

NSS UNIT

LADY KEANE COLLEGE, SHILLONG



Motto: 'Not me but you'

ANNUAL REPORT, 2021-2022

The NSS Unit of Lady Keane College has participated and organised various activities during the session July, 2021 – June, 2022.

The Unit consist of the following members:

A. **Volunteers**– 500-550 volunteers

B. **Programme Officers:**

- i. Dr. A. Nongsteng
- ii. Ms. D. Mawiong
- iii. Ms. A. Chakraborty
- iv. Ms. J. Warjri
- v. Mr. K. Nongbri

C. **College members:**

- i. Mrs. H. Mawroh
- ii. Dr. D. G. Marbaniang
- iii. Mr. N. K. Swer
- iv. Mr. D. D. Wahlang

The various activities carried out this session include Enrolment of new volunteers, Orientation both in online and offline mode, Independence Day Celebration, Republic Day Celebration, Observation of World Environment Day, National Girl Child Day, participation in various programmes, competitions and workshops. The details of the activities carried out during the academic year 2021-2022 are as follows:

Regular Activities:

1. The Unit organised an Online Orientation cum Awareness Programme on Covid-19 Vaccination on the 1st July 2021.

To orient the newly enrolled and all NSS volunteers of the unit, an Online Orientation cum Awareness Programme on Covid-19 Vaccination was organised by the unit on the 1st July 2021. During the first session of the programme i.e., the **Orientation**, Shri Dipak Kumar, Regional Director, NSS Guwahati was the Resource Person. In this, the Resource Person explained the volunteers on what is NSS, its motto, objectives, symbol of NSS and the role of being an NSS volunteer. He also briefed on the various activities that the volunteers can undertake as a unit under the guidance of Programme Officers. After the orientation programme, **awareness** was given to the volunteers on Covid-19 Vaccination by Dr. J. Lyngwa, Medical Officer, Jaiaw UPHC under NHM. Doctor in her lecture talked about Covid-19 and its vaccination. She also stressed on the facts about the vaccine and encourages the students to get the right information from the trusted source and not to believe on random information being provided all over. At the end of the programme, all have benefited with the information being provided by both the resource persons. Around 50 participants attended this online programme.

2. Participation in the Forestry Week (Van Mahotsav) during 1st – 7th July 2021.

The unit participated in the Forestry Week Programme (Van Mahotsav) during 1st – 7th July 2021 where the members of the unit planted trees at their identified protected areas.





3. Participation in the Webinar with Ministry of Youth affairs on Impact of National Education Policy” on Youth Empowerment and Sports Development on 4th August 2021.

The National Education Policy 2020 has completed one year on 29th July 2021. On completion of one year of National Education Policy, 2020 Ministry of Youth Affairs and Sports on the theme “Effect on NEP 2020 on Youth Empowerment and Sports Development” organised by the Ministry of Youth Affairs and Sports on the 4th August 2021 at 4 PM with <http://webcast.gov.in/myas/> as the URL for which the webinar has been webcast. Altogether, 1 Programme Officer Ms. D. Mawiong and 5 NSS volunteers of the unit participated in this webinar. The webinar comprises of two sessions in which the first session was addressed by Shri Anurag Singh Thakur, Minister of Youth Affairs and Sports. In the first session, the Minister of Youth Affairs and Sports in his address said that the New Education Policy emphasis on skill development and provides vocational skills to 50% of students. The NEP system will be more of practical based to provide more job givers than more job seekers by covering skill enhancement, vocational education and the thrust on sports for holistic development of life that can be a potential contribution to young minds. He also stressed on the importance of sports that will bring the leadership quality, independence, adaptability, help build positive mindset, on the spot quicker decision among the youths and these brings the need to be emulgated through sports education by making sports compulsory at primary level to enhance sports spirit.

Following the first session is the panel discussion on the “Impact of NEP on Youth Empowerment and Sports Development” in which the following points were shared by the panelists:

- NEP brings equity, opportunity, focus on livelihood, jobs, provides a platform, flexibility for higher education, demand on 21st century skills and life through sports for personal growth and creativity.
- NEP brings a perspective of not fitting someone into the value chain but that of value creation, diversity of subjects and that it has a significant impact if implemented in the right way.
- NEP focus on flexibility and holistic approach of learning

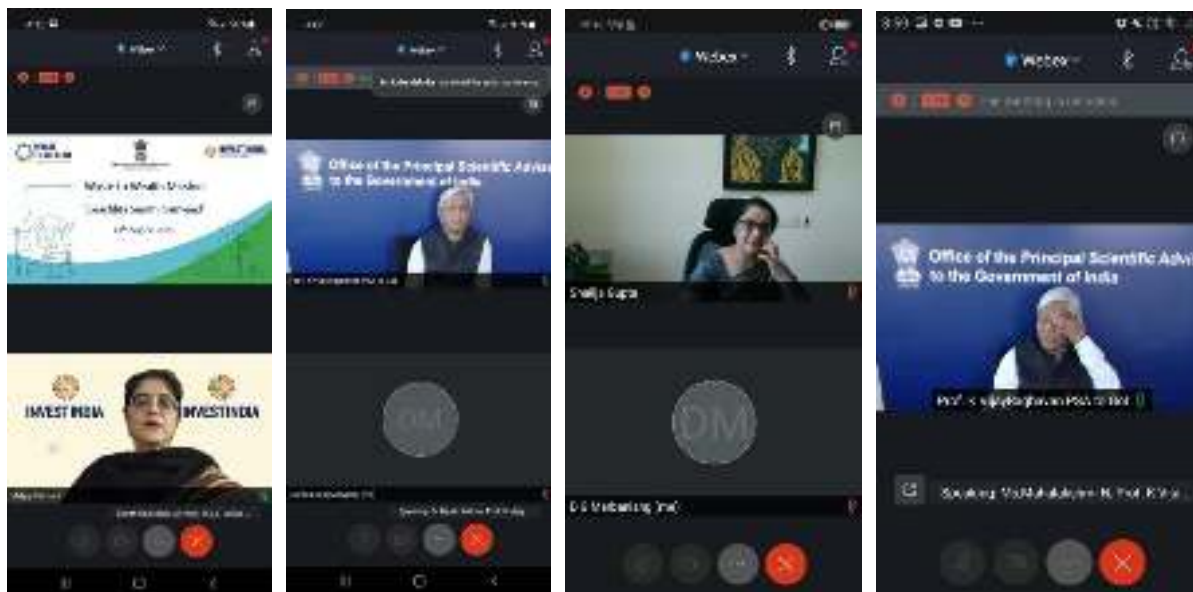




4. Participation in Swachhta Saarthi Fellowship on August 14th 2021.

Two Programme Officers namely Ms. D. Mawiong, Dr. D. G. Marbaniang and 2 volunteers participated in the discussion programme by the Swachhta Saarthi Fellowship to the office of the Principal Scientific Adviser, Govt. of India on the 14th August 2021. The Swachhta Saarthi Fellowship targets the very grassroots of Indian community participation and recognises efforts made by citizens to make India a zero-waste nation. Professor K. Vijay Raghavan, Principal Scientific Adviser, Govt. of India addresses the youths to remind the people on cleanliness and what they ought to do. He said that we need to things now in a sustainable manner for the betterment of the next generation and to take up various waste management projects at the district level and

up to the State level. Following the address is the discussion on waste management in which registered participants under this fellowship who have done previous work or are currently engaged in waste management activities their questions were addressed by the panelist.



5. Observation of Pre-Independence Day Celebration 14th August 2021.

As this year's Independence Day the 15th August 2021 falls to be on a Sunday, the unit organised a Pre-Independence Day Celebration by organising the following online activities on 14th August 2021.

- i. Self-composed patriotic poem.
- ii. A note on “What Independence Day means to you” in the form of a short message.
- iii. Poster campaign in vernacular languages on cleanliness – the posters may be pasted in social media or at home/neighbourhood/locality.
- iv. Slogans on Covid-19 and Covid-19 vaccine.

The unit also participated in the **RashtraGaan**, a video recording while singing National Anthem and was uploaded on <http://rashtragaan.in/>. Altogether 7 volunteers took part in this activity.

What Independence Day Means

Independence means taking responsibility for our life and the choices we make, so that we are not reliant on others for our well-being and achieve the quality we want. But now in this pandemic I want independence from covid-19.

Srinivas Reddy
B.A.

Thankful for our ancestors sacrifice
Thankful for their fearless struggle;
Their unforgettable effort -
Which made our nation independent.
Their pain of being crushed and not go in vain.
May we have taken their journey hand in hand.
So let our nation sprout again -
Let us show our love with love, peace and unity;
Be grateful to our freedom fighters and realize,
We gave their lives to bring our nation liberty.

Name: Dhruv Singh
Class: B.A., II Semester





6. Observation of the 52nd NSS Foundation Day 24th September 2021.

To observe the 52nd NSS Foundation Day, the unit on the 24th September 2021 organised an online meet for the Programme Officers and Volunteers of the unit. In this meet, a welcome address was given by Dr. R. Syntem, Vice Principal of the college, followed by a speech delivered by Sir N. K. Swer, former NSS Programme Officer of the unit. In the talk, Sir shared his journey as an NSS volunteer. His sharing is on what it means to be an NSS volunteer, and how by being actively involved in various activities under the guidance of Programme Officers can shape and moulds the personality development as an individual. Sir ended his speech by encouraging all volunteers of the unit to be actively involved in the activities and to render a service that will benefit the community and society at large. Next, we had a sharing speech by Amrita Joshi Ghimre, alumni of the college who is an NSS volunteer and who is also a recipient of the NSS best volunteer award 2017 at the university level, NEHU. Amrita, in her speech also shared her journey as an NSS volunteer in the college. She expressed that how being an NSS volunteer have helped in developing a spirit of rendering service to the society, building and giving self-confidence and that she could manage her studies side by side by learning and practicing time management. She also ended her speech by encouraging and motivating the fellow volunteers to come forward and be an active NSS volunteer to render a service to the society the program ended with a vote of thanks delivered by Ms. D. Mawiong, convener, NSS unit, Lady Keane College, Shillong.

The Unit on this day also organised Two Online Competitions namely, Best Speech on NSS motto and Best out of Waste.





'Not me, but you'

The National Service Scheme was formally launched on 24th September, 1969. And its motto is "Not me, but you".

As we all know, NSS is all about the spirit of selfless service which is inculcated among the students. NSS provides opportunities for preparing the students for commitment in the service of the community. NSS makes you a strong leader. It works for national integration and social harmony.

Moreover, The motto "Not me, but you" reflects the essence of democratic living and upholds the need for selfless service. It emphasizes that the welfare of an individual ultimately leads to the welfare of the society.

NSS volunteers do not necessarily have the time, they just have the heart. You make a living by what you get, but you make a living by what you give.

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience and just plain loving one another.

Therefore, I invite all the future volunteers to come and join us with a compassionate heart and always remember "It's not me, but you".

Thank you

Besides the above-mentioned program, the unit also participated in the online Google meet as invited by the NSS Cell, NEHU to celebrate the NSS Foundation Day. In this meet, Prof. P.S. Shukla, Vice Chancellor, NEHU & Chairman NSS, UAC address the participants followed by a talk on *"Tobacco and Related issues - Relevant for youth today"* by Dr. Lana E. Lyngdoh Nongbri, SNO, NTCP, Govt of Meghalaya.



7. The unit organised an Online Awareness Programme on “AYUSH practices for better nutrition” on 30th September 2021.

To observe the 4th Rashtriya Poshan Maah (National Nutrition Week), the NSS Unit, Lady Keane College organised an Online Awareness Programme on “AYUSH practices for better nutrition” on the 30th September 2021 at 3:00 PM with a total participation of 162. To highlight the importance of nutrition and AYUSH practices the unit invited Dr. Iaryngkatlin Keri, Lecturer, Department of Materia Medica, North Eastern Institute of Ayurveda & Homeopathy, Shillong to deliver the lecture on the said topic with the target audience being all students of the college. During the programme, the resource person introduced the term “Poshan Abhiyaan” and its objectives. She also highlighted the four themes and activities undertaken for Poshan maah 2021 as this is a national program which are as follows:

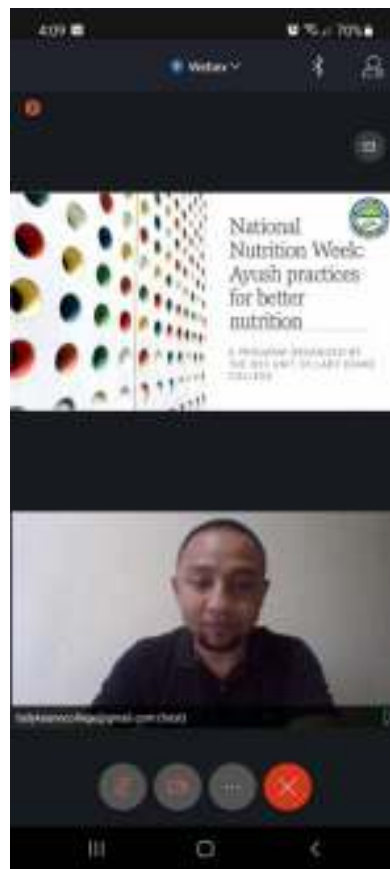
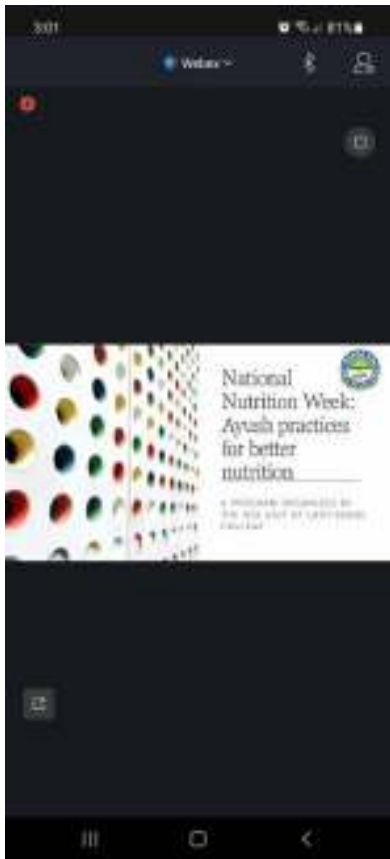
- Theme 1: Plantation Activity as “Poshan Vatika”.
- Theme 2: Yoga and AYUSH for nutrition.
- Theme 3: Distribution of “Regional Nutrition Kit”.
- Theme 4: Identification of SAM (Severely Acute Malnourished) children and distribution of nutritious food.

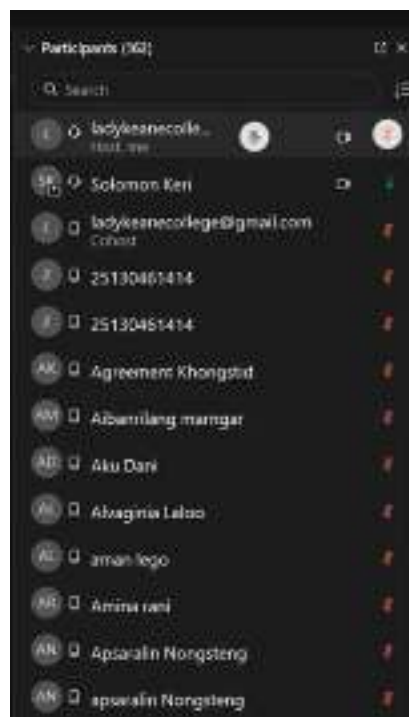
The resource person in this program had also stressed on malnutrition, its type and causes of malnutrition. She then spoke about nutrition and the nutrients needed in our body to adapt a balance diet particularly with respect to adolescent nutrition, the negative impact of under nutrition for adolescence and steps to be taken by adolescents for balance diet. Next, in her talk she explained the importance of nutrition for pregnant and lactating women and then placed before the audience as to why right nutrition matters and the challenges for an adolescent girl to have the right nutrition. Last but not the least; the resource person shared the AYUSH system of nutrition and what needs to be avoided by individuals to have the right way of proper intake of foods. The resource person to conclude her lecture mentioned a few take away which is as shown below:



At the end of the program, feedback was taken and following are few take away mentioned:

- Healthier nutrition knowledge
- The program improves one's self image by improving feelings of well-being, increased motivation, knowledge and skills.
- To follow the natural and healthy ways of eating.
- Importance of good nutrition and healthy balanced diet in one's life
- To eat less sugar and salt
- To share this knowledge to my friends and family and to my neighbourhood.
- The importance of nutrition to the children and pregnancy women
- People can use dietary choices to reduce the risk of disease
- Information that reflects one-self's intake of nutrients
- The importance and need of nutritional and adaptive eating habits for maintaining a healthy lifestyle.
- The quality of food is more important than the quantity.
- Good nutrition is one of the keys to a healthy life.
- AYUSH can be a mode of healthy lifestyle. And a preventive measure for malnutrition.
- I have learnt how the role of ayurveda can improve health care.





8. Enrolment of New Volunteers

With the on-going Covid-19 pandemic, the Unit has to adopt the online method of enrollment of volunteers. An online enrolment form was created using Google Docs(https://docs.google.com/forms/d/e/1FAIpQLSe_kCdNvV5_Xddqmfg_HFwKN5qExThee_qU16-6YiscJi6N8g/viewform?usp=sf_link) and the link was shared with all the students of the College. **About 250** students have enrolled themselves with the unit.

9. Participated in an Online Quiz Competition organised by the NSS Unit of St. Anthony's College Extension, Byndihati on the 10th December 2021.

The students of the unit participated in an Online Quiz Competition 2021 organised by the NSS Unit of St. Anthony's College Extension, Byndihati on the 10th December 2021 on the theme Gandhi Jayanti and Constitution Day at 6:00 PM.

10. The unit organised a River Cleaning Drive at Umden Arka on the 10th December 2021

As part of Azadi Ka Amrit Mohatsav, the month of December 2021 is celebrated as *Rivers of India*. In connection with this, the NSS Unit, Lady Keane College, Shillong celebrates Rivers of India by undertaking cleaning of a river at Umden Arka on the 10th December 2021.









11. The unit carried out a Survey Project on “Vaccine Hesitancy” in collaboration with TULBA, Sohryngkham Unit

The unit in collaboration with the Rangers unit of the college and TULBA, Sohryngkham Unit carried out a survey project funded by the college on “Vaccine Hesitancy” in the month of July 2021 at two villages one being the unit’s adopted village at Laitsohpliah and the other being at Sohryngkham village. In this project, along with the Programme Officers of the two units, three NSS volunteers has helped as Project Assistants.

12. The unit organised a “Post-Lockdown: Reconnecting the Adopted Village” on 15th December 2021.

The NSS Unit, Lady Keane College carried out a *project on “A survey on Covid-19 vaccine hesitancy”* at its adopted village, Laitsohpliah which is funded by the college. As a follow up of this project, *awareness was given at the adopted village on Covid-19 vaccine* by one of our former Programme Officer of the unit Dr. D. G. Marbaniang. This awareness was organised on the 15th December 2021 during the programme “Post-Lockdown: Reconnecting the Adopted Village”. This programme was organised as part of reconnecting with the adopted village as due to covid-19 pandemic and following the SOPs, the unit could not meet or arrange any program during the session at the village. In this program, to gather the crowd of the village for the awareness, the unit organised a special programme whereby there was an exchange programme performed by the volunteers of the unit and the youths/children of the village. Following this was the awareness on covid-19 vaccine, where the speaker gives a brief report on the survey conducted at the village and talked about the covid-19 vaccine and the benefits of being vaccinated of an individual and for the safety of the community, society and the country at large as mentioned and informed by the government to the public. Altogether, around 200 participants participated in the programme.

At the end of the program, the unit also distributed gifts to the **best student performer** of each class from classes KG to VIII combining all the schools located at the village. This was done to encourage the students to perform well in their studies, to have a competitive spirit, to do their best in studies and not to drop out from their studies. Following are the recipients of Best Student Performer:

Class	Name
KG-2	Betkyrhai Dohling
I	Mebakordor Khongngain
II	Iashanlang Nongrum
III	Ibanaki Nongrum and Ilaphidabet Swer
IV	Offiliana Syiemlieh
VI	Wanshaihunlang Nongrum
VII	Betrity Diengdoh
VIII	Iainehskhem Lyndem





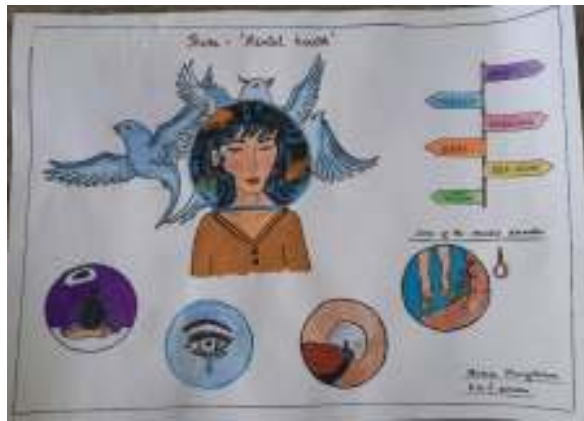
13. The unit organised an Orientation cum Awareness Programme on Mental Health on the 17th December 2021.

The unit on the 17th December 2021 organised an Orientation cum Awareness Programme on Mental Health and the La Société Littéraire Anglais' (LSLA) Take Back The Arts Chapter 5 of the English Department, Lady Keane College. In this programme, the Resource Person for the Orientation was Mr. N. K. Swer, Former Programme Officer of the unit. In the **Orientation**, Sir spoke about what is NSS, its motto and the meaning of a motto to render a selfless service to the community not expecting any gain of the services made to others and that these services will not be of a waste but they will surely help us grow as a person. Sir, also briefed on the NSS regular activities and reminded of the criteria to complete 240 hours of service in 2 years. Following the orientation was the **Awareness Programme on "Mental Health"** where Mrs. Iohun Dhar, College Counsellor took the session and talk on *Mental Health Problems, Drop-outs, Mentally Unsound and Truancy*. Post lunch session was the programme on Take Back The Arts where the students show case their variety of talents which helps them in facing the crowds and gain confidence. On this day, the unit also organised a Poster Competition on the topic "Mental Health" and first three winners were selected and are as follows:

First Prize: Skiarta Pathaw, BA Semester V

Second Prize: Monica Khongkiam, BSc Semester V

Third Prize: Priyaluxmi Loitongbam, BSc Semester V







14. Participated in an Online Inauguration of 25th National Youth Festival 12th January 2022.

The Unit participated in the Online Inaugural Function of the National Youth Festival 2022 on the 12th January 2022.







15. Observation of National Girl Child Day on the 24th January 2022.

As part of Azadi Ka Amrit Mohatsav, the unit observed the National Girl Child on 24th January 2022 by having daughters taking selfie with their parents. Few screenshots are given below:







16. Participated in the Republic Day Programme on the 26th January 2022.

The unit participated in the programme organised by the College to celebrate the Republic Day of India on 26th January 2022 in the College Campus.





17. Participated in the Online District and State Youth Parliament. National Youth Parliament Festival (NYPF).

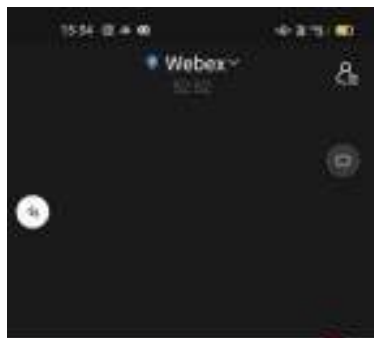
Piya Rani Talukdar, NSS volunteer of the unit participated in the online District and State Youth Parliament as part of National Youth Parliament Festival 2022.

18. Participated in a Workshop on “Human Rights” held on the 21st February 2022.

Two volunteers from the unit, namely, Naki Larisa Nongkhlaw and Santa Gogoi participated in the Online Training on “Human Rights” that was held on the 21st February 2022, hosted by the Directorate of the National Service Scheme (NSS), New Delhi. A brief report was submitted by the volunteers as given below:

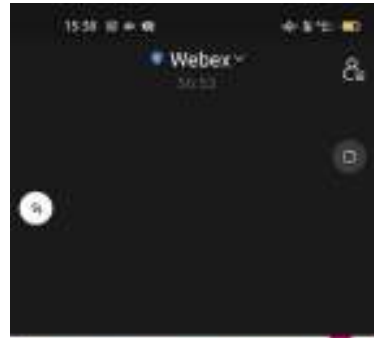
The speaker was an Executive of the National Human Rights Commission (NHRC), India. She enlightened us about how the Commission works and also made us aware of the certain fundamental rights that we as citizens of India possesses. The speaker also encourages to report that we either endure or witness. It can be reported through an online or offline mode. The functions of the NHRC were also made clear. Overall, the training was a success and very informative.





1. WHAT ARE HUMAN RIGHTS?

- 1. Human rights are universal, inalienable, indivisible and interdependent.
- 2. Human rights are those rights which are essential for a person's full development.
- 3. Human rights are not to be abused. Abuse of human rights will lead to violation of human rights in the same manner.
- 4. There should always be human rights in every area of human life.



3. The Legislative Acts:

- 1. Protection of Human Rights Act, 1993
- 2. Protection of Civil Liberties Act, 1977
- 3. National Human Rights Commission Act, 1993
- 4. National Human Rights Commission Act, 1993
- 5. National Human Rights Commission Act, 1993
- 6. National Human Rights Commission Act, 1993
- 7. National Human Rights Commission Act, 1993
- 8. National Human Rights Commission Act, 1993
- 9. National Human Rights Commission Act, 1993
- 10. National Human Rights Commission Act, 1993



19. The unit organised a Programme on “Social Etiquettes and Practices” and Inauguration of Bulletin Board on the 12th March 2022.

The unit on the 12th March 2022 organised a programme for the NSS volunteers on “**Social Etiquettes and Practices**” in which Dr. R. Syntem, Former Vice-Principal of the college was the Resource person. In this programme, Dr. D. K. B. Mukhim, Principal of the college **address the students** followed by a **short briefing on the various NSS activities** as we are back to the offline mode given by Ms. D. Mawiong one of the NSS Programme Officers of the unit. Following this is a talk from the Resource Person in which Ma’am in her speech mainly stressed on character and personality development being a student, an NSS volunteer and as an individual. After this, a **brief talk on blood donation** was given by Ms. Lydianora Dohling, Nurse, Medical Care Unit, Lady Keane College, Shillong. This talk was mainly for the volunteers to encourage and motivate them for donating blood and also to clarify their doubts and fears on blood donation. On this day, the unit also **inaugurated the Bulletin Board** which was funded by the college. This board will be maintained by the volunteers of the unit. It is mainly for the students to keep themselves updated with what is happening in and around the world which will also help them in keeping up with their General Knowledge.



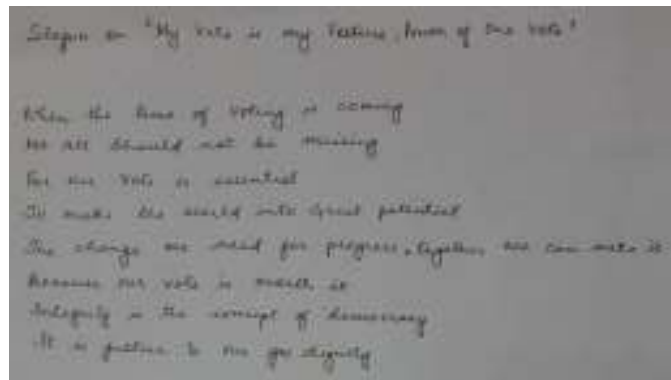
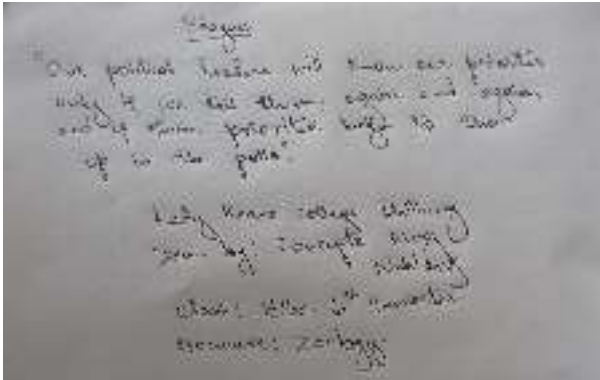




20. Participated in an ECI voter awareness contest.

The unit participated in the ECI voter awareness contest – “My Vote is My Future – Power of One Vote” which was launched by The Election Commission of India on the occasion of National Voters’ Day 2022 to reiterate the importance of every vote through creative expression. Altogether, 9 volunteers participated in the Poster Competition, 4 volunteers participated in the Slogan Competition and 8 volunteers participated in the Quiz Competition.

Slogans



Stegan

"Believe in vote and create the change that is right and complete. Use it use the power of one together to make the change"

* Voting is important to electing good & honest leaders for the benefit of citizens. It is our responsibility to choose wisely. We can make our own lives better by choosing wisely. We have the power to make a difference. In every vote is counted.

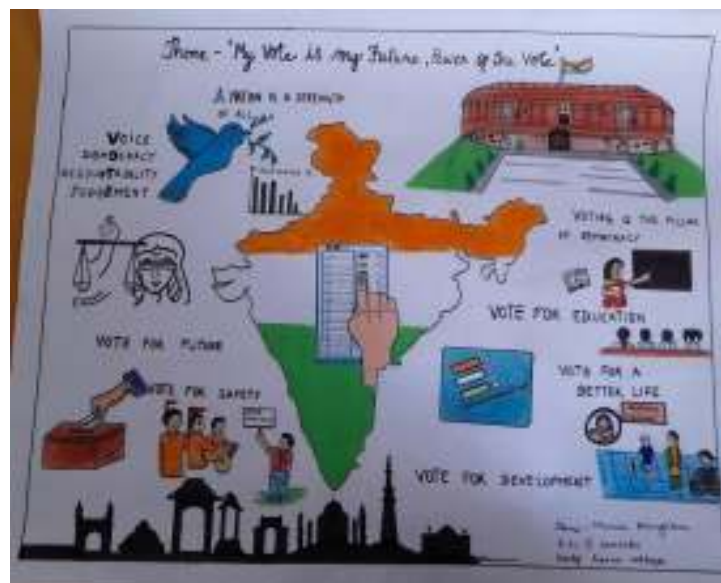
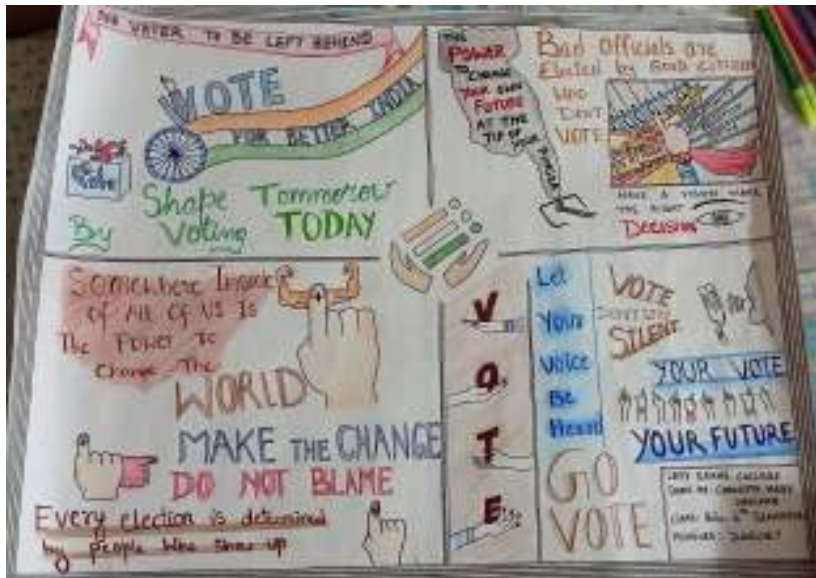
Name - Pooja Devi Thakur
 Roll No - 6th Sem.
 Contact No - 970091670

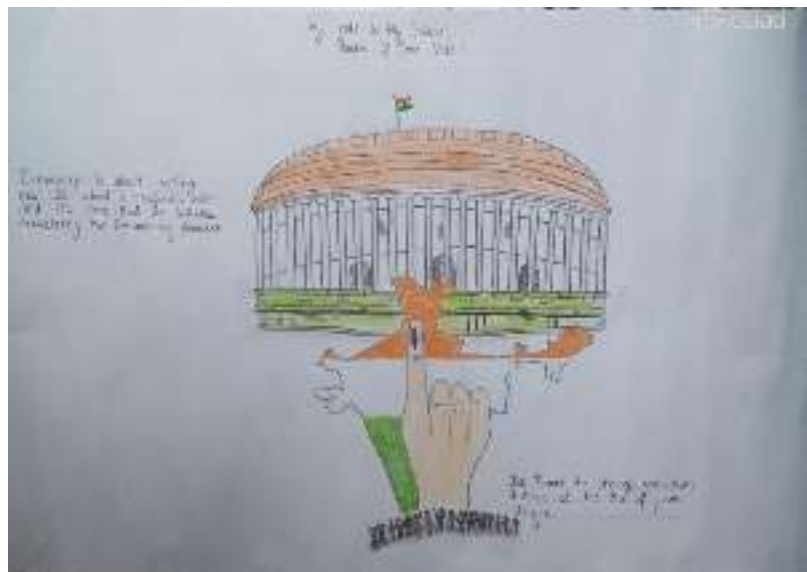
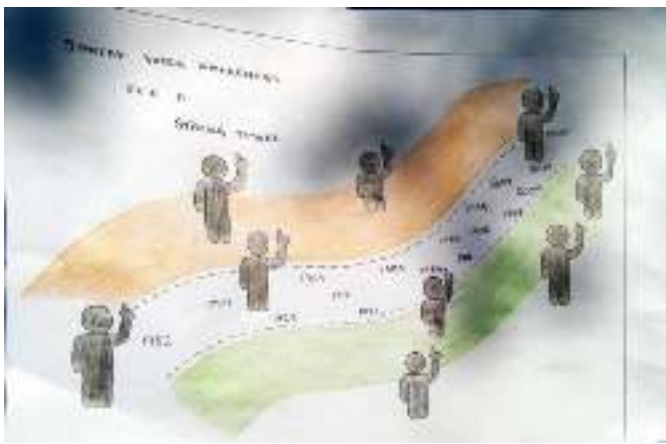
SLOWLY ON MY VOTE IS MY FUTURE
- POWER OF ONE VOTE

- 1) "You who vote has the power to build a new India"
- 2) "Voting is not only our right, it is our power"
- 3) "Leadership is not about the next election, it is about the next generation"
- 4) "You who has the power to bring the change"
- 5) "The vote is precious. It is the most powerful weapon which we have in a democratic society, and we must use it"
- 6) "All of us may have been created equal - but we'll never actually be equal until we all vote. To that end"
- 7) "I have struggled for your right to vote - use it"
- 8) "The ballot is stronger than the bullet"
- 9) "Even time begins to end the day we decide what about things that matter"
- 10) "It's my vote, it's my right, it's my voice. Thanks for reading 'Slowly on my vote is my future - power of one vote'."

Posters

Mr. Vote Is My Future - Power Of One Vote





21. Blood Donation

One of the NSS volunteer of the college approached the unit in seeking help for her relative who is in need of blood donation. In connection with this, on the 14th September 2021 four students volunteered to donate blood out of which only one could donate and the other three could not due to recent Covid-19 vaccination being given.

The unit also organised a **Voluntary Blood Donation Camp** in collaboration with the Blood Bank of North Eastern Indira Gandhi Regional Institute of Health & Medical Sciences, Shillong on the 16th March 2022 at the College Campus. Altogether, 53 volunteered to donate blood (staffs and students) out of which only 35 were fit to donate blood. At the starting of the camp, Dr. D. K. B. Mukhim, Principal of the college delivered the welcome address followed by a short speech from Dr. Lutika Nephram, Officer Incharge, Blood Bank, NEIGRIHMS to addressing in short to the volunteers on Blood Donation.







22. Voluntary Service during the 50th Foundation Day of Meghalaya College Teachers' Association hosted by Lady Keane College Unit on the 12th April 2022.

The unit on this day provided voluntary service to the MCTA unit of the college in which 5 volunteers from the unit including one Programme Officer namely Sir S. Q. N. Sangma have helped by looking over into the Parking of vehicles.



23. Voluntary Service provided during the College Program – Variety Fair (Recreational-cum-Food Fest) on the 6th and 7th May 2022.

20 volunteers of the unit helped in the Variety Fair organized by the college on the 6th and 7th of May 2022. The volunteers were available in the college in these two days and helped in the programme in whatever task is being assigned to them by the college for the smooth functioning of the programme.

24. Observation of World Environment Day 2022.

To observe the World Environment Day, this year the unit on the 4th June 2022 organised a Tree Plantation Drive at Sohryngkham village in collaboration with The Ultimate Legend Biker's Association (TULBA) Sohryngkham & East Khasi Hills Unit. On this day, 40 NSS student volunteers, 3 Programme Officers and members of the TULBA took part in this tree plantation drive. At the beginning of the programme, Mr. Bampherlang Lyndem, working President TULBA, East Khasi Hills who is also a Field Staff of the Social Forestry Division, East Khasi Hills, Shillong addressed the gathering on the importance of the

environment and creating awareness to maintain and sustain the good environment. Following the speech is the tree plantation of which a total of 200 tree saplings were planted.





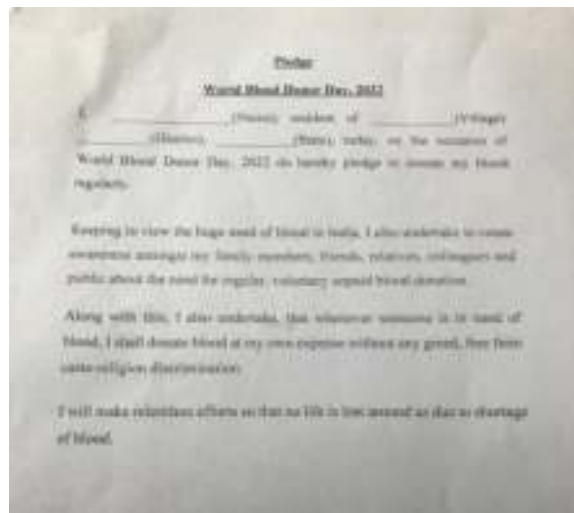




25. Participated in the program organised by the Blood Centre, NEIGRIHMS to celebrate World Blood Donor's Day 2022.

The unit to celebrate the World Blood Donor's Day 2022 attended the program on 14th June 2022 which was organised by the Blood Centre, NEIGRIHMS on the theme "Donating blood is an act of solidarity. Join the efforts and save lives". On this day, Dr. Lutika Nepram, Incharge, Blood Centre, NEIGRIHMS

delivered the keynote address and the Guest of Honour were Dr. L. Somorendra Singh, Sr Regional Director, Regional Office for Health and family Welfare Ministry of Health and Family Welfare, Government of India, Dr. Ashok Rai, DG Medicals, Composite Hospital, FTR HQ BSF, Shillong and Prof. (Dr.) C. Daniala, Medical Superintendent, NEIGRIHMS. In their speeches, they thanked all the blood donors for voluntarily donating blood and their impact to save lives, they also requested to motivate others and to help in creating awareness on the importance of blood donation. It was also informed on this day by Dr. C. Daniala that in an average 100 units of blood per day is needed to provide the needy. On seeing that very few come forward to donate blood, it was brought forward in the discussion for the need to sit together and find out the reason as to why individuals, NGOs and other organisations do not come forward for blood donation. Last but not the least, all the speakers encouraged the blood donors to continue keeping up the good work to help save many lives by donating their blood to those in need. The organisers on this day also presented a memento to all the blood donor institution and organisations in which our NSS unit was one of them. Also, on this day Dr. Ashok Rai lead a pledge taking which is as given below:









26. Adoption of villages

As the term of adopting the village at Laitsohpliah-Subakalai has come to an end and as the number of volunteers enrolment in the unit increases the Unit have adopted three villages located at Pommura, Mawlynggad and Lamlyer of East Khasi Hills District, Shillong.

27. Adoption of a Tourist Spot

The unit has ended the adoption of a village at Laitsohpliah-Subakalai. However, the unit still feels the need of having a connection with the village as there is a potential for the village to improve and develop in tourism. Therefore, in regard to this, the unit adopted a Tourist Spot located at this village which is a view point named as Tyngam Masi.

RECOGNITION:

- **National Girl Child Day** - The NSS volunteers of the unit below 18 years of age were recognized with memento and certificate for their outstanding performances by the NSS Cell, North Eastern Hill University, Shillong during the observation of the National Girl Child Day on 24th January 2022. Following are the recipients:

Sl. No.	Name	Semester	Course	Contact No.
1	Lakhamti Nongrum	I	BA	6009689258
2	Jukyir Doyom	I	BA	7638949183
3	Between Tyngkan	Class XI	Arts	8974837647
4	Simran Barbhuiya	III	BA	8472836839

5	Mrigakshi Sonowal	III	BA	6003577193
6	La-I-Batesilyne Kharlatang	Class XI	Science	9863308263
7	Ibadahun Emma Harte Dkhar	Class XI	Arts	8258087557
8	Lydia Syiemlieh	Class XI	Arts	6909057276
9	Sandarihun Marngar	Class XI	Science	9863351380
10	Dreamlee Das	III	BA	8486663612
11	Badarishisha Shabong	III	BSc	9862251077
12	Insamanbha Swer	III	BCA	9774467515

- **World Blood Donor's Day** – The unit on 14th June 2022 as part of the celebration on World Blood Donor's Day was recognised by the North Eastern Indira Gandhi Regional Institute of Health & Medical Sciences, Shillong (NEIGRIHMS) with a memento in appreciation to the cause of Voluntary Blood Donation.

FUTURE PLANS (Session 2022-23):

- Student Enrolment Camp.
- NSS Orientation
- Blood Donation Camp.
- Special Camping at the Unit's adopted Village.
- Celebration of important days (NSS Day, World Environment Day, Independence Day and other respective important days which gets notified by NSS Cell, NEHU accordingly)
- Tourist Spot Cleaning Drive at Tyngam Masi View Point, Laitsohpliah (NSS Adopted Tourist spot)
- Social Outreach Programmes (Orphanage, Old Age Homes etc).
- Awareness programmes on Diabetes, Personal Hygiene, etc
- Training programme on Soft Skills, Life Skills & Survival Skills.
- Tree plantations drive
- A follow-up program of the tree saplings planted.
- Afforestation in Ri Bhoi
- Follow-up programme on the Swachh Bharat Summer Internship.
- Goodwill visit to Former Adopted Village, Pingwait, Mawkynrew Block East Khasi Hills, District to know the developmental status of the village.
- Fund Raising Programme for Asset Creation.
- Documentation of expertise

Mr. K. Nongbri
Programme Officer
NSS Unit, Lady Keane College
Shillong.