

# SOHRA GOVERNMENT COLLEGE

SAITSOHPEN, SOHRA  
EAST KHASI HILLS: MEGHALAYA – 793108  
COLLEGE NSS UNIT.

To,

The Principal  
Sohra Government College  
Sohra.

**Brief Report on the Activities of the NSS Unit, Sohra Government College, Sohra from 01<sup>st</sup> April 2019 to 31<sup>st</sup> March 2020.**

**Volunteering for Election ( A total of 50 student Volunteers):**

The Volunteers of the College attended as Volunteers during the Election to the Lok Sabha held on the 11<sup>th</sup> of April 2019. The Volunteers also attended the training for the volunteers held at Meghalaya Bharat Scouts and Guides Headquarter, Laban, Shillong in the first week of April 2019.

**Swacchh Bharat Campaign:**

- Cleaning Drive on 15<sup>th</sup> May 2019, at College Campus: A Cleaning Drive was organized on May 2019 as part of the Swachh Pakwada Programme. 60 (Sixty) Volunteers of the College participated in the Cleaning Drive.
- Cleaning Drive on the 06<sup>th</sup> July 2019: A Cleaning Drive was held on the 06<sup>th</sup> July 2019 in which 74 (Seventy four) Volunteers participated.
- Cleaning Drive on the 14<sup>th</sup> August 2019: As part of the preparation for the Independence Day Celebration, the Unit organized a mass Cleaning Drive on the 14<sup>th</sup> August 2019. More than 200 (Two hundred) students of the College participated in the Drive.





## International Yoga Day 21<sup>st</sup> June 2019:

As part of the world wide celebration of the International Day for Yoga, the Unit organized, along with the NCC cadets, a Yoga session in the morning of the 21<sup>st</sup> June 2019. About 60 participants took part in the Yoga session.



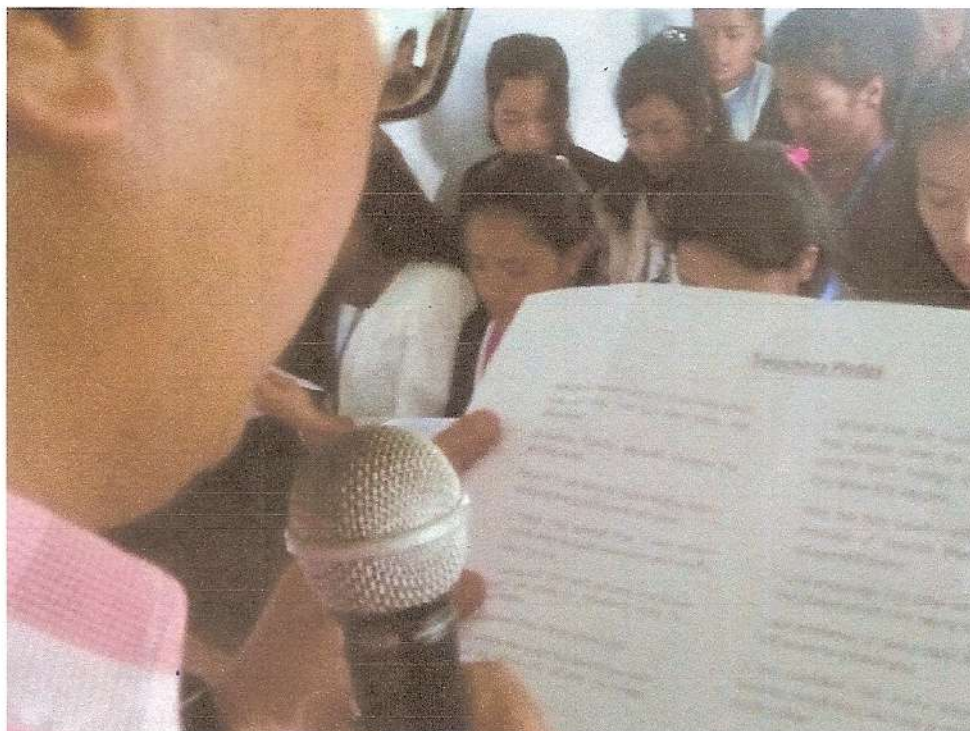
## Orientation Programme for New Volunteers on 23<sup>rd</sup> June 2019:

An Orientation Programme was conducted for the new volunteers to familiarized them with the aim, objectives and benefits of the NSS. About 200 Volunteers took part in the programme.

## Van Mahotsav Week 04<sup>th</sup> July 2019

As part of the Van Mahotsav Week, the Unit organized a Tree Plantation Programme on the 04<sup>th</sup> July 2019. 70 volunteers took part in the tree plantation programme held in the premise of the College.

## Talk on Swachhta and Swachhata Pledge 23<sup>rd</sup> July 2019 (A total of 305 student Volunteers)



As part of the Clean India Campaign of the Government of India a short programme was conducted on the 23<sup>rd</sup> July 2019 as regard to Clean Surroundings; followed by an Oath taking ceremony to maintain Cleanliness. The Programme Officer, Dr. Kamailang Nongmalieh delivered a Talk on Swachhta and led the students in the Pledge Taking Ceremony.



## NSS Foundation Day 24<sup>th</sup> September 2019:

The Volunteers from the College participated in the 50<sup>th</sup> Foundation Day of the NSS held at NEHU Campus, Shillong. 20 Volunteers participated and presented cultural song and dance on the occasion.

## 150<sup>th</sup> Anniversary Celebration of the Birth Anniversary of Mahatma Gandhi:

The NSS Unit along with the Department of History, Sohra Government College celebrated the 150<sup>th</sup> Anniversary of the Birth of the "Father of the Nation"- Mahatma Gandhi on the 02<sup>nd</sup> October 2019. At the short inaugural function, to start the Celebration the Principal, Dr. A.L.Lyngdoh, reminded the students on the contribution of the Father of the Nation, towards liberating our Country from foreign yoke.



On this occasion a number of Activities were organized- Extempore Speech, Essay Writing, Sketch; Debate Competition and a Cleaning Drive. The themes for the various competitions were based on the beliefs and thinking of Mahatma Gandhi.

**Extempore Speech Competition:** There were, in all, 09 (Nine) participants in the Extempore Speech Competition. The following were adjudged winners:

- 1<sup>st</sup>: SamborlangKhongwar Class XI
- 2<sup>nd</sup> KyntiewlangNongrum B.A 5<sup>th</sup> Semester
- 3<sup>rd</sup> DaphishishaRinbon B.A 5<sup>th</sup> Semester

**Sketch/Painting Competition:** A Sketch and Painting Competition on the theme "Clean Surrounding, Healthy Surrounding" was held in which 11 participants took part. The following were adjudged winners:

- 1<sup>st</sup> Daryl DolfPhanbuh (B.A 5<sup>th</sup> Semester)
- 2<sup>nd</sup> KsanborRyngnga (Class XII)
- 3<sup>rd</sup> DonboklangTham (B.A 1<sup>st</sup> Semester)

**Essay Writing Competiton:**



The topic for the Essay was "Violence is Preferable to Cowardice". The total number of participants for the essay writing competition was 12. The following were adjudged winners:

- 1<sup>st</sup> QueendalyneDkhar B.A 3<sup>rd</sup> Semester
- 2<sup>nd</sup> PhilaiadonlangKhongjliw B.A 5<sup>th</sup> Semester
- 3<sup>rd</sup> Nanujywa B.A 3<sup>rd</sup> Semester

**Debate Competition:**

A debate on the motion "Non-Violence Protest is the best form of Protest", was conducted in which 06 participants took part. The following were adjudged winners:

- 1<sup>st</sup> SamborlangKhongwar Class XI
- 2<sup>nd</sup> Daphishisha Rinbon B.A.5<sup>th</sup> Semester
- 3<sup>rd</sup> Suchita Paul B.A. 3<sup>rd</sup> Semester

On this occasion a Cleaning Drive was also organized, in which 225 students participated.

**NSS Special Programme for the North Eastern Region 22<sup>nd</sup> -26<sup>th</sup> October 2019:**

Eleven students and two Programme officers participated in the "Capacity Building of Youth on Leadership and Personality Development through Life Skills", organized by the NSS Unit St. Anthony's College Shillong, from the 22<sup>nd</sup> of October to the 26<sup>th</sup> of October 2019, at Siloam, Umbir. This programme was sponsored by the Regional Directorate, National Service Scheme, Guwahati.





**National Unity Day 31<sup>st</sup> October 2019:**

Commemorating the National Unity Day, which is also the birth anniversary of Sardar Vallabhbhai Patel, a lecture on "Sardar Vallabhbhai Patel and the Integration of Indian States" was organized. The lecture was delivered by Smt. C.L. Sunn, Assistant Professor Department of History, Sohra Government College. Smt. C.L. Sunn's lecture, dwelled on the existence of the Princely States and the persuasive and coercive tactics employed by Sardar Patel in integrating them to the Indian Union.

**Sketch/Painting Competition:** A Sketch and Painting Competition on the theme Unity is Strength, was held in which 15 participants took part. The following were adjudged winners:

- 1<sup>st</sup> Kyntiewborlang Nongrum (B.A 5<sup>th</sup> Semester)
- 2<sup>nd</sup> Daryldolf Phanbuh (B.A 5<sup>th</sup> Semester)
- 3<sup>rd</sup> Daker Tham (B.A 3<sup>rd</sup> Semester)

**Awareness Programme on Road Safety (05-11-2019) (A total of 42 student volunteers):**

An Awareness Programme on Road Safety was conducted on the 5<sup>th</sup> November 2019. This was organized in collaboration with the Transport Committee of the College. Shri A.S. Shadap, Sub-Inspector Sohra Police Station provided a lecture on the Subject.

**Special Camp at Mawkalang Village (09-12-2019 to 14-12-2019) (A total of 45 student volunteers):**

The NSS Unit conducted a special camp, in the adopted village, Mawkalang, East Khasi Hills, from 09-12-2019 to 14-12-2019. During the weeklong stay a number of awareness programmes relating to health risks relating to smoking and chewing of tobacco; women and child health; upliftment of agriculture through scientific and modern methods of pest control and vermi-compost etc; Swacch Bharat initiative, refurbishing and painting of the village community hall were conducted.



**Workshop on Challenges and Opportunities in NSS ( 27<sup>th</sup>nd 28<sup>th</sup> February 2020)**

The two Programme Officers Dr. Kamailang Nongmalieh and Shri Klur Manik Syiem attended the above workshop organized by National Service Scheme Cell, North Eastern Hills University, Shillong in collaboration with the State NSS Cell, Government of Meghalaya along with Regional; Directorate of NSS, Guwahati, Government of India, Ministry of Youth Affairs and Sports.



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