable insights into the status of education and employment among the local youth through the surveys they conducted in the adopted village. The volunteers experienced ups and downs during the surveys, but these challenges helped them improve their communication skills. They displayed patience towards the community members and learned from the responses and opinions shared by the people during the surveys.

The football match between the St. Edmund's College team and the youth football team also instilled in them a spirit of active participation and sportsmanship throughout the engagement.

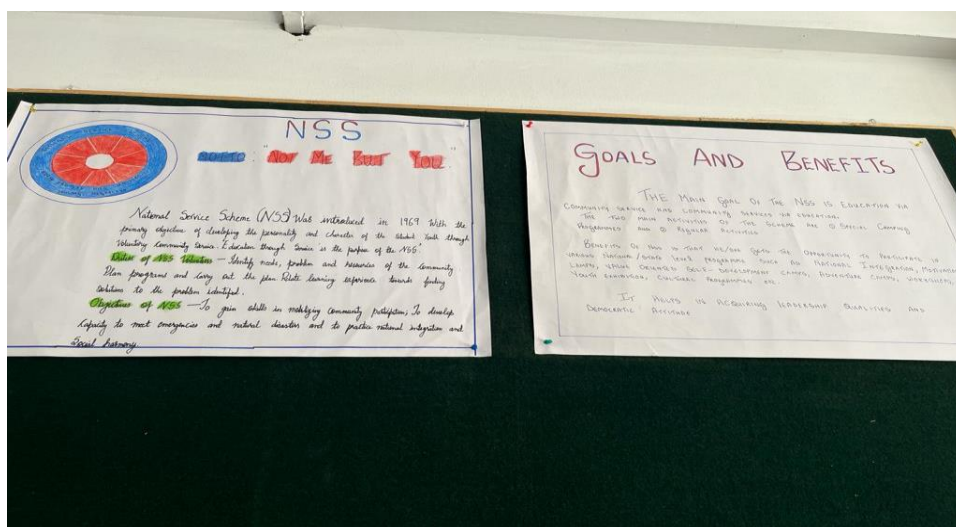
NSS SPECIAL CAMP 2023: LIST OF PROGRAMME PARTICIPANTS

1	Emiki Dabiang Shadap	31	Ribasuk Kharkongor
2	Daniella Ezeme L. Thabah	32	Joycee Mary Marboh
3	Jayrish Achom Singh	33	Obestar K. Dewsaw
4	Vivian Alexander Lyngdoh Nonglait	34	Ronald K. Suting
5	Afreen A. Gaazi	35	Fedalick Syngkon
6	Rebecca Kimneihthieng	36	Iwansukshisha Marbaniang
7	RisawaMarboh	37	Ardourine T. Lamin
8	Phibanseisoh Nongbet	38	Kitboklang Marbaniang
9	Rebecca Kharlyngdoh	39	Andy Fabian Diengdoh
10	Shidalin Basawiaawmoit	40	Paleishisha Dohtdong
11	Camilla Nongrum	41	Adiam A. Mukhim
12	Bashida Marbaniang	42	Deiphibanda Mawlong
13	Gifty Grace N. Syiem	43	Ethan Lyngdoh
14	Insharailaphi Wankhar	44	Poonam Ray
15	Jessica Malniang	45	Phibatriti Marbaniang
16	Damangkynsai Khongmalai	46	Damerius Kharkongor
17	Giana Nongrum	47	Medonlem Rapsang
18	Shrajat Sharma	48	Vidya R. Lyngskor
19	Streamlet Wahlang	49	Ibadahun Blah
20	Tanvi Farzeen	50	Esther B. Rynjah
21	Cordelia Mary Rajee	51	Ranphila A. Shatoang
22	Aphisha Kharkongor	52	Banritihun Khongphai
23	Darihunlang Nonsiang	53	Sharailin Pyngrope
24	Risuklin Kharmalki		
25	Bashisha Iawphniaw		
26	Virginia Dhar		
27	Ankita Sarmah		
28	Memory Mukhim		
29	Ribanshem Lyngdoh		
30	Ankita Basumatari		

2. MAKING POSTER FOR NSS

1.	Title of the Activity	Poster making
2.	Date	19.04.2023
3.	Venue	St. Edmund's College
4.	Duration (in hrs)	2 hrs
5.	Organising Department/Club	NSS
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	10

On the 19th of April 2023, the NSS volunteers were involved in making NSS posters to inspire and encourage students to join the NSS Unit and let them know about the goals and objectives of the NSS.



3. CLEANING DRIVE ON EARTH DAY

1.	Title of the Activity	Cleaning Drive
2.	Date	21.04.2023
3.	Venue	St. Edmund's College
4.	Duration (in hrs)	2 hrs
5.	Organising Department/Club	NSS
6.	Name of the Collaborating Agency/Club	NOW Ecoclub
7.	Participants (students)	80

The NSS and the ECO Club had collaborated to conduct a cleaning drive at the College Campus on account of Earth Day which was observed on the 21st of April 2023. There were 80 participants who had participated in the activity.



4. LEGAL AWARENESS PROGRAMME AT NONGKREM

1.	Title of the Activity	Legal Awareness Programme
2.	Date	28.04.2023
3.	Venue	Nongkrem Community Hall
4.	Duration (in hrs)	2 hrs
5.	Organising Department/Club	NSS
6.	Name of the Collaborating Agency/Club	Nongkrem Youth Development Association
7.	Participants (students)	80

The NSS interns, along with interns from other agencies, students from Women's College, and students of Nongkrem Presbyterian Secondary School, attended the Legal Awareness Programme on the 28th of April 2023. The programme was conducted by the Nongkrem Youth Development Association at the Nongkrem Community Hall. A total of 50 students and 5 resource persons participated in the event, where the resource persons enlightened the students about the legal rights and duties important for the youth.



5. PRA AT MYLLIEM

1.	Title of the Activity	PRA
2.	Date	13.05.2023
3.	Venue	Myllem Kyndong Nongkyntir
4.	Duration (in hrs)	2 hrs
5.	Organising Department/Club	NSS
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	08

The NSS volunteers along with their Agency Supervisor on the 13th May 2023 conducted a PRA at Myllem Kyndong Nongkyntir. There were 15 women from the village who took part in the PRA.



Participatory Rural Appraisal (PRA): List of Programme Participants

	Name	Semester
1.	DarihunlangNongsiang	4 th
2.	Camilla Nongrum	4 th
3.	Bashida Marbaniang	4 th
4.	Rebecca Kharlyngdoh	4 th
5.	Shidalin Basaiawmoit	4 th
6.	Ibadahun Blah	6 th
7.	Poonam Ray	6 th
8.	Medonlem Rapsang	6 th

6. TREE PLANTATION AT RI-BHOI DISTRICT

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

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

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

After the plantation drive, the entire area was cleaned thoroughly, and polythene and other plastic bags from the saplings were collected, gathered, and properly disposed of.

Learning Outcome: Tree plantation was a new experience for some of the new volunteers who got their first chance to learn how to plant saplings with the help and guidance of the senior volunteers. The volunteers were also briefed on the importance of trees and plants, as well as the roles each person plays in contributing to this noble cause of protecting our environment and mitigating climate change. The programme was successful as a total of 65 saplings were planted.



TREE PLANTATION PROGRAMME: LIST OF PROGRAMME PARTICIPANTS

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



7.TREE PLANTATION (MYLLIEM SYLLAI-U-LOR AND MYLLIEM KYNDONG NONGKYNTIR)

1	TITLE OF THE ACTIVITY	TREE PLANTATION
2	DATE	09/08/2023
3	VENUE	MYLLIEM SYLLAI-U-LOR & MYLLIEM KYNDONG NONGKYNTIR
4	DURATION (IN HOURS)	3 HOURS
5	ORGANIZING DEPARTMENT/CLUB	NSS
6	NAME OF THE COLLABORATING AGENCY/CLUB	DBT, NOW Ecoclub, ROTARY & UBA
7	PARTICIPANTS (STUDENTS)	57

On the 9th of August 2023, the NSS Unit of St Edmund's College conducted a tree plantation programme at Myllem Syllai-U-Lor and Myllem Kyndong Nongkyntir. A total of 100 sapling were obtained from Government of Fruit Garden, Shillong. In which it was divided, 50 saplings were distributed to the people in Myllem Syllai-U-Lor, and the other 50 saplings were distributed to the people in Myllem Kyndong Nongkyntir.

CONCLUSION: The initiative of the participants in distributing the saplings and planting the saplings with the villagers have contributed a lot to the environment and the villagers. It was the successful tree plantation drive in Myllem village, promoting environment conservation.





Tree plantation: List of participants

Si No.	NAME	NEHU Roll No.	Semester	Department
1	EDANIAS NONGBRI	W2100057	5 TH SEMESTER	BSW
2	REBECCA LAMIN	W2200014	3 RD SEMESTER	BSW
3	CHUINGAMWON AT	W2200052	3 RD SEMESTER	BSW
4	YAPAM MALUK	W2200039	3 RD SEMESTER	BSW
5	YAMAYA LAMARE	W2200001	3 RD SEMESTER	BSW
6	SAPHIBANROI SUSNGI	A2207402	3 RD SEMESTER	POLITICAL
7	JAYRISH SINGH ACHOM	A2207079	3 RD SEMESTER	ECONOMICS
8	NILISA TARIANG	A2207402	3 RD SEMESTER	POLITICAL
9	SANAPHI SAMATI	A2207414	3 RD SEMESTER	POLITICAL
10	EVEYANA ASHLEE LYNGDOH	A2207358	3 RD SEMESTER	POLITICAL
11	CHIN MUAN NIANGNIANG	A2207398	3 RD SEMESTER	POLITICAL
12	PAILA KORDOR LYNDOH	A2207362	3 RD SEMESTER	POLITICAL
13	RIDABIANG SUNGOH	A2107373	5 TH SEMESTER	SOCIOLOGY
14	SOFEROIKIBANG	A2207393	3 RD SEMESRER	POLITICAL
15	P. WAPHIRA HADEM	W2100028	5 TH SEMESTER	BSW
16	INSHARAI WANKHAR	W2100012	5 TH SEMESTER	BSW
17	ANISHA KHARSGIING	W2100015	5 TH SEMESTER	BSW

18	ELZA TIFFANY LAMARE	W2100072	5 TH SEMESTER	BSW
19	PHAIMIDEIMAIA DKHAR	W2100034	5 TH SEMESTER	BSW
20	IBASHISHA LAKHMIE	W2100042	5 TH SEMESTER	BSW
21	HAMESHA SURONG	W2100064	5 TH SEMESTER	BSW
22	EMIKI DABIANG SHADAP	W2200009	3 RD SEMESTER	BSW
23	NAFFICA DKHAR	W2200010	3 RD SEMESTER	BSW
24	KRISTINA SHYLLA	W2100047	5 TH SEMESTER	BSW
25	NEIL ARMSTRONG NONGBSAP	A2207194	3 RD SEMESTER	GEOGRAAPHY
26	MEBA AI DIEGDOH	A2207157	3 RD SEMESTER	ENGLISH
27	BARRY WANKHUPAR WAHLANG	W2100016	5 TH SEMESTER	BSW
28	SANIBHA LATO	A2107404	5 TH SEMESTER	SOCIOLOGY
29	DANIELLA EZME L. THABAH	W2200033	3 RD SEMESTER	BSW
30	NAFINIA MARWEIN	W2200024	3 RD SEMESTER	BSW
31	IA I BANRISHA LYNDOH	W2200045	3 RD SEMESTER	BSW
32	IOHLYNTI MALAI	W2100023	5 TH SEMESTER	BSW
33	BALARILANG	W2100011	5 TH SEMESTER	BSW
34	KITBORLANG DKHAR	W2100014	5 TH SEMESTER	BSW
35	DELIRA SYMPLI	W2100066	5 TH SEMESTER	BSW
36	PHIBAKOR SUTING	W2100027	5 TH SEMESTER	BSW
37	MELISA KHARBYNGAR	W2100069	5 TH SEMESTER	BSW
38	JOLISHA SUTING	W2100024	5 TH SEMESTER	BSW
39	NAFISHA MALNGIANG	W2100026	5 TH SEMESTER	BSW
40	LASANDAKIRU LYNDOH	W2100010	5 TH SEMESTER	BSW
41	FULLMOONDAY PARIONG	W2100062	5 TH SEMESTER	BSW
42	BANSAHNAM KSHIAR	W2100004	5 TH SEMESTER	BW
43	TANUSREE NATH	A2207253	3 RD EMESTER	GEOGRPHY
44	CAMELIA WAHLANG	W2100073	5 TH SEMESTER	BSW
45	WANPYNDAPIANG MARNGAR	A2107353	3 RD SEMESTER	POLITICAL

46	RISA MAPHI MYLLIEMNGAP	A2207338	5 TH SEMESTER	POLITICAL
47	EDIKALSON MARWEIN	W2100022	5 TH SEMESTER	BSW
48	WOMPHER LYNDON	A2207223	3 RD SEMESTER	GEOGRAPHY
49	SHWALANGKI	A2207172	3 RD SEMESTER	GEOGRAPHY
50	PAYAL JAMATIA	A2207246	3 RD SEMESTER	GEOGRAPHY
51	BANTEILANG DKHAR	W2100054	5 TH SEMESTER	BSW
52	MELVINSTAR MAWNAI	W210001	5 TH SEMESTER	BSW
53	JONATHAN THABAH	W2100049	5 TH SEMESTER	BSW
54	IBARISHA MAWTYLLUP	W2200011	3 RD SEMESTER	BSW
55	AMANDA JONES LYNDON	W220004	3 RD SEMESTER	BSW
56	OLIVIA GRACE KHARKRANG	W2100058	5 TH SEMESTER	BSW
57	RIDABIANG SUNGOH	A2107373	5 TH SEMESTER	SOCIOLOGY

9. SENSITIZATION PROGRAMME AT MYLLIEM

1	NAME OF THE ACTIVITY	SENSITIZATION PROGRAMME ON WOMEN'S HEALTH AND HYGIENE
2	VENUE	MYLLIEM KYNDONG NONGKYNTIR
3	DURATION (IN HRS)	3 HOURS
4	ORGANIZING DEPARTMENT/ CLUB	NSS
5	NAME OF THE COLLABORATING AGENCY/ CLUB	ROTARY CLUB/ DEPARTMENT OF BIOTECHNOLOGY/ DEPARTMENT OF CHEMISTRY/DEPARTMENT OF ENVIRONMENTAL SCIENCE
6	PARTICIPANTS (STUDENTS)	32

On the 15th of August 2023, the NSS Unit conducted a sensitization programme on women's health and hygiene, with special emphasis on the use of sanitary pads, in Myllem Kyndong Nongkyntir.

A total of 58 villagers from Kyndong Nongkyntir participated in this programme. Reusable sanitary pads were distributed among all the participants, along with instructions on how to use them. Additionally, 100 national flags were distributed as part of the *Har Ghar Tiranga* initiative.

A total of 30 volunteers participated in organizing this programme.

Reusable pads make sense from a sustainability and environmental perspective, but they are beneficial in many other ways too. Reusable sanitary pads are safe because they are usually made from natural materials. They are eco-friendly, healthier, cheaper (reusable), and comfortable. Cleanliness and hygiene are among the most important properties of sanitary products.

The sensitization programme in Myllem was a successful initiative. It will contribute significantly to maintaining health and hygiene in society.



List of programme participants

	Name	Nehu Roll No.	Semester	Department
1	IOLYNTI MALAI	W2100023	5 TH	BSW
2	MELISA KHARBYNGAR	W2100069	5 TH	BSW
3	KITBORLANG DKHAR	W2100014	5 TH	BSW
4	ASTHA BAROOAH	W2100078	5 TH	BSW
5	BALARILANG RYNGKHLEM	W2100011	5 TH	BSW
6	YAPAM MALUK	W2200039	3 RD	BSW
7	MAYURI REANG	W2200069	3 RD	BSW
8	CHUINGAMWON AT	W2200052	3 RD	BSW
9	YAMAYA LAMARE	W2200001	3 RD	BSW
10	REBECCA LAMIN	W2200014	3 RD	BSW
11	DANIELLA EZME L THABAH	W2200033	3 RD	BSW
12	NAFINIA MARWEIN	W2200024	3 RD	BSW
13	JAHDIEL M SANGMA	W2200040	3 RD	BSW
14	DAMANG KYNSAI KHONGMALAI	W2100019	5 TH	BSW
15	JOLISHA SUTING	W2100024	5 TH	BSW
16	NAFISHA MALNGIANG	W2100026	5 TH	BSW
17	LASANDAKIRU LYNDON	W2100010	5 TH	BSW
18	ABIGIAL NONGRUM	W2100077	5 TH	BSW
19	CAMILLA NONGRUM	W2100032	5 TH	BSW
20	JESSICA L NONGRANG	W2100008	5 TH	BSW
21	DERENCE O R MARBOH	W2200003	3 RD	BSW
22	EDIKALSON MARWEIN	W2100022	5 TH	BSW
23	MELVINSTAR L MAWNAI	W2100001	5 TH	BSW
24	DARIHUNLANG NONGSIANG	W2100048	5 TH	BSW
25	IBASHISHA	W2100042	5 TH	BSW
26	ELZA TIFFANY LAMARE	W2100072	5 TH	BSW
28	LANYA SHITHUNG DANG	W2200065	3 RD	BSW
29	WANPYNDAPIANG MARNGAR	A2107353	5 TH	POLITICAL
30	RITICA DEY	C2101445	5 TH	B.COM
31	IBARISHA MAWTYLLUP	W2200011	3 RD	BSW
32	BANTEILANG DKHAR	W2100054	5 TH	BSW

WOMEN PARTICIPANTS FROM MYLLIEM KYNDONG NONGKYNTIR VILLAGE

SL NO.	NAME
1	AIMILIN KHARKONGOR
2	LASIEWKORDOR KHARLUKHI
3	NITIMA KHARLUKHI
4	BATNGENLNG KHARLUKHI
5	WANNPHSIB KHARKONGOR
6	THWELSINORA KHARKONGOR
7	NANGRISHA KHARLUKHI
8	DARILANG KHARKONGOR
9	BABIANGLIN KHARKONGOR
10	KALERIS KHARKONGOR
11	BATIPLANG SYNRENG
12	ARIN SOHTUN
13	RIBASUK KHARKONGOR
14	REBECCA KHARKONGOR
15	TONELEN NONGSPUNG
16	SUMARLANG NONGKHLAW
17	BATIPBAN KHARKONGOR
18	IDAHUNLIN KHARKONGOR
19	KLATISHA KHARKONGOR
20	ROSANUKA NONGSTENG
21	IBASHISHA KHARKONGOR
22	DAILIN KHARKONGOR
23	INOLINDA KHARKONGOR
24	SOITINA KHARLUKHI
25	MISTINA KHARLUKHI
26	LASIEWDOR KHARLUKHI
27	SARAMON KHARLUKHI
28	PHIDALSHA KHARLUKHI
29	BADAMONGLANG KHARLUKHI
30	ISADALIN LYNDONH NONGRANG
31	MERISHA KHARLUKHI
32	RINUSHA KHARKONGOR
33	AINILA KHARKONGOR
34	MARTINA KHARKONGOR

35	BATISHA KHARKONGOR
36	AITIMON KHARLUKHI
37	M. KHARKONGOR
38	Y. KHARKONGOR
39	R. SUCHIANG
40	KYRHAI KHARSOHNOH
41	BALAHUN KHARKONGOR
42	RAFFINLIA KHARSOHNOH
43	AIJINGMUT KHARSOHNOH
44	P. KHARSOHNOH
45	RINI CHYRMANG
46	BANIAR KHARLUKHI
47	DAPJINGMUT KHARSOHNOH
48	RIBAHUN KHARSOHNOH
49	MIHSUK NONGKHLAW
50	RILIS KHARLUKHI
51	DARIMON KHARKONGOR
52	BAKORLIN KHARLUKHI
53	GOLDDALIDARO KHARLUKHI
54	IBANANGLOR KHARLUKHI
55	AIJINGMUT KHARKONGOR
56	TWIRIN SOHTUNARBALIN KHARLUKHI
57	ARBALIN KHARLUKHI

9. NATIONAL STUDENTS PARYAVARAM COMPETITION

TITLE OF THE ACTIVITY	NATIONAL STUDENTS PARYAVARAM COMPETITION
DATE	19-08-2023
ORGANIZING DEPARTMENT/CLUB	NSS
COLLABORATION	
NO. OF PARTICIPANTS	320

On the 19th of August, 2023 the NSS volunteers participate in the National Student Paryavaram Competitions. 320 students participated in the competition.



10.BASIC FIRST AID SKILL PROGRAMME

TITLE OF THE ACTIVITY	BASIC FIRST AID SKILLS PROGRAMME
DATE	22-09-2023
VENUE	ST EDMUND COLLEGE
DURATION (IN HRS)	4HRS
ORGANISING/CLUB	NSS
NAME OF THE COLLABORATING AGENCY/CLUB	UBA
PARTICIPANTS(STUDENT)	135

On the 22nd of September, the NSS conducted a Basic First Aid Skills Programme for the students. The resource person for the programme was Ms. Suciancy Dkhar, an Associate Professor at the Woodland Institute of Nursing. A total of 135 participants attended the programme. The resource person demonstrated and explained the basic skills of first aid and the steps taken to help a person in the first minutes of an illness or injury.

The resource person enlightened the audience on First aid covers in case of accidents or illness which can happen to anyone at any time, whether at home, at work or at school. First aid may ease someone's pain or discomfort, help them recover more quickly and save a life.



11. FINANCIAL LITERACY PROGRAMME

TITLE OF THE ACTIVITY	OUTREACH PROGRAMME
DATE	23-09-2023
VENUE	MYLLIEM KYNDONG NONGKYNTIR
DURATION (IN HRS)	2HR 30MIN
ORGANISING CLUB/DEPARTMENT	NSS
NAME OF THE COLLABORATING AGENCY /CLUB	DBT, UBA & ROTARY CLUB
PARTICIPANTS	62

The NSS volunteers attended the programme as participants and were instructed to document it. A total of 9 SHG women and 62 volunteers participated in the programme, which was organized by the NSS in collaboration with DBT, UBA and the Rotary Club. During their lecture, the Resource persons talked about a number of aspects related to financial management, explaining about money and how we should save and spend responsibly in order to live a better life in the future. It was a very interactive session as the women also were very active to know more about financial management. It was nice to see that women ask questions to clear their doubts and get a better understanding on the topic. It was explained to them about the importance of setting goals and how that goal will be achieved by making a proper plan in every detail.

Such plans by saving money in the Bank, might help them in their future needs, to know themselves first-and then how much they get and how much they spent from their earning. Towards the end, the Resource person took time to explain to the women about the Mutual funds from which they can invest as the interest is high compare to that of the bank. Three important points of Financial Management given by the Resource person which are important for the women to achieve their goals. They need to understand that:

1. The starting point is always the Budget
2. The End point is the Goal
3. And to achieve the goal is through Investment.

The program ended by 1:30 PM.



12.AWARENESS PROGRAMME FOR CHILDREN

TITLE OF THE ACTIVITY	AWARENESS PROGRAMME FOR CHILDREN
DATE	30-09-2023
VENUE	MYLLIEM KYNDONG NONGKYNTIR
DURATION (IN HRS)	4HR 30 MIN
ORGANISING CLUB	NSS
NAME OF THE COLLABORATING CLUB/AGENCY	
PARTICIPANTS	11

The NSS volunteers organized an awareness programme for children, which was attended by 11 students. The children were taught about the importance of maintaining a clean and hygienic body. After the programme, the NSS volunteers conducted a cleaning drive in the village.



13. NSS SPECIAL CAMP (20th -26th October 2023)

The National Service Scheme (NSS) camp was organized by St. Edmund's College, Shillong, from 20th to 26th October 2024 at Mawsawa and Rngi, Myllem, East Khasi Hills, Meghalaya.

Activities:

TITLE OF THE ACTIVITY	MENTAL HEALTH PROMOTION: LIFE SKILL FOR CHILDREN
DATE	20-10-2023
VENUE	MYLLEM KYNDONG NONGKYNTIR
DURATION (IN HRS)	2HRS
ORGANISING DEPARTMENT/CLUB	NSS

A programme on Mental Health for children was conducted on 20-10-2023 at Myllem Kyndong Nongkyntir by the National Service Scheme. There were 44 participants (children) and 7 volunteers. The programme started at 2:50 pm and ended at 4:57 pm.

The resource person for the programme was Ma'am Hazel B. Lyngdoh, who taught valuable life skills through games and activities conducted with the children. The children enjoyed the games and, at the same time, learned the importance of teamwork, concentration, mutual understanding, active listening, determination, and perseverance to achieve their goals. The activities continued until 5:30 pm.

Tea and snacks were provided to the children before they left for their homes.



TITLE OF THE ACTIVITY	SOLID WASTE MANAGEMENT: VERMICOMPOSTING
DATE	21-10-2023
VENUE	MYLLIEM KYNDONG NOINGKYNTIR
DURATION (IN HRS)	1HRS 30 MIN
ORGANISING DEPARTMENT/CLUB	NSS
NAME OF THE COLLABORATING AGENCY/CLUB	ENVIRONMENT DEPARTMENT

A programme on Solid Waste Management: Vermicomposting was conducted on 21-10-2023 by the National Service Scheme in collaboration with the Environment Department. The resource person for the programme was Ma'am Lari Jeengap. A total of 56 participants, along with 8 volunteers, attended the programme. The programme started at 1 pm and ended at 2:30 pm.

During the programme, Ma'am Lari explained the process of earthworm digestion and aerobic decomposition using the activities of micro- and macro-organisms at room temperature. Vermicomposting, or worm composting, produces a rich organic soil amendment containing a diversity of plant nutrients and beneficial micro-organisms. She also taught us the importance of properly managing the worms. It was explained that vermicomposting involves two methods:

>Bed methods: this is an easy method in which beds of organic methods are prepared.

> Pit methods: in this method, the organic matter is collected in cemented pits. However, this method is not prominent as it involves problems with poor aeration and waterlogging.

TITLE OF THE ACTIVITY	BREAST CANCER AWARENESS PROGRAMME
DATE	23-10-2023
VENUE	MYLLIEM KYNDONG NONGKYNTIR
DURATION (IN HRS)	2 HRS
ORGANISING DEPARTMENT/CLUB	NSS
NAME OF THE COLLABORATING AGENCY/CLUB	ROTARY CLUB OF CHERRY BLOSSOM SHILLONG

A Breast Cancer Awareness Programme was conducted on 23-10-2023 by the National Service Scheme in collaboration with the Rotary Club of Cherry Blossom Shillong and the Inner Wheel Club of Pine City Shillong. There were 14 participants and 5 volunteers. The programme started at 11:45 am and ended at around 1:30 pm.

The resource persons for the program were Dr. Meena and Ms. Geeta Sarin (District Chairman).

The resource persons discussed the following points:

>The signs and symptoms

Lump in the breast, doesn't feel any pain in the breast and nipple, loss of weight appetite and fatigue, skin color changes in the breast such as redness, dimpling, and puckering.

>Causes

History of breast cancer in the family, reproductive, and taking contraceptive pills.

>Preventive measures

Healthy life, avoid multiple pregnancies (Age gap for pregnancy should be at least 2 years), always breastfeed, always avoid substance use



TITLE OF THE ACTIVITY	WASTE SEGREGATION WASTE BY SMS BLOCK, JUMBLE SALE, SPORTS DAY& CULTURAL NIGHT
DATE	24-10-2023
VENUE	MYLLIEM KYNDONG NONGKYNTIR
DURATION (IN HRS)	10 HRS
ORGANISING DEPARTMENT/CLUB	NSS
NAME OF THE COLLABORATING AGENCY/CLUB	SBM BLOCK

The programme included Waste Segregation Management by SBM Block, a Jumble Sale, Sports Day cum Food Fest, and a Cultural Night. While some volunteers attended the waste segregation programme, others were actively segregating waste, and the remaining volunteers began preparations for the other programmes. Later in the evening, we had a Cultural Night.



On the 25th of October, 2023, the NSS volunteers had a cleaning drive. The volunteers clean the surroundings of the community hall.

14. NSS SPECIAL CAMP (24th to 30th January 2024)

The National Service Scheme (NSS) camp was organized by St. Edmund's College, Shillong, from 24th January to 30th January 2024 at Mawsawa and Rngi, Myllem, East Khasi Hills, Meghalaya. A total of 45 students, along with Miss Iarisa Anette R. Dorphang, the Programme Officer, actively participated in the NSS camp and provided valuable service for the welfare of the community.

Mawsawa village is located in the Myllem Sub-Division of East Khasi Hills District in Meghalaya. It is situated 18 kilometers away from the district headquarters, Shillong. There are about 67 households in Mawsawa village. Its total population is 273, out of which the male population is 121, while the female population is 152.

The literacy rate of Mawsawa village is 69.90%, with 71.07% of males and 67.42% of females being literate.

DAY 1 (24/01/2024)

THE OPENING AND SETTING UP THE CAMP IN THE VILLAGE

NSS special camp 2024 was held at Mawsawa and Rngi, Myllem. The volunteers along with The POs started off their journey from the college at 10:30 AM. The journey towards the village was fun enjoyable and a wonderful experience. Everyone was excited, cheerful and looking forward towards the camp with lots of enthusiasm.

The team reach the village around 1 PM and upon reaching they divided themselves into groups led by Miss Iarisa Dorphang for the different activities that to be conducted in the two different villages. Around 2PM, a part of the volunteers started out setting the camp by cleaning the community hall for shelter, unloading the packages and other items from the buses, putting up the kitchen and cooking for dinner. While the other team members went for a transect walk. At 7 PM the volunteers had dinner followed by an evaluation with the POs at 9:00PM.



DAY 2(DATE 25/01/2024)

CONDUCT SURVEY

The NSS volunteers began their day at 6:30 AM. Following breakfast, they had a brief meeting with their Programme Officers to discuss the tasks that needed to be completed for the day, which included the “Youth Not in Formal Education or Regular Employment” survey.

The volunteers were assigned to visit people’s homes to gather information for the survey, which aimed to understand youth issues and challenges, as well as their efforts to overcome them. Additionally, the survey aimed to collect data on the reasons for youth dropouts and those who had never attended school. The volunteers also sought to learn about the village youths' future plans, such as whether they intended to pursue further education or training in their field, or whether they planned to apply for government loans to start their own businesses.

The day ended with an evaluation session with the Programme Officers, during which the volunteers reported on the overall information gathered from the survey and planned the activities to be conducted the following day.

DAY 3(DATE 26/01/2024)

REPUBLIC DAY CELEBRATION, SURVEY & ACTIVITIES WITH THE CHILDREN

The volunteers started the day by waking up at 5:30 AM and freshening up. Breakfast was served at 7:30 AM. At 9:30 AM, they celebrated Republic Day by taking a pledge. Following that, the volunteers headed out for mobilization. They went door-to-door and talked to the villagers about the camp, as well as made them aware of the purpose of their visit to the village.

A survey was also conducted among the unemployed youth of the community, and a group of volunteers got the chance to meet the Headman, ASHA workers, Anganwadi workers, and the Women’s Wing of the village. Around 1:00 PM, they had lunch after submitting the survey reports. Soon after lunch, some volunteers continued with the survey while others stayed at the campsite to organize games for the children.

They conducted a variety of games and fun learning sessions for Republic Day, such as musical chairs, popping balloons, action songs, and more. They also organized a drawing competition for the children, where the winners’ received sweets as rewards. The volunteers had a lot of fun playing with the children. Refreshments were provided, followed by a jam session, which the children thoroughly enjoyed.

Around 5:00 PM, the volunteers returned to the campsite after completing their assigned activities. After dinner, they had a brief meeting with the POs to discuss plans for the next day.



DAY 4 (27 / 01/ 2024)

SURVEY AND ACTIVITIES WITH CHILDREN'S

The volunteers woke up at 7:00 AM. They had a yoga session, followed by breakfast and a meeting with Ma'am Iarisa. The group then visited a pig slaughtering center at Rngi to observe its processes and techniques. Following that, the volunteers, divided into two groups, headed to their respective assigned villages and conducted a survey from around 10:00 AM to 1:00 PM. Through the survey, they gathered information on the causes of school dropouts among youths and unemployment.

At around 3:00 PM, the volunteers of the Mawsawa group organized games and other recreational activities for the children, such as fun sessions on biodegradable waste, a caterpillar race, action songs, musical chairs, and many others. They also provided refreshments for the children who participated.

The volunteers ended their day with an evaluation session with the POs at 9:00 PM.



DAY 5 (DATE 28/01/2024)

WALK TO A HISTORIC MONOLITH SPOT AT RNGI, ACTIVITIES WITH THE CHILDREN, CLEANING DRIVE, CULTURAL EVENING AND MOVIE SCREENING

The volunteers woke up at 7 AM. They had a short meeting with the POs. The team then headed for a one hour walk to a historic location around Rngi, which was specialized for its monoliths. The journey was led by two members of the

group who had some information about the history of the monoliths that belong to the Kharkongor clan. The volunteers observed that it was a magnificent area for tourist spots. They also observed that there were a lot of wastes in and around the area which made it looked dirty. The volunteers left the spot at 10 AM after a group photo session.

Around 12 PM, Ma'am Pallavi Malhan, the Vice Principal of the College (Academics) paid a visit to the camp and observed the activities. She also awarded a memento to the headman of Mawsawa village. The volunteers then continued with activities with the children at 1 PM, followed by cleaning drive along with the children of the village. The day concluded with a cultural evening and movie screening as a part of recreational activity, where the NSS who volunteers as well as the children of the village participated actively.



DAY 6 (DATE 29 / 01 / 2024)

CLEANING DRIVE

The volunteers woke up at 6:30AM. At 9:00AM, they started off with the cleaning drive. The volunteers were split up into groups and assigned to clean different areas of the village. Some volunteers cleaned the field, others the community hall and various area of the village. This activity was expected to promote the importance of self-cleaning on health hygiene among the villagers.





DAY 7 (DATE 30/ 01 / 2024)

CLEANING DRIVE PACKING UP ITEMS

The last day of the camp started off with a cleaning drive at 9:00AM, where a group of volunteers cleaned in and around the village and the other group packed up items of the camp in the bus. Following lunch, at 12:15PM, they left the camp and reached the college at around 2:00PM.



15. BLOOD DONATION CAMP

1	Title of the activity	Blood Donation Camp
2	Date	26-02-2024
3	Venue	St. Edmund College
4	Duration (in hrs)	4hr 30min
5	Organizing Club	The Red Ribbon Club, NSS, NCC
6	Name of the collaborating agency\Club	Nazareth Hospital
7	Participants (Students)	69

On the 26th of February, the Red Ribbon Club, NSS, and NCC conducted a Blood Donation Camp in collaboration with Nazareth Hospital on the St. Edmund's College campus.

The resource person for the camp was Dr. Sanjay Kumar Sem. There were 12 staff members from Nazareth Hospital present. The camp began at 10:30 AM. A total of 69 volunteers came forward to donate blood during the camp, but only 37 students were eligible to donate. A total of 37 units of blood were collected.

The staff and students were provided with refreshments, and certificates were given to the eligible students. Registration for the camp concluded at 2:45 PM, and the camp ended at 3:00 PM.



BLOOD DONATION CAMP: LIST OF CAMP PARTICIPANTS

	Name	Department	Semester	Sex
1	Marseillis Pohlong	MSW	4 th	Male
2	Apkyrmenlang Janong	BSW	1 st	Male
3	Jayrish Singh Achom	Economic	4 th	Male
4	James Dhar	Political science	4 th	Male
5	Payal Jamatia	Geography	4 th	Female
6	Philawanshwa Wanniang	Khasi	1 st	Female
7	Neha Rani Souar	Physics	1 st	Female
8	Phitoriakor Kharmujai	Sociology	1 st	Female
9	Lucky Deb	BCA	1 st	Female
10	Roselyn Haokip	Biochemistry	1 st	Female
11	Sakhibankara Nongsiej	Political science	1 st	Female
12	Nisha Nath	Economic	1 st	Female
13	Vivian A.L. Nonglait	BCA	4 th	Male
14	Namrata Duarah	Botany	1 st	Female
15	Jeri Ngukir	Chemistry	1 st	Female
16	Dr. B.W. Nongbri	Dean		Female
17	Dr. (Capt) K. P. Pallavi	V P		Female
18	Lily Chongnunhoi Haokip	B. Com	4 th	Female
19	Lalruatmauii	BA	4 th	Female
20	Lipoksenla Mongro	BA	6 th	Female
21	Prima F. Nongtnger	BA	4 th	Female
22	Naffica Dkhar	BSW	4 th	Female
23	Thanggchinkhup Guite	BA	1 st	Male
24	Kermika G. Nongkhlaw	BSW	1 st	Female
25	Kenny Roger Phawa	BSW	1 st	Male
26	Pammi Sen Purkayastha	B. Com	1 st	Female
27	M. Jessica Kom	BA	4 th	Female
28	Phaimideimaia Dha	BSW	6 th	Female
29	Risalangki Suiam	BA	6 th	Female
30	Heinidawan Lyngdoh	BA	6 th	Female
31	Jifith P. Marngar	BA	1 st	Male
32	Sanskisti Modgal		1 st	Female
33	Tanui Farzeen	BSW	6 th	Female

34	K Obadiah	BA	6 th	Male
35	S. Richard Kipgen	BA	1 st	Male
36	Camelia Wahlang	BSW	6 th	Female
37	Lisa Naijinari	BCA	1 st	Female
38	Josephine Myllemngap	BSW	1 st	Female
39	Prem Chhetri	B. Com	6 th	Male
40	B. L. Giri	Physics	Teacher	Male
41	Bipul Debbarma	Botany	4 th	Male
42	Ranro Dai	EVS	4 th	Male
43	Celestial Shadap	Economic	6 th	Female
44	Debpyati Roy	B. Com	1 st	Male
45	Hauhr Hejong	B. Com	1 st	Male
46	Johndor Raishi	BA	6 th	Male
47	Somi	BA	4 th	Female
48	Iaikyntiew Kurbah	BSW	6 th	Female
49	Kajal Mishra	B. Com	4 th	Female
50	Nikita Nath	B. Com	4 th	Female
51	Samwan-i-bha Dkhar	BSc	1 st	Female
52	Alina Nongtdu	BSc	1 st	Female
53	Damicious G. Chullai	B. Com	6 th	Male
54	Jaecan Chakma	B. Com	6 th	Male
55	Raj Thapa	Mathematics	6 th	Male
56	Fenderson Bamon	Political science	4 th	Male
57	Soferoiki Bang	Political science	4 th	Female
58	Wasim Akrem	Physics	4 th	Male
59	Dev Agarwal	BCA	4 th	Male
60	Gideon Kharkongor	Geography	Teacher	Male
61	O. N. Gonsalves	Incubation Centre		Male
62	Chyti Deb	B. Com	4 th	Female
63	Piyush Paul	B. Com	4 th	Male
64	Saurav Paull	B. Com	1 st	Male
65	Vikash Kumar Ray	B. Com	1 st	Male
66	C. Mallsawmthoang	B. Com	1 st	Female
67	Brighterson Lyngdoh	B. Com	1 st	Male
68	Prima Facie Nongtnger	B. Com	1 st	Female
69	Moham Wasum	B. Com	1 st	Male

16. YUVA SAMVAD

Title of the activity	YUVA SAMVAD
Date	23-02-2024
Venue	Multi-Use Convention Hall NEHU, Shillong
Duration (In hr)	3hr
Organising club	NSS

Under the Ministry for Youth Affairs and Sports the NSS Cell, NEHU, Shillong organise the Yuva Samvad on 23rd February 2024 at Multi-Use Convention Hall NEHU, Shillong from 9:00 am onwards

The Honorable Prime Minister of India has gifted the Panch Pran (Five Resolves) to the nation during the Independence Day speech on 15th August 2022. These Prans shall play a vital role in ensuring the vision of Bharat as Visheaguru in 2047. Hence it is essential for the youth to understand and adopt the Panch Pran. These are:

Goal of Developed India

Remove any trace of Slavery or Colonial Mindset

Take Pride in Our Heritage and Legacy

Unity and Solidarity

Sense of Duty among Citizens

During the programme, participants spoke on various topics of national importance in the broad backdrop of the India @ 2047 and in line with Panch Pran.

NAME OF THE VOLUNTEERS

NAME	DEPARTMENT	SEMESTER
JAYRISH SINGH ACHOM	ECONOMICS	4 th
RIDABIANG SUNGOH	SOCIOLOGY	6 th
EMIKI DABIANG SHADAP	BSW	4 th
EUKRATIS SOHTUN	BSW	6 th
NEIL ARMSTRONG NONG	GEOGRAPHY	4 th
TANISHA RYMBAI	BSW	6 th
SHARMYN BIAM	ECONOMICS	6 th



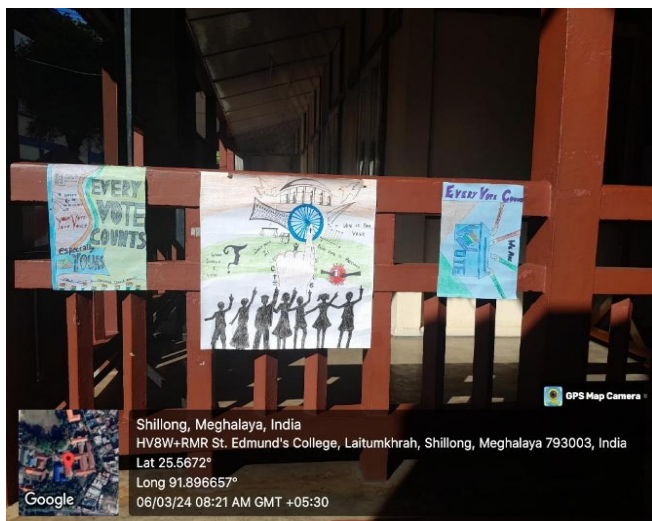
17. AWARENESS PROGRAMME ON THE IMPORTANCE OF VOTING

Title of the activity	Awareness programme on the importance of voting
Date	05-03-2024
Venue	St. Edmund College
Duration (In hr)	3hr
Organizing club	NSS

On 05-03-2024, the NSS conducted an awareness programme on the importance of voting in collaboration with SECMUN on the college campus. The programme started at 1 PM, and there were 35 volunteers. Posters created by the volunteers were hung and displayed around the college premises.

The volunteers interviewed students and teachers, with a total of 12 participants being interviewed. The interviews were documented, and the volunteers also took pictures with the posters. The programme ended at 3 PM, and refreshments were provided to the volunteers.





Name of the participants

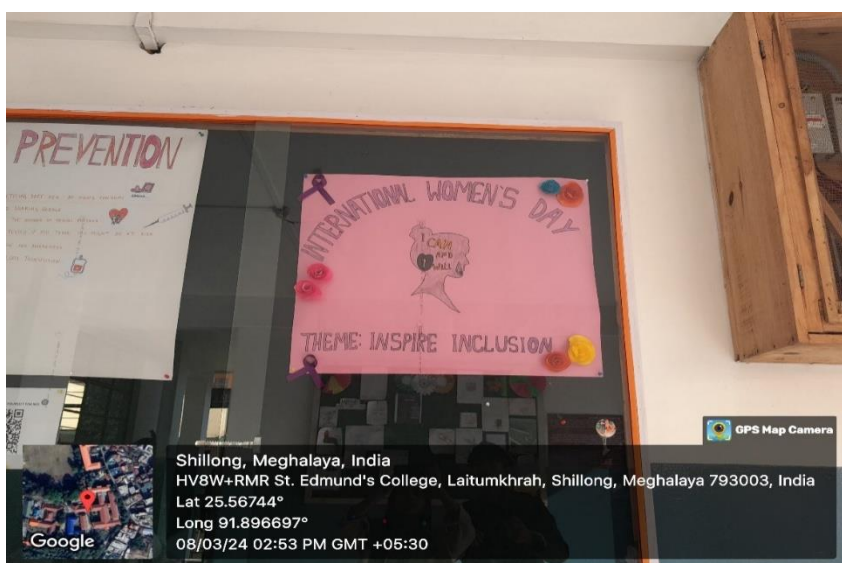
	Name
1	Emikidabiang Shadap
2	Naffica Dkhar
3	Apkyrmenlang Janong
4	Ridabiang Sungoh
5	Jayrish Singh Achom
6	Elza Tiffany Lamare
7	Iohlynti Malai
8	Darihunlang Nongsiang
9	Phaimideimaia Dhar
10	Joyjit Swargiary
11	Ibashisha Lakhmie

12	Christine Nongspung
13	Fenderson Bamon
14	DaiakmenlangKharjahrin
15	Polyansis Mawtyllup
16	Meisnam Rishita Devi
17	Sapam Justina Devi
18	Banrikynti Lyngkhoi
19	Iaishembor Izaackiel Nongrum
20	Bashida Marbaniang
21	Olivia Grace Kharkrang
22	Ia I banrisha Lyngdoh
23	Insharaiaphi Wankhar
24	Jahdiel Sangma
25	Chuingamwon A T
26	Rebecca Lamin
27	Yapam Maluk
28	Naffinia Marwein
29	Daniella Ezme Thabah
30	Elenam Giri Ronghang
31	Riwaka Tangsong
32	Heinidawan Lyngdoh
33	Risalangki Suiam
34	Bansahnam Kshiar
35	Embhah Albert Marbaniang

18. INTERNATIONAL WOMEN'S DAY

1.	Title of the activity	International Women's Day
2.	Date	8 th of March
3.	Venue	St. Edmund's College
4.	Duration (in hrs.)	3hrs
5.	Organizing Department/club	NSS
6.	Name of the collaborating Agency /Club	
7.	Participants	3

International Women's Day was observed on the 8th of March 2024 in the college, with 4 NSS volunteers participating in making 150 label ribbons. These label ribbons were then distributed to 30 female teaching staff and 7 female non-teaching staff. The theme for International Women's Day was "Inspire Inclusion."





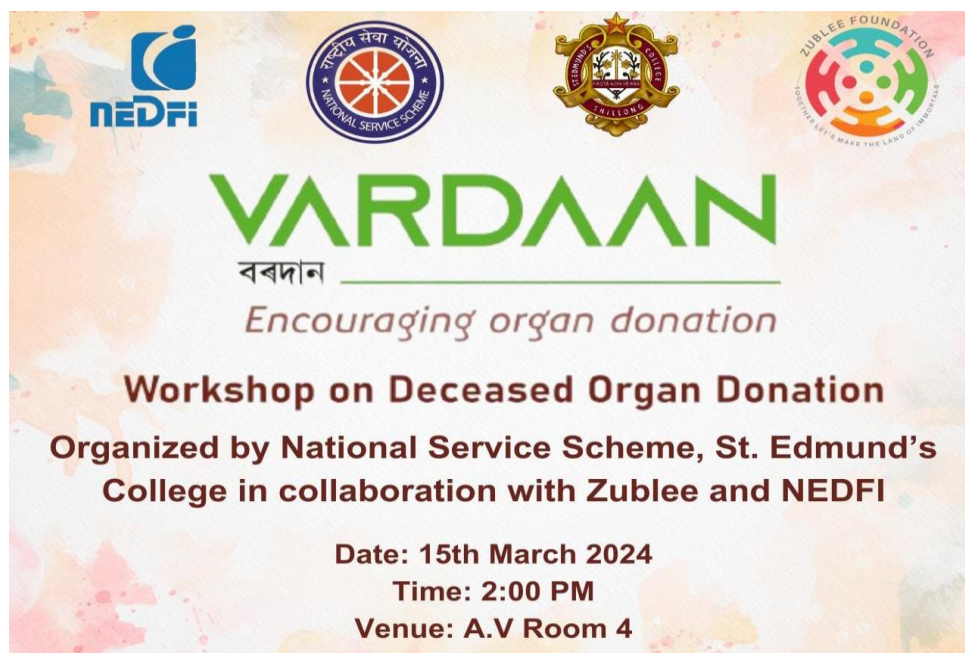
20. WORKSHOP ON DECEASED ORGAN DONATION

1.	Title of the activity	Workshop on Deceased Organ Donation
2.	Date	15-03-24
3.	Venue	St. Edmund's College, AV Room 4
4.	Duration (in hrs.)	1hr
5.	Organizing Department/Club	NSS
6.	Name of the Collaborating Agency /Club	Zublee Foundation& NEDFI
7.	Participants	46

On the 15th of March, the NSS Unit of St. Edmund's College conducted a workshop programme on Deceased Organ Donation in St. Edmund's College, AV Room 4.

The resource person for the programme was Priyanka Borah, the CEO of Zublee Foundation. The programme began at around 2:30 PM. A total of 46 volunteers attended the programme, along with the Programme Officers.

Zublee Foundation is a pioneering force in the North-East Region of India, encompassing eight states. It is a Non-Governmental Organization dedicated to fostering awareness and advocacy for deceased organ donation. The organization's mission revolves around disseminating vital information about organ donation, aiming to address the impending organ shortage crisis.





LIST OF PARTICIPANTS

	Name	Department	Semester
1.	Chuingamwon AT	BSW	4 th
2.	Rebecca Lamin	BSW	4 th
3.	Yapam Maluk	BSW	4 th
4.	Ridabiang Shadap	Sociology	6 th
5.	Mahunbhah Baruah	English	4 th
6.	Cherik K Momin	Economic	4 th
7.	Joyjit Swargiary	Sociology	4 th
1.	Nakisaphi Lyngdoh	Political Science	4 th
2.	Saphibannoi Wahlang	Political ScienceE	4 th
3.	Nalisha Tariang	Political Science	4 th
4.	Lasubon Kharbithi	Political Science	4 th
5.	Badapbiang Tariang	Political Science	4 th
6.	Daphishisha Rynjah	BSW	1 st
7.	BArisha Lyngkhoi	BSW	1 st
8.	Balarisha Marbaniang	BSW	1 st
9.	Dolly Mary Lyngkhoi	BSW	1 st
10.	Ebiang Mika Lamare	BSW	1 st
11.	Phibadari Syiemlieh	BSW	1 st
12.	Bakynjai Wahlang	BSW	1 st
13.	Greetanshu Bhusal	BCA	4 th
14.	Charmaine M Shadap	English	1 st
15.	Khusboo Laitonjam	English	1 st
16.	Ruth M Guite	English	1 st
17.	Delfrina Lyngdoh	MSW	1 st
18.	Rebecca Warjri	MSW	1 st
19.	Sabhi Thankhiew	MSW	1 st
20.	Phibariti Marbaninag	MSW	1 st
21.	Enrich Toi	MSW	1 st
22.	Relina Kimkim	BSW	1 st
23.	Danian D. Dhar	BSW	1 st
24.	Sujal Thakur	BCA	4 th
25.	Avelyne F. Khriam	BCA	4 th

26.	Lannuseula Kichu	BCA	1 st
27.	Aldalicia Blah	BA	6 th
28.	Daiahmenlang Kharjahrin	BSW	1 st
29.	Banrikyndi Lyngkhoi	BSW	1 st
30.	Samuel Lungongin Khongthantg	Education	1 st
31.	Meedingo Gangmei	BSW	1 st
32.	Christine Nongsbung	BSW	-
33.	Soreithem Ruivah	BSW	-
34.	Stephan Lunginsang	BSW	-
35.	Wailad Phawa	BSW	-
36.	Lalremtluangi	BSW	-
37.	J. Lalhraitupuii	BSW	-
38.	Buite Albert Vaiphei	BSW	-
39.	Mayfair Haolai	BSW	-

20. 3 DAY WORKSHOP SKILL FOR NSS VOLUNTEERS

The NSS conducted a 3-day workshop, “Skills for NSS Volunteers,” on the 26th, 27th, and 28th of March 2024. The first-day session was on “Documentation & Reporting,” conducted by Dr. Hazel B. Wahlang. The second-day session was on “Facilitation Skills,” conducted by Randolph Langstieh. The third-day session was on “Survey Design,” conducted by Dr. Oliver Gonsalves.

Thirty-four volunteers registered through a Google Form for the 3-day workshop. The first and second-day sessions were held in AV Room 4, St. Edmund’s College, from 2:00 PM to 3:30 PM, while the third-day session was conducted online from 6:30 PM to 7:45 PM.

DAY 1 (26-03-2024)

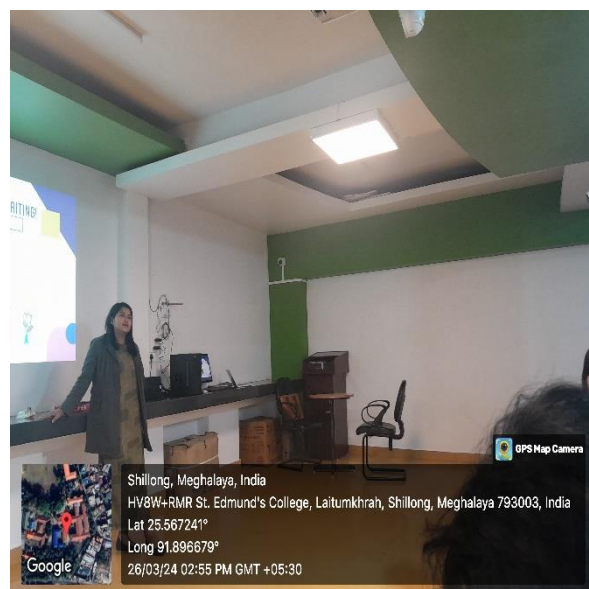
The first session was on “Documentation and Reporting” by Dr. Hazel B. Wahlang. There were 21 volunteers who attended the session.

The first activity was related to reflection time, where Ma’am provided us with a sheet of paper to answer three questions: Why do you think documentation is important? What is the purpose of writing reports? In what ways will it benefit you as a student or as an NSS volunteer?

The second activity focused on the structure of technical writing. We had to gather ourselves into different groups to answer the questions: Who, what, where, when, why, and how. Each group then presented their discussions.

Dr. Wahlang also taught us how to write reports and create proper documentation. She was very precise about the format, font size, alignment, and other technical aspects of report writing. She emphasized how report writing can benefit students and volunteers in their academic and professional pursuits.





LIST OF PARTICIPANTS

Sl. no.	Name	Department	Semester
1.	Chuingamwon AT	BSW	4 TH
2.	Rebecca Lamin	BSW	4 TH
3.	Yapam Maluk	BSW	4 TH
4.	Yamaya Lamare	BSW	4 TH
5.	Jahdiel M. Sangma	BSW	4 TH
6.	Ridabiang Sungoh	Sociology	6 TH
7.	Ng. Anisha Singha	Botany	4 th
8.	Irom Singpangbi Mangang	Biotechnology	4 th
9.	Kanduaklung Gangmei	Geography	4 th
10.	James Dkhar	Political Science	4 th
11.	Da-i-nocia Rangthaluh	BSW	4 th
12.	Pynroiiaki Pyngrope	BSW	4 th
13.	Nafinia Marwein	BSW	4 th
14.	Mayuri Reang	BSW	4 th
15.	Lanya Shithungdang	BSW	4 th
16.	Emiki Dabiang Shadap	BSW	4 th
17.	Bashida Marbaniang	BSW	6 TH
18.	Olivia Grace Kharkrang	BSW	6 TH
19.	Iohlynti Malai	BSW	6 TH
20.	Jayrish Singh Achom	Economics	4 TH
21.	Elza Tiffany Lamare	BSW	6 TH

DAY 2 (27-03-2024)

On the 27th of March 2024, the National Service Scheme (NSS) conducted a facilitation program as part of the second day of its 3-day workshop. The resource person for the program was Sir Randolph Langstieh, and it was attended by twenty-four (24) NSS volunteers along with one of the NSS program officers.

The first activity involved Sir providing us with pieces of paper and asking us to write down what we have learned after joining NSS. The resource person shared valuable insights on the essential skills required when engaging with community members. He also explained what facilitation is, the skills needed, and other related concepts using a projector. Additionally, he shared some of his past experiences while working in the community.

The program lasted for around one and a half hours and ended at 3:30 PM. The volunteers enjoyed light refreshments before departing.



Name of the participants

	Name	Department	Semester
1	Yamaya Lamare	BSW	4 th
2	Daniella Ezme L Thabah	BSW	4 th
3	Mayuri Reang	BSW	4 th
4	Lanya Shithungdang	BSW	4 th
5	Eukratis Sohtun	BSW	6 th
6	Balarilang Ryngkhlem	BSW	6 th
7	Delira Sympli	BSW	6 th
8	Tanisha Rymbai	BSW	6 th
9	Bashida Marbaniang	BSW	6 th
10	Olivia Grace Kharkrang	BSW	6 th
11	Tanui Farzeen	BSW	6 th
12	Iohlynti Malai	BSW	6 th
13	Phaimideimaia Dhar	BSW	6 th
14	Yapam Maluk	BSW	4 th
15	Mewankerlang Chen	BSW	4 th
16	Ng. Anisha Singha	Botany	4 th
17	Irom Singpangbi Mangang	Biotechnology	4 th
18	Jahdiel M Sangma	BSW	4 th
19	Joyjit Swargiary	BA	4 th
20	Emiki Dabiang Shadap	BSW	4 th
21	Naffica Dkhar	BSW	4 th
22	Gallileo Nialang	Sociology	4 th
23	Jayrish Singh Achom	Economics	4 th
24	Ridabiang Sungoh	Sociology	6 th

DAY 3 (28-03-2024)

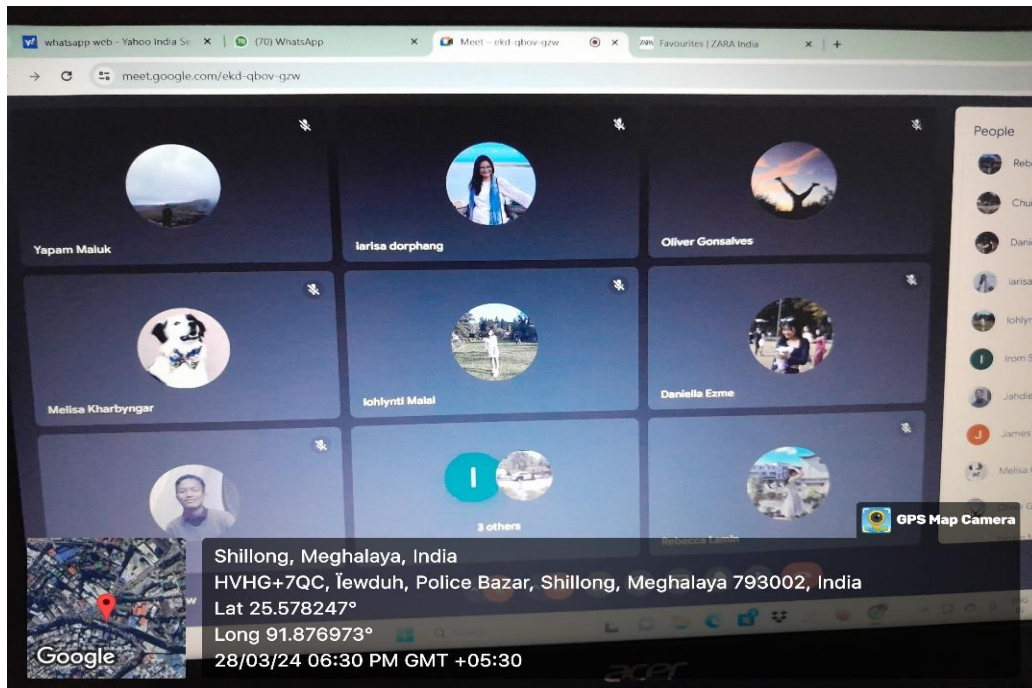
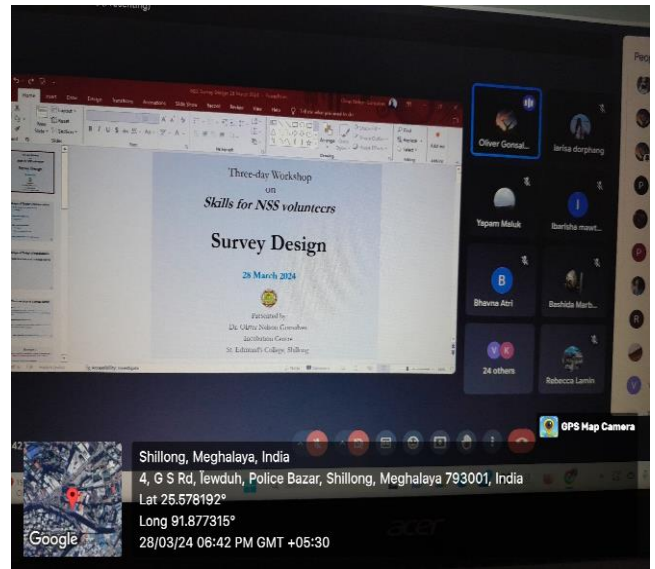
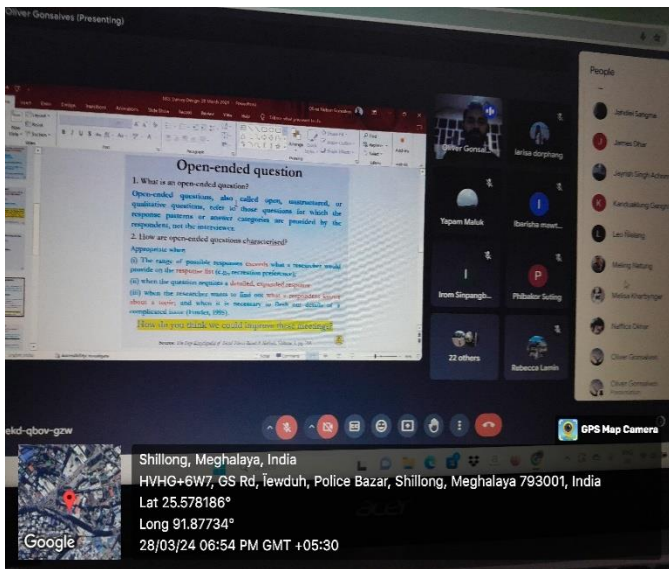
The third day session was on “Survey Design” by Dr Oliver Gonsalves. The session began at 6:30PM and it was conducted online, and 38 volunteers attended the session. A welcome speech was guided by one of the Programme Officer ma’am Iarisa Dorphan. Following that Dr Oliver began his session, there were 4 important key points he talked about.

1. Characteristic of a social survey
2. Open-ended questions
3. Close-ended questions
4. Policy implications of social surveys

He further stated how the question needs to be either close-ended or open-ended, providing examples, and how to create clear and effective questions that gather useful information when doing survey work.

Name of the participants

	Name
1	Rebecca Lamin
2	Chuingamwon AT
3	Yapam Maluk
4	Yamaya Lamare
5	Mayuri Reang
6	Daniella Thabah
7	Jahdiel Sangma
8	James Dhar
9	Melisa Kharbangar
10	Irom Singangbi Mangang
11	Iohlynti Malai
12	Ng Anisha Singha
13	Jayrish Singh Achom
14	Angela Hoihneithiem
15	Bashida Marbaniang
16	Embhah Albert Marbaniang
17	Emiki Dabiang Shadap
18	Dean Frankie Marbaniang
19	Kanduaklung Gangmei
20	Damangkynsai Khongmalai
21	Vernadien Jyrwa
22	Phaimideimaia Dhar
23	Ridabiang Sungoh
24	Pema Glow
25	Meling Natung
26	Saphibanbet Shabong
27	Mayuri Reang
28	Phibakor Suting
29	Ibarisha Mawtyllup
30	Bhavna Atri
31	Eukratis Sohtun
32	Piyush Paul
33	Streamlet Wahlang
34	Naffica Dkhar
35	Gallileo Nialang
36	Tanisha Rymbai
37	Joyjit Swargiary
38	Mahanubhah Baruah

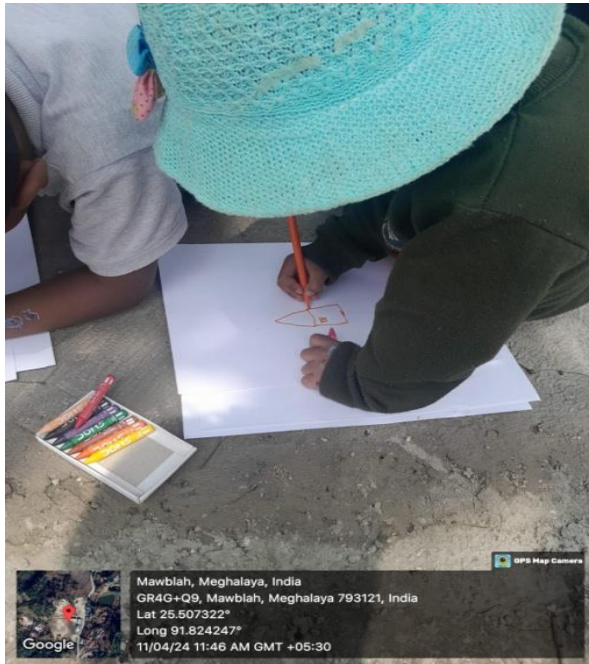


21. EXTRACURRICULAR ACTIVITIES FOR CHILDREN IN MYLLIEM

1	Title of the activity	Extracurricular activity for children
2	Date	11-04-2024
3	Venue	Mylliem Mawsawa
4	Duration (in hrs)	4hr
5	Organizing club/agency	NSS
6	Name of the Collaborating club/agency	UBA
7	Participants (children)	15

On the 11th of April 2024, the NSS conducted an extracurricular activity for children at Mawsawa. The NSS volunteers went to mobilize the children to come and participate for the activity. Around 15 children participated in the activity i.e drawing and painting. The activity started at around 11am after mobilization and ended at 1pm after distributing the prize to the children for their participation.

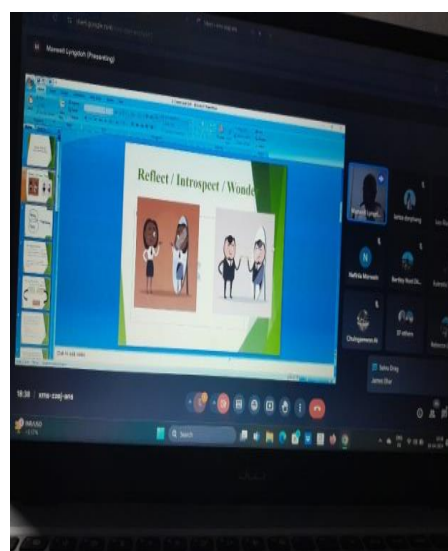
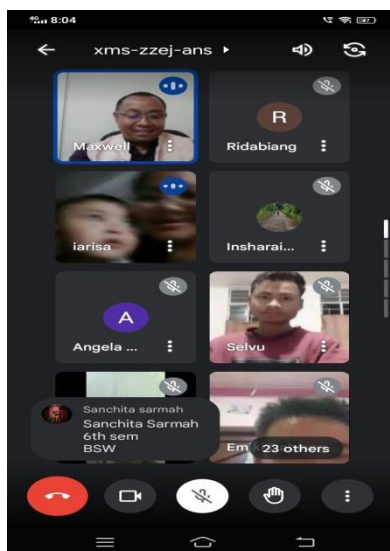
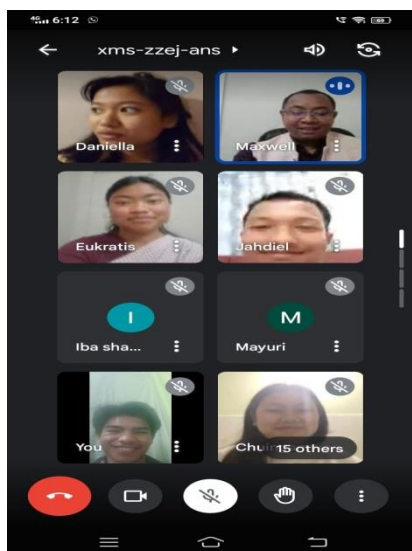




22. ONLINE CAREER COUNSELLING

1.	Title of the activity	Online career counselling
2.	Date	18 th April, 2024
3.	Venue	Google-meet
4.	Duration (in hrs.)	2hr
5.	Organizing Department/club	NSS
6.	Participants	49

On 18th of April, the NSS conducted an online programme on career counselling for NSS volunteers of the college. The resource person for the programme was Dr Maxwell Lyngdoh, a career expert and counselor. The session began at 6pm around 49 students attended the programme. He talked on the self understanding, knowing world of work, knowing oneself and career development and how its link together. There are also factor influencing career beliefs. He also shared the 9 Gardner's Multiple Intelligence: Verbal /Linguistic, Visual/Spatial, Logical/ Mathematical, Musical/Rhythmic, Bodily/Kinesthetic, Interpersonal, Intrapersonal, Naturalistic, Existential. The programme ended at around 8pm.

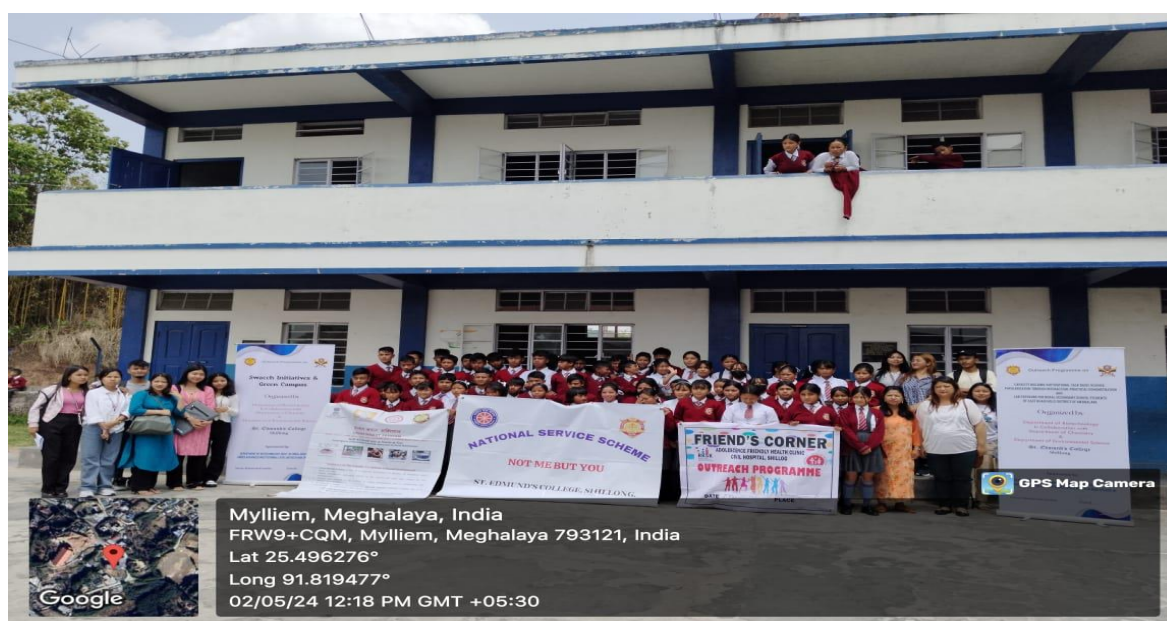


24. Longjam Dorah
25. Shrajat Sharma
26. Ridabiang Suchiang
27. Deinamesha Hynniewta
28. Juliana Mary Thabah
29. Linthoingambi Yumnam
30. Meling Natung
31. Tanisha Rymbai
32. Dean Marbaniang
33. Chuingamwon AT
34. Yapam Maluk
35. Yamaya Lamare
36. Nafinia Marwein
37. Jahdiel M Sangma
38. Daniella Ezma Thabah
39. Delira Symphi
40. Isawaem Sajem
41. Dasukshisha Kharsohnoh
42. Nafisha Malngiang
43. Zatanna Warjri
44. I-Kmen-rahmi Tyngkan
45. Selw Drag
46. Sanchita Sharma
47. Mj Warjri
48. Rikynti Zafania Mawthoh
49. Unisha Sohbar

23. ADOLESCENT COUNSELLING PROGRAMME

1	Title of the activity	Adolescent Counselling Programme
2	Date	02-05-2022
3	Venue	Myllichem Presbyterian Higher Secondary School
4	Duration (in hrs)	1hr 30 minute
5	Organizin Club	NSS
6	Name of the collaborating Agency/Club	DBT & Civil Hospital
7	Participants (Students)	54

On 2nd of May 2024, NSS conducted an Adolescent Counselling Programme at Myllichem Presbyterian Higher Secondary School in collaboration with DBT & Civil Hospital. The programme started at around 11am. The resource person was Ma'am Phidahun Dkhar, Adolescent Counsellor. The programme was conducted in two classroom and the students under the supervision of the resource person explain to the students about "Substance Abuse" and "Digital Addiction" and encourage the student to come forward and ask for help if they have any difficulties or facing problem. Before ending the programme there was an activity for the students based on group work. Around 54 students attended the programme including the resource person and the volunteer. The programme ended at around 12:30 pm.





List of Participants

Sl no.	Name	Class	Gender
1	Wellbirthstar Sohtun	9	Male
1.	Smorningstar Kharkongor	9	Male
2.	Namebanshai Kurkalang	9	Male
3.	Wallambha Kurkalang	9	Male
4.	Moonbert B. Sangma	9	Male
5.	Viningstar Nongbri	9	Male
6.	BAmkhembaklang K. Kongor	9	Male
7.	Rebuildstar Langstieh	9	Male
8.	Norninsing Sohtun	9	Male
9.	Nangjingshai S. Nongdhar	9	Male
10	Dawinson Kharkongor	9	Male
11	Mankhraw Kubar Kurkalang	9	Male
12	Premier Kurkalang	9	Male
13	Slamborsing Sohtun	9	Male
14	Iaineh Skem Pathaw	9	Male
15	Hamedonbok Kurkalang	9	Male
16	Felisha Kurkalang	9	Female

17	Pdianghunlang Kurkalang	9	Female
18	Bakyntiewwhun Kurkalang	9	Female
19	Greneality Kurkalang	9	Female
20	Gardinia Kiya Gympad	9	Female
21	Khamshaihun Kurkalang	9	Female
22	Rikmensha Nongkhlaw	9	Female
23	Ibarihun Nongbet	9	Female
24	Daiahunlin Kharkongor	9	Female
25	Daiahunlang Lamare	9	Female
26	Nabalin Kharkongor	9	Female
27	Darishisha Kharkongor	9	Female
28	Banrikynti Nongbet	9	Female
29	Bellshmary Kharkongor	9	Female
30	Labianghun Nongbet	9	Female
31	Babettabg Kurkalang	9	Female
32	Laanpynhun Kurkalang	9	Female
33	Phibashisha Kharkongor	9	Female
34	Shakimary Kurkalang	9	Female
35	Monalisa Kurkalang	9	Female
36	Ephisha Kharkongor	9	Female
37	Saphikmenhang Sohtun	9	Female
38	Melisa Kharbyngar	BSW (6 th Semester)	Female
39	Aastha Boroah	BSW (6 th Semester)	Female
40	Balarilang Ryngkhlem	BSW (6 th Semester)	Female
41	Iohlynti Malai	BSW (6 th Semester)	Female
42	Delira Sympli	BSW (6 th Semester)	Female
43	Kitborlang Dkhar	BSW (6 th Semester)	Male
44	Ribanbiang Sachiang	BSW (4 th Semester)	Male
45	Iateilang Khyriem	MSW (2 nd Semester)	Female

46	Judicareful Nongsiej	MSW (2 nd Semester)	Female
47	Pringchima R.Manak	MSW (2 nd Semester)	Female
48	Naffica Dkhar	BSW (4 th Semester)	Female
49	Claudia R. Sun	BPH (6 th Semester)	Female
50	Gracefulness Dkhar	Volunteer (AFHC)	Female
51	Medophrenuo Khezhie	BSW (4 th Semester)	Female
52	Matilda Syiemleih	BSW (4 th Semester)	Female
53	Phidahun Dkhar	Adolescent Counsellor	Female

24. ACADEMIC AND OFFICE TOOLS WORKSHOP FOR NSS VOLUNTEERS

1.	Title of the activity	Academic and office tools workshop
2.	Date	1 st May, 2024
3.	Venue	St. Edmunds College
4.	Duration (in hrs.)	2hrs
5.	Organizing Department/club	NSS
6.	Participants	39

On 2nd of May 2024, the NSS conducted an Academic and Office Automation Tools Workshop online. It aimed to teach basic computer skills, with Sir Iainehborlang Mawlein Nongsiej, Assistant Professor of the BCA department, as the resource person. The session begins at 6 pm and ends at 8pm, with 38 NSS volunteers in attendance. This programme equipped volunteers with essential knowledge and skills for future use.



Academic and Office Automation Tools Workshop



Learn essential software for productivity. Join us on 1st of May.

Enhance your efficiency with the latest automation tools for work and study.

Scan to register



Date: 01/05/2024 | Venue: College AV room 4 | Timing: 2:30PM Onwards

Participants:

1. Chuingamwon AT
2. Yamaya Lamare
3. Yapam Maluk
4. Rebcca Canvin
5. Angela Hoitheithiem
6. Anisha singha
7. Balanlang Rynghhlem
8. Christine nongspnng
9. Deiname hynnienth
10. Dollymary L. Lyngkhoi
11. Jahdiel M Sangma
12. Enliratis sohtun
13. Ibarisha Shadap
14. Iohlynti Malai
15. Irom Sinpangbi mangang
16. Isawaem safem
17. James dhar
18. Kiletsing songthiang
19. Kristina Bora
20. Lasnbon kharbithai
21. M. kishan singha
22. Mahammabhah bamah
23. Naffica Dkhar
24. Nafinia Marmein
25. Naphisabet wahlang
26. Nikita potsangbam
27. Nilahshi thahria
28. Ridabring Sungoh

29. Rihynti Zafania Mawthoh
30. Rwmai Debarma
31. Sneha
32. Sneha Lorembam
33. Suchrita Dey
34. Sudeshna Bora
35. Thangchinkhup Guite
36. Veikhailon Johnson
37. Dean Marrbaniang
38. Emiki Dabiang Shadap
39. Nafina Rarewein