



GOVERNMENT OF INDIA
MINISTRY OF YOUTH AFFAIRS AND SPORTS
NSS REGIONAL DIRECTORATE, GUWAHATI

&
DON BOSCO COLLEGE
Tura, West Garo Hills Meghalaya

NORTH-EAST NSS FESTIVAL 2020

Souvenir





PRINCIPAL'S MESSAGE



In the first place I would like to thank all the NSS Programme Officers (PO) from Garo Hills, the Professors of Don Bosco College, Tura, the NSS volunteers from Don Bosco College, Tura, Government College Tura and Durama College, Tura who were behind the success of the North-East NSS Festival conducted from 20th – 24th January 2020. A special word of 'Thank You' to the editorial board and NSS Regional Directorate, Guwahati for entrusting to us the mandate to conduct the NorthEast NSS Festival 2020.

In India the youth form nearly one third of the total population. This gathering of young people from the North-Eastern region of India is a manifestation of your solidarity and desire to give something of yourself to others. We are grateful for the period of Youth, and we cannot forget that it is a period of gradual metamorphosis. Therefore, it is essential to create a conducive atmosphere for you to become what you are supposed to be. One inherent quality of a sane and mature person is a sense of service towards others. And NSS offers a gentle reminder, guidance to bring this sense of service into fruition. You have so many ways and much freedom to express yourself. There are so many ways through which service can be articulated; express yourself creatively and positively, build bridges and show comradeship. You can help in building better community life and be of greater service to the nation, and you can contribute well and to the best of your abilities.

The motto or watchword of the National Service Scheme NOT ME BUT YOU reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other persons point of view and consideration for fellow human beings. Today, when the world is divided by forces of economic disparity, and amidst glaring differences between the haves and the have-nots, volunteering-work has become even more relevant and necessary. Albert Einstein once said “Only a life lived for others is worth living.” And his words are finding ripple effects in the actions of young people who dedicate their lives as volunteers to serve others. Mahatma Gandhi also said “The best way to find yourself is to lose yourself in the service of others.” As we take part in the North-East Festival as volunteers and as we serve the nation as NSS Volunteers may we be enlightened to strive for our nation's progress. I wish the participants have derived deeper inspiration from this programme to plunge themselves more zealously in the service of others. I once again place on record my sincere thanks to all those who worked hard to make the NSS North-East Festival a success.

Jai Hind!

Fr. Bivan Rodrigues Mukhim, SDB
Principal, Don Bosco College, Tura & Chairman
North-East NSS Festival-2020



EDITOR WRITES ...

At an age when people can get things accomplished with a mere click of a button, the National Service Scheme (NSS) shines as a beacon light; beckoning and guiding young students to volunteer themselves for manual work and service. The term “manual” is derived from Latin, meaning hand. Therefore, manual work is work literally done by hand and service rendered through sweat and labour. The pledge taken by the NSS volunteers to devote a hundred hours annually for manual service is truly significant. Such a service trains the young volunteers for manual labour, imparts ever increasing lessons on service to others, contributes to the welfare of the community. Further, manual labour undertaken by College and University students can inspire those around to respect manual labour and menial jobs. Moreover, a deep sense of patriotism through service to community shall also be developed by and by.

“Catch them young,” Don Bosco once said. And as the young NSS volunteers came together for the *North-East National Service Scheme Festival 2020* in Don Bosco College, Tura, the Nation can look at them with pride and hope that these young students are learning to render service to their communities and to the nation as a whole.

St. Mother Teresa is said to have given a beautiful and pertinent answer when someone from outside Calcutta, (Kolkata) asked her if he could join in and help in her service to the poor. She is reported to have told that person, “Go and find your own Calcutta.” This might have sounded like a rejection. But upon reflection, it is seen that Mother Teresa, as she was lovingly addressed by everyone, was only making the person realize that there is scope for service to the poor and the needy everywhere. One need not go to Kolkata and work along with Missionaries of Charity; one can find one's 'Kolkata' in one's vicinity.

On behalf of NSS Unit of Don Bosco College, I would like to acknowledge and thank Prof. S. K. Srivastava, Vice Chancellor, NEHU, Shillong, Prof. Henry Lamin, PVC, NEHU, Shillong. Prof. G. Singaiah, PVC, NEHU, Tura Campus, Prof. H. Kayang, Director, College Development Council, NEHU, Shillong, Shri Dipak Kumar, Regional Director, Guwahati, Dr B.D.Cajee, State NSS Officer, DHTE, Govt. of Meghalaya, Shri Ram Singh, D C. West Garo Hills, Meghalaya, and Dr Davidson Diengdoh, Vice Principal and Programme Officer, NSS Unit, Jaintia Eastern College, Khliehriat- for their encouraging messages and good wishes for the NSS Volunteers of North East Region.

May the spirit of service of the great men and women of our nation inspire each one of us to go out and render service to others.

Dr Barbara S. Sangma
Editor



EDITORIAL TEAM

Lahkmen Rymbui,
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D. O. No.....

MESSAGE

Date 10th January, 2020



I am very happy to learn that Don Bosco College, Tura is organising North East NSS Festival this year.

The NSS provides an opportunity to the students right from Higher Secondary level to post graduate level in the College and University in the State to take part in various service activities and programmes. The youth of today are the future citizen of the nation. The youth has served the nation with pride and responsibility.

This festival has highlight the different cultural festival of the North Eastern Region. It imbibe the values of good ethics, and instil in them the spirit of national integration, brotherhood and communal harmony. It also educates the participants and provide opportunities for career prospects and employment.

I hope this festival will encourage the youth to be members of this NSS in the state and provide voluntarily services to the nation and the needy in the State.

I convey my greetings and best wishes to the Principal, teachers, students, members of organising committee and all the participants across the North Eastern State. I wish the College a bright future ahead and more achievements in the years to come.

May God bless you.

(Lahkmen Rymbui)

BANTEIDOR LYNGDOH
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MESSAGE



I am happy to learn that Don Bosco College, Tura West Garo Hills, Meghalaya in collaboration with the Regional Directorate of NSS Guwahati, Govt. of India, Ministry of Youth Affairs & Sports is organizing the five day North East Festival from 20th to 24th January, 2020 to be held at Don Bosco College, Tura and to mark this auspicious occasion a souvenir is going to be brought out.

It is gratifying to note that the festival will witness participation by about 300 NSS Volunteers and accompanying by Programme officers from across the eight North Eastern State of India which is indeed an occasion to celebrate and share amongst themselves about the different cultures and values. I hope that the festival will include the various programmes which will bring the feeling of brotherhood and the spirit of national integration and also inculcating in the minds of the youths about the importance to develop personalities through community service to become fine human beings who will be capable to face challenges of the present world.

On this auspicious occasion, I congratulate the organisers and wish the festival and the publication of the souvenir all success.


(Banteidor Lyngdoh)



Prof. S.K. Srivastava
Vice-Chancellor

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MESSAGE



I am glad to learn that the North-East Youth Festival of the National Service Scheme will be held at Don Bosco College, Tura during January 20-24, 2020, and to commemorate the event, a souvenir is being released.

The NSS Cell, NEHU has the largest volunteer strength in the state of Meghalaya and has consistently been working to fulfill the motto of "Not Me But You" through their various extension programmes and activities. Our volunteers have been doing exemplary work in the service of society and the nation and I am confident that they would continue to do so in the years to come.

I hope the festival will go a long way to build the spirit of oneness among youth across the region and the country at large. I wish the festival a grand success.

The 15th January, 2020

(S.K. Srivastava)



RAM SINGH, IAS
Deputy Commissioner,
West Garo Hills, Tura.

MESSAGE



I am delighted to note that the Don Bosco College, Tura, is bringing out a worthy and creditable publication in the form of a souvenir in remembrance of the North East National Service Scheme (NSS) Festival from 20th - 24th January, 2020 at Don Bosco College, Tura. The National Service Scheme is a Central Sector Scheme of Government of India, Ministry of Youth Affairs, which provides opportunity to the various rungs of students, right from Higher Secondary level till Post Graduate at College and University level in India, to take part in various government led community services activities and programmes. All the youth volunteers who opt to serve the nation through the NSS led community service do it with pride and a sense of responsibility towards helping the needy.

I am sure that publication of Souvenir will be a great source of inspiration and encouragement towards the students' community in particular and the people of the North East in general while spreading the Message of Community Services and Activities.

I extend my heartfelt wishes to teachers and students of Don Bosco College for their efforts and wish them all success.


(Ram Singh)



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MESSAGE



I am happy to learn that the North East NSS Festival is going to be held during 20 -24 January, 2020 at Don Bosco College, Tura. A Congregation of Don Bosco is a well known institute for upliftment of education for the youth in the whole world. NSS is a National Service Scheme, a sponsored public service programme conducted by the Ministry of Youth Affairs & Sports of the Government of India. The main intention of this festival is to bring the youth from different parts of the country to know, to learn and to share that they are Indians. We are all Indians, we need to live in peace and harmony and to promote ourselves as Indian citizens.

I take this occasion to congratulate the organizers of the North East NSS festival and I wish them all success.

Khublei

The 9th January, 2020

(Henry Lamin)



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MESSAGE



I am happy to learn that the North East NSS Festival is being organised in Don Bosco College, Tura. During the past many years NSS volunteers in educational institutions are participating in various programmes of social services and extending community development in the country. I hope this festival will bring the volunteers from different parts of the region to work together for the betterment of the people. I would like to extend my best wishes for successful completion of the festival.

I extend my heartiest felicitations to all the members of Don Bosco College for bringing out a Souvenir on this occasion.

Prof. G. Singaiah
Pro-Vice Chancellor

THE SALESIAN PROVINCIAL

Province of Mary Help of Christians, Guwahati, Assam, India



MESSAGE

9 January 2020



Dear Friends,

Greetings from Don Bosco Provincial House, Guwahati

I am glad to know that Don Bosco College, Tura is organising the North East NSS Festival, 20th to 24th January, 2020. The national Scheme (NSS), as we might know, is a very beneficial scheme of the Government of India under the Ministry of Youth Affairs & Sports, in order to empower the various groups of students to participate and express their social-mindedness in many activities and programmes. This valuable scheme is in a special way directed to allievate the poor and the needy.

I am also happy to know that the Government of India has sanctioned one North East NSS Festival for each State, and in Meghalaya this has been entrusted to our institution Don Bosco College, Tura, West Garo Hills, Meghalaya to organize the same in collaboration with the Regional Directorate of NSS Guwahati, Government of India, Ministry of Youth Affairs & Sports.

May I take this opportunity to congratulate all the organizers and wish all the participants God's blessings that this Festival may bring together many cultural and leadership values for the good of the society and the nation. May this event be an inspiration for many other students and youngsters to give their very best for our country.

Once again, all the best and God bless you!

Yours affectionately,

Fr Januarius S. Sangma SDB
Salesian Provincial of Guwahati



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MESSAGE



I am indeed glad to know that Regional Directorate of NSS, Guwahati and Don Bosco College, Tura, Meghalaya for jointly organizing North East NSS Festival from 20th January to 24th January 2020 at Tura, Meghalaya for three hundred NSS volunteers and NSS Programme Officers representing all eight North Eastern States. The different activities viz. training on Yoga, Self Defense, Life skills, Motivational Talk on Leadership and Personality Development, Workshop on Soft Skills, colourful Cultural evenings by the participants and local artists, Martial Arts, Rock Band, visit to different sites to understand local culture, trekking to hill top, etc. organized during the festival is quite praiseworthy.

On behalf of Government of India, Ministry of Youth Affairs & Sports, Regional Directorate of NSS, Guwahati, I extend my heartfelt thanks and good wishes to the NSS fraternity, staff members and volunteers of Don Bosco College, Tura who worked day and night to make the North East NSS Festival – a grand success. I also extend the members engaged in preparing and publishing the souvenir and documented the total event skillfully and brilliantly. The well documented souvenir will always be an inspiration and learning for the NSS fraternity.

A handwritten signature in black ink, appearing to read 'Dipak Kumar'.

(Dipak Kumar)
Regional Director



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MESSAGE




I am happy to learn that Don Bosco College, Tura is going to organise the North East-NSS festival from 20 to 24 January, 2020 in collaboration with the Regional Directorate of NSS Guwahati, Government of India, Ministry of Youth Affairs and Sport. I am also happy that a magazine will be brought out to commemorate the occasion.

The National Service Scheme (NSS) is a flagship Programme for student youth under the Ministry of Youth Affairs & Sports, Government of India for community Services. The NSS is a voluntary association of students in colleges committing to serve the society in various ways without bias. It aims to inculcate social welfare in students, and through the community services, it really helps in building their personality. A range of initiatives has been taken by the NSS organisers and volunteers from time to time and works for providing help in natural and man-made disasters, arranges blood donation camps to fulfil shortage of blood requirement in hospitals, tree plantation to protect environment and save mother earth, cleanliness moments for hygiene and healthy life, road safety awareness campaigns to reduce road accidents, street plays and awareness campaigns for upliftment of society. All these activities play a role in nation-building. As such, the North East-NSS festival is the right platform, where the student-youth of the nation may get to involve with real-life social activities, and thereby become responsible citizen of India. Therefore, I wish well for the NSS in the sense that they have emerged as one of the most visible and potent institution of student activities. This further needs to be sustained and strengthened so that the message goes across the country that the fate of the nation will be changed by the youth's involvement in all the societal spheres in which we need to participate.

I am hopeful that the NSS will continue its welfare activities. The future projects in various fields will come up and benefit the society in the coming days.

I convey my best wishes to the organisers, teachers, staff and students for the success of the festival.


(H. Kayang)



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MESSAGE



It is indeed a matter of great honour that the National Service Scheme (NSS), North –Eastern Hill University is organising the North-East Youth Festival at Don Bosco College ,Tura, Meghalaya from 20th to 24th January ,2020. This youth festival, sponsored by the Ministry of Youth Affairs & Sports, Government of India, marks the confluence of our volunteers from across the North –Eastern Region under the banner of the NSS, uniting for the cause of friendship, camaraderie and reigniting the spirit of service before self. Youth are the future of our great nation and I hope the festival also serves as a platform and a step for greater national integration. I wish the NSS, North-East Youth Festival, 2020 a grand success. God bless.

Dr. Deigracia Nongkynrih
Programme Coordinator
NSS Cell, NEHU Shillong

OFFICE OF THE DIRECTORATE OF HIGHER AND TECHNICAL EDUCATION MEGHALAYA :: :: :: SHILLONG

No. DHTE / NSS / MISC / 20219 / 20

Dated Shillong, the 6th January, 2020

MESSAGE



It gives me immense pleasure to learn that Don Bosco College, Tura is publishing a Souvenir to commemorate the north East NSS Festival in our State from the 20th to 24th January, 2020.

I hope the motto of NSS "Not Me But You" will inspire our NSS Volunteers to dedicate their Social Service to the Community before self, in the present and in their future endeavor.

I wish the North East NSS Festival and Souvenir a grand success.



(Dr B.D.Cajee)

Date 23rd December 2019

MESSAGE



It is a privilege for me to wish in this auspicious programme of the Northeast NSS Festival held at Don Bosco College, Tura from 20th to 24th January 2020 organised by Don Bosco College Tura in collaboration with the Regional Directorate of NSS Guwahati, Government of India, Ministry of Youth Affairs and Sport a success.

I wish all the the organisers, the POS and NSS Volunteers from different NSS units who participated in this awesome activity the very best.

May God lead our youth in the right path and to serve our country and to propagate and practice the motto of the NSS “Not Me But You.”

Jai Hind!

A handwritten signature in black ink, appearing to read 'Davidson Diengdoh', with a stylized flourish at the end.

Dr. Davidson Diengdoh
Vice Principal and Programme Officer
NSS Unit
Jaintia Eastern College
Khliehriat

NORTH-EAST NATIONAL SERVICE SCHEME FESTIVAL, 2020

The North-East NSS Festival 2020 was held from 20th to 25th of January 2020 in Don Bosco College, Tura. The festival was organised under the aegis of Regional Directorate of NSS, Guwahati with the collaboration of Don Bosco college, Tura and the active support from the Tura Government College, Durama College and Phukan Memorial College, Dalu.

DAY ONE: 20th January 2020

9:00 am-11:00 am: Registration

I/C Reception Committee & Volunteers at Venue

The NSS volunteers from Tura received the NSS volunteers from the eight states of North-East India. The volunteers then started registering themselves by 9am on 20th January 2020.

11:00 am-01:00 pm: Inaugural Programme

I/C Fr. Bivan Rodriques Mukhim & Programme Committee

The festival was ushered in amidst a soulful rendition of “Hallelujah” by Agape and Anne Balentina from Don Bosco College, Tura and flag hoisting was in perfect synchrony with the singing of the NSS Anthem led by the NSS volunteers of Tura Government College. The festival was attended by a little over 300 (three hundred) NSS volunteers from various colleges of the eight North-Eastern states of India.

Speaking on the occasion, the Chief Guest, Shri Anurag Kumar, IPS, DIG Western Range, Tura emphasized on selfless voluntary service and the necessity to give back to society what one has received. He cited the example of 'the good Samaritan' and urged the gathering to render generous service to those in need. Prof. Nikme S. C. Momin, HOD, Department of Education, NEHU Tura Campus, who was one of the Guests of Honour emphasized on self-preparation with a view to serve others. She reminded about inner preparation and garnering and reinforcing of inner strength in order to be of greater and better service to the community. Fr. Januarius S. Sangma, Salesian Provincial of the Province of Guwahati spoke about community service and expressed his great joy at the number of NSS volunteers and added that it is a sign of great hope for future. Dipak Sharma, Youth Officer, NSS, Regional Directorate, Guwahati highlighted the NSS Structure in general and NE NSS Festival 2020 in particular. Fr. Bivan Rodriques Mukhim, Principal, Don Bosco College, Tura welcomed the distinguished guests, Programme Officers and NSS volunteers and expressed his joy that such a festival was being held for the first time in Tura.

The NSS volunteers were entertained by Garo traditional *Wangala* dance and Garo song by the hosts. The Inauguration Programme came to an end with the singing of National Anthem by everyone present. The programme was compered by Dr. Barbara S. Sangma.





2:00 pm-4:30 pm: Personality Development Session

On the first day of the North-East NSS Festival 2020, the first technical session was on the topic 'Personality Development'. The Resource Person was Mr. Sunil Basumatary, Freelance Motivational Speaker from Guwahati. He stressed on the need for incorporating personality development through community service under the Ministry of Youth Affairs & Sports. Reminding that NSS is a platform for self-transformation, he emphasized on creating awareness through NSS and added that better awareness can lead to better choices and better choices will in turn lead to better results. He also pointed out that through NSS one can develop speaking skills, confidence and leadership qualities. He borrowed Tony Robbins' statement 'Change your vocabulary and you change your personality' and tried to impress upon the NSS volunteers the need to change for the better.



The Resource Person also explained that NSS encompasses two programmes: 1. Regular activities and 2. Special Camping comprising seven (7) days Residential Programme, of which the latter directly helps to develop personality. Developing the habit of giving is important to develop inner personality. He also referred to the book "The Power of Giving" (by Azim Jamal) and exhorted to 1. Give with respect, 2. Give with humility, 3. Give unconditionally.

06:00pm-08:00pm: Talent Show

North-East is known as repository of talents. It is the home of the likes of Mary Kom, Hima Das, Sourabhi Debbarma, Amit Paul, Debojit Saha, Angarag Mahanta with his stage-name Papon, and veterans like Bhupen Hazarika, Lou Majaw and others.

The NSS volunteers gathered for the **NSS Festival 2020** were a talented lot. They exhibited various talents such as singing, dancing, beat-boxing, rapping, traditional attire show, etc with great elan. The Talent Hunt proved to be colourful, innovative, creative, entertaining and on the whole superb display. The Chief Guest for the Talent Hunt was Prof. Deio Gracia, NSS Coordinator, NEHU, Shillong Campus who spoke expressing her happiness being with the students and encouraging them in their endeavour to serve others.



DAY TWO: 21st January 2020

06:30am-07:00am Physical Exercise and Yoga

09:30am-11:00am: Personality Development Session

The first session of the day was a continuation on **Personality Development**, where Mr. Sunil Basumatary outlined the 7 keys to success: 1. Connecting to God, 2. Physical exercise, 3. Reading for half an hour, 4. Listening to inspirational CDs, 5. Meditation/relaxation, 6. Introspection, 7. Developing the habit of giving and doing what one likes. He also encouraged writing down one's goals and putting into practice what one has written down. He made a categorical statement that if one has written down the goals but has not executed them, then one has failed to achieve one's commitment. The set goals have to be SMART: S for Specific, M for Measurable, A for Achievable, R for Result-Oriented and T for Time-bound. One need not be good to start but start in order to be good. The speaker also said that to prove oneself, one needs to improve; and in order to be successful, the NSS volunteers need to plan out every single activity and also read books. The resource person also stressed the need of inculcating courage and belief in oneself.

11:30am-01:00pm: Soft Skill & Personality Development

In the second session on **Soft Skill and Personality Development**, Mr. Sunil Basumatary exhorted the NSS volunteers to instil positive attitude in themselves. He explained that a positive attitude can be imbued in oneself by 1. Not complaining, 2. Being Honest and Giving Sincere Appreciation, 3. Getting the other Person Interested, 4. Becoming Genuinely Interested in Others, 5. Smiling, 6. Remembering people's Names, 7. Being a Good Listener, 8. Encouraging Others to Talk About Themselves, etc.

2:30 pm-4:00 pm: Interview Techniques/Motivational Class

The third session of the day was on **Motivation** by Sunny Mawlong, MD, Hundredfold Academy, Shillong. He started off by making a very powerful statement: "You are capable of greatness". He then went on to enumerate the four key-points to achieve greatness:

- R- Respond (if one wants to achieve greatness, one needs to respond and not react),
- A-Active (one has to be proactive and come out of comfort zone),
- C-Change (embrace change to achieve greatness),
- E- Excellent (give the best and strive for excellence)



He went on to speak about three types of people: 1. I will, 2. I won't, 3. I can't.

And said that people can be divided into three sections:

1. The Un-movables,
2. Those who move only when pushed,
3. Those who needs just a start push.

He presented “C-H-E-A-T-E-D” to be the factors responsible for holding one back from being great:

- C- Comfort (Get out of the Comfort zone and embrace change)
- H- Hopelessness
- E- Effortless
- A- Attitude
- T-Time
- E-Ego
- D-Disbelief

Besides the various factors mentioned above, he specifically pointed out the alphabet **A** from CHEATED indicating Attitude which further determines Altitude. Mr. Sunny Mawlong concluded his first session with a motivational lyric video 'Run the Race' by Holly Starr.



A few lines from the song run thus:

*'Deep in your soul, there is a fire
And its burning, through the rain
Quiet the fear, focus your eyes
Don't you know that, you were made
To run the race'*

The song was an apt supplement for the session which focussed on running the race and it deeply captivated and stirred the minds of the volunteers.



04:30pm - 06:00pm: Problems of Youth Today/HIV and AIDS Awareness

The 4th session of the day was on **Problems of Youth Today/HIV and AIDS** by Dr. Narbecca Momin, Clinical Psychologist, Civil Hospital, Tura. The session started with a young girl who spoke about how she suffered from severe depression for three years but who came out of it within three months through proper clinical counselling. The session sent out a strong message that mental sickness is real. But there is help and those who suffer from mental sickness should seek the help of a qualified psychiatrist and psychologist. Dr. Narbecca Momin explained about mental illness and pointed out some of its symptoms:

1. Sleep disorder
2. Eating disorder
3. Lack of interest
4. Aggressiveness and negativity
5. Being talkative/isolation
6. Suicidal thoughts
7. Fear, anxiety and nervousness
8. Lack of concentration, and others.

She also emphasised on Specific Learning Disorder which includes Dyslexia, Dysgraphia and Dyscalculia. The speaker pointed out that people go to see a doctor for physical illness but they hardly go to see a physician for mental illnesses. She encouraged the volunteers to speak out about their problems or any of the symptoms of mental disorder they may find in themselves. Persons with mental illness should first acknowledge that they are ill and speak about it to people they trust. Speaking about fear of not being accepted she also touched upon issues like LGBT (Lesbian Gay Bisexual and Transgender) and the social stigma. However, the concerned person should not be subdued by social barriers but accept their true identity.

Thereafter, Dr. Narbecca interacted with the NSS volunteers and talked about the various problems that youth face, such as Bullying, Social-Media, Non-acceptability, Addiction, Peer-Pressure, etc.





06:30pm-08:00pm: Cultural show: Group Dancing

On 21st evening, the volunteers were given space and time to exhibit their dancing skills from 6:30 pm to 8:00 pm. The volunteers gathered in the college amphitheatre and set the stage ablaze with colourful and graceful folk performances. The states presented two dance items each. There were also solo performances by some of the volunteers.

The audience were enthralled by professional dancers from **Spondan Socio- Cultural Society** from Goalpara- the Assamese Troupe that came on invitation for the evening. They presented *Bihu* dance with their full traditional attire and musical instruments. The graceful and professional Bihu Dance was something the Volunteers could learn and emulate. The Chief Guest for the evening was Shri Ram Singh, IAS, and Deputy Commissioner, West Garo Hills, Tura. He expressed his joy at being invited as the Chief Guest for the evening and the warm welcome he feels each time he visits Don Bosco College. He also spoke about the rich and diverse culture of North-East region and said that when all the regions are united, no external barriers can intervene to bring disharmony or disintegration. Last but not the least, the Deputy Commissioner, Tura, appreciated the NSS volunteers from different regions for coming together to contribute towards the welfare of the nation in general and the society in particular.

The Cultural Programme was beautifully conducted by Ms. Yankitina Goldiva D. Sangma, Assistant Professor, Department of English, Don Bosco College, Tura.



DAY THREE: 22nd January 2020

6:30am-7:00am: Physical Exercise and Yoga

9:30am-11:00am: Cultural Peace Rally

A **Cultural Peace Rally** was organised on 22nd January 2020 as part of the ongoing North-East National Scheme Service (NE NSS) Festival 2020. The rally started off at 9:30 am with the dual purpose of sending messages of peace and showcasing the diverse cultures in North-East region in the persons of more than three hundred enthusiastic NSS volunteers. The multitudes of youth in their traditional attires was a rare sight to behold! The short journey for peace started from Don Bosco College, Tura wending its way via Sampalgre, Chandmari, Ringrey, Jerusalem road and back to the college. The procession of myriad hued and varied designs of traditional dresses sent out a truly relevant message of Unity in Diversity. The young people under the aegis of NSS, and the supervision of Don Bosco College Tura, proved yet once again that young people can be at the forefront showing the way to a world where everyone can be accepted and accommodated. The colourful traditional attires epitomized the North-Eastern youth's great sense of origin, tradition and sense of belongingness to their region. Such a great gesture towards peace on the part of the NSS volunteers from the North Eastern region of India was supported by the Tura Police Force who escorted the rally all throughout.

Fr. Bivan R. Mukhim, Principal, Don Bosco College, Tura stated that the chief objective of the Peace Rally was to integrate the varied culture across North East signalling peace.

11:30am-01:00pm: Interview Techniques/Motivational Class

The 2nd session by Mr. Sunny Mawlong was on Interview Techniques. He emphasised on the importance of Curriculum Vitae (CV). He made a categorical statement that the first impression at an Interview is what one presents in one's CV, then explained the distinction between CV and Resume. Mr. Mawlong explained that Curriculum Vitae (CV) is a detailed description of the candidate and should be of 8-9 pages. Whereas Resume is a brief description of the candidate and should not exceed 2 pages. He shared some points on how to make a Resume. The whole Resume should be typed in Times New Roman most preferably in black or navy-blue font colour. The whole Resume should not contain upper cases apart from the initial letters of the significant words. The passport-sized photograph should have a white background and the candidate should present himself or herself well groomed. Resume and CV should match with career objective and must include work experience(s), Academic record: from the highest to the lowest (preferably in table form), Hobbies/Leisure, Extra-curricular activities and Personal profile.

The page should be divided into left, centre and right. The name of the candidate should be at the top centre of the page while the address should be at the left side of the page. The contact details, preferably two contact numbers, along with email address should be at the right.



The name and contact details should be typed in 16-18 font size and the name of the candidate should be in bold black letters. The Resume should not contain abbreviated forms like BA or MA instead it should be written as Bachelor of Arts or Master of Arts respectively. At the end of the Resume, the personal profile of the candidate with his name, date of birth and mother's name/father's name should be included. The candidate appearing for the interview should display correct posture and disposition.

02:00 pm-04:00 pm: Youth Counselling

Smt. Balmuri K. Marak, Deputy Director, Meghalaya Board of School Education conducted a session on “Youth Counselling” from 2:00 to 4:00 PM. She spoke on Management of Emotions, Expression of Emotions and stated that dealing with emotions can lead to self-awareness. She stressed that we should express, accept and acknowledge our emotions. In the course of her session she also conducted Group exercises based on the following issues:-

1. Domestic violence, 2. Sexual abuse, 3. Failure in exam and 4. Conflict in relationship intended for marriage. She explained at great length about Suppression and Containment of emotions and also highlighted the Short term and Long-Term resolutions of the two.

05:00pm -06:30pm: Motivational Session

Dr. Barbara S. Sangma, Nodal Officer, Red Ribbon Club and Head and Assistant Professor, Department of English, Don Bosco College Tura conducted a Motivational Session and captured the interest of the volunteers by her bilingual delivery in English and Hindi. She played around the Latin terminology '*obportu*', which is the origin for the English word 'opportunity'. Stating “Expect nothing for nothing will be given except chance”, she went onto stress on recognizing chance/opportunity that comes in the garb of work. She pointed that the time NOW is also called PRESENT, which means the present moment is a gift and urged the volunteers to make best use of the opportunity by looking into the future rather than fretting about the past.

Exhorting the young volunteers on personal preparation, she introduced the Greek concept of '*agoge*' which stands for the Spartan way of training: “One who sweats more during training, bleeds less in the battle.” She made an effort to associate preparation with service and sense of personal responsibility. In order to drive home her message, she quoted from an unknown source: “If I am not a part of the solution, I am a part of the problem.” Like the other resource persons, she also stressed on the need to step out from the comfort zone and embrace the unfamiliar, unknown, unpredictable, etc. she motivated the volunteers to stick out their neck like a turtle in order to move ahead and advance in life.



06:30pm-08:00pm: Cultural Group Singing

It was another beautiful evening on the 22nd of January where the NSS volunteers had an opportunity to present their traditional songs in groups. All the volunteers participated in their traditional dresses and sang to the rhythm and melody of their traditional music forms. The early night was rather cold but there was warm and vibrant vibes doing their rounds and being exchanged in the form of sights of multitude of traditional dresses and melodious songs reverberating in the winter sky.

The scene was captivating with every state/tribe/ community in their traditional attires woven in spectrum of hues and dyes. All the states-Arunachal Pradesh, Assam Manipur, Mizoram, Nagaland, Sikkim, Tripura, Meghalaya came out with their unique songs and music to create a rhapsody of “mist and magic” called North-East India.





DAY FOUR: 23rd January 2020

06:30am-07:00am Physical Exercise and Yoga

09:30am- 03:00 pm: Trekking to Tura Peak including Lunch

The NSS volunteers went on a trekking to Tura Peak. They boarded the Don Bosco College bus from the campus to Babupara where the trekking adventure was flagged off by Shri Ram Singh, IAS, DC, West Garo Hills and Shri Raghavendra Kumar IPS, SP, West Garo Hills & Commandant 2MLP Battalion around 9:30 am. Shri Ram Singh, IAS, DC, West Garo Hills exhorted the volunteers to maintain cleanliness and bring back the plastic bottles and packages they carried along with them and to abide by the principles enshrined in the NSS Pledge. He also cautioned the volunteers to remain in group and maintain silence so as not to disturb the wildlife there. The volunteers were accompanied by NSS Programme Officers from Don Bosco College and other colleges involved, along with six police personnel from Tura Police Station. The volunteers got a wonderful opportunity for a *al fresco* meal amidst verdant environs.

By 3:00 pm, all the volunteers reached back the campus wearied but happy. The police personnel accompanied the volunteers back to the campus and this good and exceptional gesture was appreciated by one and all. All the students reported that they were tired but that they had had a beautiful time at the peak experiencing the richness and serenity that Mother Nature had to offer, not to forget the spectacular view of Tura town. True to their Pledge of not littering anywhere, the NSS volunteers brought back the plastic wastes and also picked up the litters left by other trekkers. Indeed, that was really an adventurous day for the volunteers.





05:00pm 08:00pm: Rock Band Show

After the adventurous trekking to Tura Peak, the volunteers gathered at the amphitheatre to watch a Rock band performance. The volunteers had had an exhausting day, yet the inherent musical quality in them made them respond to every note, every chord, every beat, nay every line that was sung. The tiredness they felt climbing up and down Tura hill could not restrain them from having a splendid musical evening. The **Black Jack**, a music band from Tura regaled the volunteers for an hour, performing ten songs in Garo and English. It was a great moment for the host college as the lead vocalist of the band Silsan Sangma is an alumnus of Don Bosco College Tura.

They performed popular songs like 'Bohemian Rhapsody' from the band “**Queen**” along with 'Atchu Atchu' from **Rough Road**. The students were ecstatic, left their seats and danced to their hearts content. **Black Jack** truly did full justice to the rock music and brought all the weary volunteers back together to their ABCD (Any Body Can Dance) selves. The band could not have had a better audience.

The evening also saw few from among the volunteers singing and entertaining their fellow volunteers. Right after the rock band concert, on the request of the volunteers, a Jam Session took place for another half an hour continuing the musical atmosphere.



DAY FIVE: 24th January 2020

06:30am-07:00am: Physical Exercise and Yoga

09:30am-11:00am: Motivational Class

Mr. Dipak Kumar, Regional Director, NSS, North-East Regional Centre conducted the last motivational session for the NE NSS Festival 2020 on 24th January 2020. A summary of Mr. Kumar's session is being presented below:

National Unity is a concept given by Vallabhai Patel. The Government of India has declared 31st October as “National Unity Day”- “Ek Bharat, Shrestha Bharat.” Responsibility for bringing about unity has been delegated to various organisations and NSS is one of them. The basic idea of “Ek Bharat, Shrestha Bharat” is that we should not be confined only to our home state. We should go beyond our home state and make an effort to understand the varied cultures and traditions of other states and other communities in the country. We should know the country very well.

In order to help the NSS Volunteers know the states other than their own, the government of India has paired various states of India. The states are to make mutual efforts to understand each other's geography, ethnicity, cultures, traditions, cuisine, art, places of tourist interests, etc. The effort of knowing each other by the paired states is to be reciprocal.

The North-East states have been paired thus:

- | | |
|--------------------------------------|------------------------------|
| 1. Arunachal Pradesh - Uttar Pradesh | 2. Assam - Rajasthan |
| 3. Manipur - Madhya Pradesh | 4. Meghalaya - Uttar Pradesh |
| 5. Mizoram - Bihar | 6. Nagaland - Madhya Pradesh |
| 7. Sikkim - Delhi | 8. Tripura - Bihar |

India is the only secular country in the world with equal rights for different groups/communities. We must respect this unity in diversity. NSS Unit can do something to integrate the country. In order to encourage the NSS Volunteers to make efforts to know other states and communities, there is going to be a Quiz competition, and the volunteers are to prepare and participate in that competition.

India now enjoys Liberal Economy, whereby free movement has started, meaning a person moving from one place to another place (within India)

try to understand the culture and tradition of that place. This kind of knowledge of another culture and tradition will serve to enrich and educate the person concerned. The NSS volunteers are to create Whats App groups after returning home from the NE NSS Festival 2020 at Tura in order to keep in touch with each other and form a better understanding of each other's way of life.

There are different types of leaders: Bill Gates, Ratan Tata, Mukesh Ambani, Mahatma Gandhi, Jawaharlal Nehru and others. Generally, when a person thinks of a leader, he/she thinks about a leader in the political arena. But leaders can be from any arena. In fact, everyone is a leader in one way or the other. Each one of us should know and remember- "I am a leader." What is important is one has to be a good leader. The capacity for being a good leader is there in everybody. In this 21st Century, it will be very difficult to survive without being a good leader.

In order to be a good leader and an effective human being, one must be well equipped with life skills. The life skills are enumerated below:

1. Self-awareness, knowing one's strength and weakness,
2. Empathy (Anubhav)
3. Communication,
4. Inter-personal relationships
5. Creative thinking,
6. Critical thinking
7. Coping with stress
8. Problem Solving and Decision making (parinam)

11:00am-01:00pm: Valedictory Function

The NE NSS Festival 2020 came to an end with a grand Valedictory programme at the Don Bosco College Amphitheatre.

The Chief Guest, for the occasion was Mrs. Ferline C. A. Sangma, (MLA, Selsela Constituency & Chairman MSCCC & SDM) while appreciating the Don Bosco College Institution for taking the students along in the growth and development of the nation, said that she was concerned about the future of the youth and their role in rejuvenating and recreating the society. She reminded the NSS volunteers that young people are very powerful agents and they can bring about great changes to society. She urged them to follow the





peaceful and non-violent path as exemplified by Mahatma Gandhi, the father of the Nation. As the Chairman of Meghalaya State Climate Control Committee & Sustainable Development Management (MSCCC & SDM), she spoke about the global climate change and the need to take steps to remedy this drastic change. She also gave a strong reminder that the drastic climatic change is a wake-up call to arise and do our best for a better tomorrow.

The two Guests of Honour, Prof. Henry Lamin, Pro Vice Chancellor, North-Eastern Hill University, Shillong and Prof. G. Singaiah, Pro Vice Chancellor, North-Eastern Hill University, Tura Campus spoke appreciatively of Don Bosco College and congratulated the Principal, Fr. Bivan R. Mukhim SDB, for having successfully conducted the NE NSS Festival 2020 at Don Bosco College, Tura. Prof. Lamin, in particular, traced the origin of NSS in the country and exhorted the NSS volunteers gathered for the Programme to make their communities aware of manual service, to get involved in community work and to create concrete and visible work in their concerned communities. Prof. G. Singaiah recalled the great contribution rendered by Rev. Fr. V. A. Cyriac to Garo Hills. He then went on to stress on the spirit of service, camaraderie, hospitality that abound among the tribes of North-East region. He also encouraged the NSS

volunteers to make the traditional and cultural values and qualities of North-East reach the rest of India through the NSS platform.

Earlier, Fr. Bivan R. Mukhim, Principal, Don Bosco College, Tura welcomed the Chief Guest and other distinguished guests, Programme Officers and NSS volunteers and felicitated the honourable guests on the dais.

The Valedictory Programme opened with a resounding Mizo patriotic song sung by a Mizoram NSS volunteer, Ruth Lalmalsawmi. The Cheraw Dance by Mizoram NSS volunteers, Garo (Atong) song by Riksrang D. Sangma from Tura, Meghalaya, Manipuri patriotic song by Manipur NSS volunteers – all added colour, joy and exuberance to the concluding programme.

The report of the activities of the five days of festival was presented by Dr Barbara S. Sangma which added mileage to the whole programme. One of the highest points of the Programme was the presentation of the Certificates of Participation to all the volunteers and Programme Officers. While, trophies and mementoes were also presented to the best performers in Talent Hunt, Group Singing and Group Dancing. The names of the winners are:

- (i) Best Talent (Male): Satya Chetri, NSS Volunteer, Sikkim
- (ii) Best Talent (Female): Isadaka Lamare, NSS Volunteer, Meghalaya
- (iii) Best Group Singing: Nagaland, NSS Volunteers and
- (iv) Group Dancing: Goalpara Dance (Rajbangshi), NSS Volunteers, Assam.

The Valedictory Function also saw the NSS volunteers renewing their pledge for service and cleanliness.

The NE NSS Festival came to an end on a beautiful note with a sense of satisfaction and gratitude from everyone concerned.

COMMITTEES

Adviser :

Shri Ram Singh, Deputy Commissioner, West Garo Hills, Tura, Meghalaya.

Chairman :

Fr Bivan Rodriguez Mukhim, Principal, Don Bosco College, Tura..

Vice-Chairman :

Fr. Albinus Dhanwar, Vice-Principal, Don Bosco College, Tura.

1. *Finance Committee:*

- i) Fr. Bivan Rodriguez Mukhim, Principal, Don Bosco College, Tura.
- ii) Fr. Albinus Dhanwar, Vice-Principal, Don Bosco College, Tura.
- iii) Shri Krittarson Nengminza, PO, NSS, Durama College, Tura
- iv) Shri Firdosh Adokgre Momin, PO, Tura Government College, Tura)
Shri Biman Tesil R. Sangma, PO, Don Bosco College, Tura.

2. *Reception Committee:*

i) Shri Reuter Balzack M. Sangma, PO, Tura Government College, Tura

- a. Shri Bonza R. Sangma
- b. Shri Pravin Gupta
- c. Smt. Spiarani T. Sangma
- d. Smt. Elsitha A. Sangma

ii) Shri Walsim G. Momin, P.O Phukan Memorial College, Dalu

- a. Shri Alistair D. Sangma
- b. Shri Tangkim S. Sangma
- c. Smt. Rikchibel D. Shira
- d. Smt. Tengchakchi R. Marak

iii) Shri Sorjoron Hajong, Asst. Prof. Don Bosco College Tura

- a. Shri. Brithuel G. Sangma
- b. Shri. Ankush Mazumdar
- c. Smt. Jenori Ch. Momin
- d. Smt. Tenangchi D. Shira

iv) Shri Ferick D. Sangma, Asst. Prof. Don Bosco College Tura

- a. Shri. Zubin Hajong
- b. Shri Silkambe A. Sangma
- c. Smt. Tarsha T. Sangma
- d. Smt. Gitting Rikkimchi C. Marak

3. *Accommodation Committee:*

i. Shri Biman Tesil R. Sangma, PO, DBC.

Sikkim I/C:

- a) Salrakh G. Sangma
- b) Devika Newar

Arunachal Pradesh I/C:

- a) Rick Rener D. Sangma
- b) Natasha D. Shira

Manipur I/C:

- a) Chesilya Ch. Marak
- b) Millick M. Marak

Nagaland I/C:

- a) Sengrik T. Sangma
- b) Lucia T. Sangma

ii. Shri Jerome W. Sangma

Assam: Guahati University I/C:

- a) Lotson Ch. Marak
- b) Kristina D. Sangma

Bodoland University I/C:

- a) Maleeva Patricia Ch. Sangma
- b) Mesanchi G. Momin

Mizoram I/C:

- a) Tirza R. Marak
- b) Naman Chetri

Tripura I/C:

- a) Elshadora N. Marak
- b) Sanggitha Shah

Meghalaya (Shillong) I/C:

- a) Misim Kakkatchi M. Marak
- b) Wanchilla Senggrimchi R. Marak

4. Food Committee:

- i. Shri Firdosh Adokgre Momin, PO, Tura Government College, Tura
- ii. Shri Biman Tesil R. Sangma
- iii. Shri Sengrik T. Sangma
- iv. Lotson
- v. Marshal
- vi. Chonkam
- vii. Chekame
- viii. Alistar
- ix. Silkambe
- x. Brithuel
- xi. Lucia
- xii. Jenory

5. Transport Committee:

- I** Shri Jerome W. Sangma, PO, Tura Government College, Tura
- ii)** Shri Surjoron Hajong

6. Programme/Cultural Committee:

- i. Dr. Barbara S. Sangma
- ii. Ms. Yankitina D. Sangma
- iii. Dr. Mueller Beul M. Sangma
- iv. Father Albinus Dhanwar, Vice-Principal, Don Bosco College, Tura

7. Pandal Committee:

- I** Shri Krittarson Nengminza, PO, NSS, Durama College, Tura.
- ii.** Shri Walsim Momin, PO, NSS, Pukan Memorial College, Tura

8. Water Committee:

- i.** Shri Biman Tesil R. Sangma, PO, Don Bosco College, Tura
- ii.** Shri Ferick Salnang

9. Electricity Committee:**10. Medical Team:**

- i.** Don Bosco College Alumni Association &
- ii.** PO, Acheng Rangmanpa College, Mahendraganj, South West Garo Hills.

11. Media Coverage Team:

- i.** Fr. Bivan R. Mukhim
- ii.** Shri Jevelline

12. Volunteers Committee:

- i.** Shri Jerome W. Sangma, PO, Tura Government College, Tura
- ii.** Sir Firdose

13. Certificate Committee:

- i.** Ms. Yankitina
- ii.** Ms. Mueller
- iii.** Fr Albinus Dhanwar, Vice-Principal, Don Bosco College, Tura

14. Coffee Table Leaflet: Fr. Bivan R. Mukhim

Editor: Dr. Barbara S. Sangma

15. NE NSS FESTIVAL 2020 SOUVENIR:

Editor: Dr. Barbara S. Sangma

Rapporteurs: Ms. Yankitina Goldiva D. Sangma

Dr. Mueller Beul M. Sangma

Dr. Barbara S. Sangma

Photography: Mr. Jevelline



NOT ME BUT YOU

NORTH-EAST NSS FESTIVAL 2020

DON BOSCO COLLEGE, TURA, WEST GARO HILLS, MEGHALAYA

20TH – 24TH JANUARY 2020

19TH JANUARY 2020

Accommodation committee & volunteers: To allot rooms at the time of arrival to contingents and officials.

DAY 1 - 20TH JANUARY 2020

TIME	EVENT	VENUE	IN CHARGE
09:00 am – 11:00 am	Registration	Reception at Venue	Reception Committee & volunteers at venue
11:00 am – 01:00 pm	Inaugural	DBC Amphitheatre	Fr Bivan M Rodriquez & Programme Committee
01:00 pm – 02:00 pm	Lunch	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
02:00 pm – 04:30 pm	Personality Development Session	DBCTE Hall	Mr. Sunil Basumatary and Programme Committee
04:30 pm – 05:00 pm	Tea Break	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
05:00 pm – 06:00 pm	Practice for Talent Hunt	Respective places	Cultural Committee
06:00 pm – 08:00 pm	Talent Show	DBC Amphitheatre	Shri Jerome W. Sangma & Cultural Committee
08:00 pm – 09:00 pm	Dinner	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
09:00 pm – 09:30 pm	Movement of contingents	Respective allotted halls	Shri Elbhingstone N. Marak & Accommodation committee
10:00 pm	Light off		

DAY 2 - 21ST JANUARY 2020

TIME	EVENT	VENUE	INCHARGE
06:00 am – 06:30 am	Wake up/brushing/cleaning	Respective allotted halls	Shri Krittarson Nengmiza & volunteers
06:30 am – 07:00 am	Physical exercise/ Yoga	DBC Amphitheatre	
07:00 pm – 08:00 pm	Breakfast	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
08:00 am – 09:00 am	Bathing/cleaning/dress up	Respective allotted halls	Shri Krittarson Nengmiza & volunteers
09:00 am – 09:30 am	Movement to the venue	DBCTE Hall	Shri Elbhingstone N. Marak & Accommodation committee



09:30 am – 11:00 am	Personality Development Session	DBCTE Hall	Shri Sunil Basumatary
11:00 am – 11:30 pm	Tea Break		
11:30 am – 01:00 pm	Soft skill, Personality development (Cont'd)	DBCTE Hall	Shri Sunil Basumatary
01:00 pm – 02:00 pm	Lunch	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
02:00 pm – 02:30 pm	Movement contingents	DBCTE Hall	Shri Elbhingstone N. Marak & Accommodation committee
02:30 pm – 04:00 pm	Interview techniques/ Motivational class	DBCTE Hall	Mr. Sunny Mawlong, MD, Hundredfold Academy, Shillong In-charge Shri Reuter Balzack M. Sangma
04:00 pm – 04:30 pm	Tea Break		Shri Bimal Tesil R. Sangma, Food committee & volunteers
04:30 pm – 06:00 pm	Problems of Youth today/ HIV and AIDs Awareness	DBCTE Hall	Dr. Narbecca G. Momin, incharge Shri Walsim Momin
06:00 pm – 06:30 pm	Movement contingents	DBC Amphitheatre	Shri Elbhingstone N. Marak & Accommodation committee
06:30 pm – 08:00 pm	Cultural Show	DBC Amphitheatre	Shri Firdosh Adokgre Momin & Cultural Committee
08:00 pm – 09:00 pm	Dinner	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
09:00 pm – 09:30 pm	Movement of contingents	Respective allotted halls	Shri Elbhingstone N. Marak & Accommodation committee
10:00 pm	Light off		

DAY 3 - 22 nd JANUARY 2020			
TIME	EVENT	VENUE	INCHARGE
06:00 am – 06:30 am	Wake up/brushing/cleaning	Respective allotted halls	Shri Krittarson Nengmiza & volunteers
06:30 am – 07:00 am	Physical exercise/ Yoga	DBC Amphitheatre	
07:00 am – 08:00 am	Breakfast	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
08:00 am – 09:00 am	Bathing/cleaning/dress up	Respective allotted halls	Shri Elbhingstone N. Marak & Accommodation committee
09:00 am – 09:30 am	Movement of contingents	Assembly Area DBCT	Shri Elbhingstone N. Marak & Accommodation committee
09:30 am – 11:00 am	Cultural Peace Rally	Sampalgre-Chandmary-Ringre-Jerusalem Road	Shri Jerome W. Sangma & Rally Committee.
11:00 am – 11:30 am	Tea Break	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
11:30 am – 01:00 pm	Interview techniques/ Motivational class (Cont'd)	DBCTE Hall	Mr. Sunny Mawlong, MD, Hundredfold Academy, Shillong. In-charge Shri Reuter Balzack M. Sangma
01:00 pm – 02:00 pm	Lunch	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
02:00 pm – 04:00 pm	Youth Counselling	DBCTE Hall	Mrs Balmuri K. Marak, Deputy Director, MBOSE, incharge Shri Krittarson Nengminza
04:00 pm – 05:00 pm	Tea Break	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
05:00 pm – 06:30 pm	Motivational Class	DBCTE Hall	Mrs. Barbara S. Sangma, Asst. Professor, DBC, incharge Shri Elbhingstone N. Marak
06:30 pm – 08:00 pm	Cultural Group Singing	DBC Amphitheatre	
08:00 pm – 09:00 pm	Dinner	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
09:00 pm – 09:30 pm	Movement of contingents	Respective allotted halls	Shri Elbhingstone N. Marak & Accommodation committee
10:00 pm	Light off		



DAY 4 - 23rd JANUARY 2020

TIME	EVENT	VENUE	INCHARGE
06:00 am – 6:30 am	Wake up/brushing/cleaning	Respective allotted halls	Shri Krittarson Nengmiza & volunteers
6:30 am – 07:00 am	Physical exercise/ Yoga	DBC Amphitheatre	
07:00 pm – 08:00 pm	Breakfast	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
08:00 am – 09:00 am	Bathing/cleaning/dress up	Respective allotted halls	Shri Elbhingstone N. Marak & Accommodation committee
09:00 am – 09:30 am	Movement of contingents	DBC Amphitheatre	Shri Elbhingstone N. Marak & Accommodation committee
09:30 am – 03:00 pm	Trekking to Tura peak including lunch	By bus (from Babupara & back)	Shri Krittarson Nengminza, Shri Jerome W. Sangma & Programme Committee
03:00 pm – 04:00 pm	Bathing/cleaning/dress up	Respective allotted halls	Shri Elbhingstone N. Marak & Accommodation committee
04:00 pm – 04:30 pm	Tea Break	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
04:30 pm – 05:00 pm	Movement of contingents	DBC Amphitheatre	Shri Elbhingstone N. Marak & Accommodation committee
05:00 pm – 08:00 pm	Rock Band Show	DBC Amphitheatre	Shri Firdosh Adokgre Momin & Programme Committee
08:00 pm – 09:00 pm	Dinner	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
09:00 pm – 09:30 pm	Movement of contingents	Respective allotted halls	Shri Elbhingstone N. Marak & Accommodation committee
10:00 pm	Light off		

DAY 5 - 24th JANUARY 2020			
TIME	EVENT	VENUE	INCHARGE
06:00 am – 06:30 am	Wake up/brushing/cleaning	Respective allotted halls	Shri Krittarson Nengmiza & volunteers
06:30 am – 07:00 am	Physical exercise/ Yoga	DBC Amphitheatre	
07:00 pm – 08:00 pm	Breakfast	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
08:00 am – 09:00 am	Bathing/cleaning/dress up	Respective allotted halls	Shri Elbhingstone N. Marak & Accommodation committee
09:00 am – 09:30 am	Movement of contingents	BEd Hall	Shri Elbhingstone N. Marak & Accommodation committee
09:30 am – 11:00 am	Motivational class	BEd Hall	Mr. Dipak Kumar, Regional Director, NSS, North East Regional Centre, incharge Shri Firdosh Adokgre Momin
11:00 am – 01:00 pm	Closing Ceremony	DBC Amphitheatre	Father BM Ridroques & Programme Committee
01:00 pm – 02:00 pm	Lunch	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
02:00 pm – 02:30 pm	Movement of contingents	DBCTE Hall	Shri Elbhingstone N. Marak & Accommodation committee
02:00 pm – 03:00 pm	Concluding remarks and Feedbacks	DBCTE Hall	All PO
03:30 pm – 08:00 pm	Free Time/ Marketing		All PO
08:00 pm – 09:00 pm	Dinner	Dining Hall	Shri Bimal Tesil R. Sangma, Food committee & volunteers
09:00 pm – 09:30 pm	Movement of contingents	Respective allotted halls	Shri Elbhingstone N. Marak & Accommodation committee
10:00 pm	Light off		
25th JANUARY 2020			
Accommodation committee & volunteers: Departure of contingents and officials.			

NSS Programme on Capacity Building on Leadership and Personality Development for Colleges of Garo Hills at Don Bosco College, Tura



The planning for the NSS Capacity Building on Leadership and Personality Development through Life Skills started months before the actual days of the Programme. The POs of Don Bosco College, Tura, Tura Government College and Durama College had their first and second meetings on 30th September 2019 and 2nd October 2019 respectively. POs of Williamnagar and Dalu too joined for the meeting. The meeting saw the POs engaged in brain-storming, planning and serious discussion to make the Five Days Capacity Building on Leadership and Personality Development on Life Skill Programme and the NSS NorthEast Festival scheduled for the month of January 2020 a success. The actual date of the Residential Programme was supposed to have been from 28th October to 1st November 2019, but due to some unforeseen circumstances the Programmewas held from 4th November to 8th November 2019.

As I present the details of the Programme, I would like to express my sincere words of appreciation to Shri Firdosh Momin, PO, Tura Government College, Shri Krittarson Nengminza, PO, Durama College, Tura, Shri Biman Tesil Sangma, PO, Don Bosco College Tura, Fr. Albinus Dhanwar, Vice Principal Don Bosco College, Tura, Fr. Louis Arimpoor, Administrator Don Bosco College Tura, Shri Sanjeev Lyngdoh, PO, Don Bosco College, Tura and all those who were responsible in one way or another in making the 5-day NSS Programme a success.

Most of the delegates for the Programme arrived at the venue on 4th November morning except the delegates from Captain Williamson, Baghmara who arrived on Sunday, 3rd November. After the morning breakfast, the delegates registered themselves for the Programme.

DAY ONE: 4th November 2019 (Monday)

The **Five Day Residential NSS Programme Capacity Building of Youth on Leadership and Personality Development through Life Skills** was inaugurated on 4th November 2019 at 10:00 am in Bosco Hall, Don Bosco College, Tura. Altogether 50 NSS volunteers from different colleges of Garo Hills registered themselves for the Programme. At the inaugural Programme a few NSS volunteers of Don Bosco College, Tura were also present.

The Chief Guest of the Inaugural Programme was Shri Ramakrishna Chitturi IAS, ADC, West Garo Hills, Meghalaya. In his speech he encouraged the students to develop the skills needed in their lives. He motivated the students to distinguish between Empathy and Sympathy. He spoke on the need to develop problem-solving skills, creative-thinking skills and self-awareness. He added that one should always strive to be better and aim higher in life. The Guest of Honour, Prof. C.P Suresh, Head Department of Horticulture, NEHU Tura Campus spoke on being an entrepreneur and developing the skill towards achieving it. He shared life experiences on how young people have become successful after starting their own businesses. He encouraged students to think about their future and dream confidently about success. Fr. Bivan Rodriques Mukhim, Principal welcomed the dignitaries and participants and wished the Programme a success. Shri Terence DMarak, Principal Tura Government College, Tura, Programme Officers (POs) of Tura Government College, Tura, Durama College, Tura and Don Bosco College, Tura were present at the Programme. The NSS Volunteers of Don Bosco College presented a welcome song and sang a prayer song. During the Inaugural Programme the NSS Volunteers pledged themselves to maintain unity and integrity in the country. The Programme was funded by the Government of India, Ministry of Sports and Youth Affairs and NSS Regional Office, Guwahati.



The inaugural Programme was followed by tea break. Just before the First Session, Shri Firdosh A. Momin took and appointed the Rapporteur and the Time Keeper and explained the Do's and Don'ts to be observed during the sessions. The volunteers then introduced each other and there was a short ice-breaking session to get to know each other better.

The first session started at 11:30 am, where Fr Abhilash VJ, Rector Bosco Mount, Tura animated the volunteers on the topic **"WHAT IS LIFE SKILLS?"** Through various exercises and activities, he was able to drive home the message of LIFE SKILL and its necessity in the present-day context. The session was followed by lunch that was served at the Don Bosco College Canteen. The 2:15 pm- session was animated by Smt. Balmuri K. Marak, Asst Controller of Examination, Meghalaya Board of School Education (MBOSE), Meghalaya. The topic that was dealt by her was **SELF AWARENESS**. It was an activity-based session and the Manual was followed. According to the Resource Person, there was a lot of sharing and team work among the volunteers. The third session for the day was taken by Dr. Narbecca G. Momin, Counsellor Tura Civil Hospital on the topic **EMPATHY**. The Resource Person helped the NSS volunteers learn through group activities and sharing of her personal experiences that she encountered during her counseling sessions of young people. Through the session, the Resource Person encouraged the volunteers to come out of their closed shells and help those who are in need. There is more joy in giving than receiving, we are not islands-cut off from each other, there is need to go out to help others were some of the catch-phrases that the counselor used to drive home the topic of the discussion.

Since the volunteers were tired after travelling from far-away places, the decision was made to screen a movie before dinner and accordingly, *Jack the Giant Slayer* – an adventurer movie was screened for them. After the movie, the volunteer had dinner and retired for the day.



DAY TWO: 5th November 2019 (Tuesday)

The Second day of the NSS Programme started with the morning exercises at 6:00 am. Shri Krittarson Nengminza, PO Durama College along with Fr. Bivan Rodriques Mukhim, Principal Don Bosco College, Tura were present at the Basketball Court for the jogging and exercise. Breakfast was served at 8:00 am and at 9:00 am, the volunteers gathered in the Bosco Hall for the fourth session. The session started with a prayer led by Fr. Bivan Rodriques Mukhim on the theme of **UNITY**. He animated the prayer service asking all the volunteers to be united and to ask God to help everyone to work towards unity regardless of their diverse cultures, food habits, languages etc.

After the morning prayer, Shri Mandeng A Momin, Secretary AEA, Tura took the session on **COMMUNICATION**. He started his session by posing some thought-provoking questions to the NSS Volunteers. He interacted with the volunteers and later through group discussion was able to emphasize on the need to communicate with each other. He spoke on the five elements of communication and based his presentation on Verbal and Non-Verbal communication. He also stressed on Intra-personal Communication, Inter-personal Communication, Group Communication and Mass Communication as well.

After the coffee break, Mr. Ferdinand Lyngdoh, Asst. Professor Community College of Home Sciences, Tura took a session on **INTERPERSONAL RELATIONSHIP**. He based his session on the seven steps prescribed by 'The Manual on Enhancing Life Skills' prepared by the Rajiv Gandhi National Institute of Youth Development (RGNIYD) Sriperumbudur, Tamil Nadu. He was actively involved with the volunteers and wanted to see that the earlier session by Mr Manseng A Momin does not clash with his. The volunteers enthusiastically exhibited what they have learned and presented different charts and works that they prepared during the session. According to the feedback that was received from the Resource Person, the volunteers actively participated in the different activities and gave their best to the discussions.





At 11:30 am, Smt. Ratna Singh took a session on **DECISION MAKING**. Through various activities she involved the students to prepare the various charts and presented them before the groups. The students were divided into five groups of 10 members each. What we see through the session is the active involvement of the volunteers and the creativity in which they presented the charts. The volunteers were asked to conceptualize the ideas and dream they have for the country and through the help of the chart present their concepts. Beautiful paintings, sketches, flow charts, collage, etc. were presented by the volunteers. The different activities and the different steps followed helped the students the need and importance of timely and good decision making.

At 1:00 pm, the class went for lunch and at 2:00 pm another session on **PROBLEM SOLVING** was held. Smt. Ratna Singh animated the session on **Problem Solving**, helping the volunteers to come out with the best. The volunteers prepared the chart on solving problem of the youth in North-east India and Garo Hills, in particular. Mind blowing charts prepared by the volunteers helped the volunteers to realize the situation of youth in the region. Some volunteers even suggested ways to solve problems and help youth of today come out of unfavorable situations and become better youth, contributing to the country.

At 3:45 pm there was a tea break and at 4:00 pm the session on **PROBLEM SOLVING** resumed. The session went on for another two hours. After the session, the volunteers gathered in the Bosco Hall and spontaneously came forward to display their talents through a family get together. Each college presented an item, which was either a song or a dance. After the get together the volunteer proceeded for dinner and rest.

DAY THREE: 6th November 2019 (Wednesday)

The third day of the programme began with the volunteers' exercises led by Shri Krittarson Nengminza along with Fr. Bivan R. Mukhim. After the breakfast, the volunteers gathered in the Hall for the session on **CRITICAL THINKING**. Prior to the session, the volunteers gathered for a short prayer. Fr. Bivan Mukhim animated the prayer on the theme **Self Emptying and Self Giving**.

Smt. Ratna Singh conducted the session on **CRITICAL THINKING** following the manual prescribed by the NSS office, Guwahati. Group interaction and group work continued during the entire session.

At 10:00 am, there was another session by Dr. Silse D Marak, Associate Professor College of Teacher Education, Rongkhon. The Session of Dr. Silse D. Marak proved very enlightening and good for the participants. Few activities were organised for the volunteers, but the activities were meant for the good of the participants. Making the volunteers draw on sheets of paper and asking them later to explain the drawing made the participants creative in their thinking over a certain situation that they are. In a situation that they are, the volunteers have been taught to make choices that will help them be persons of integrity.

At 10:45 am, the volunteers had their tea which was followed by another session on **CRITICAL THINKING** by Smt. Ratna Singh. The session was activity-based and the volunteers participated with great enthusiasm. The session went on to 11:00 am. Without break the second part of the session on **PROBLEM SOLVING** was animated by Dr. Babara S Sangma, Associate Professor, Don Bosco College, Tura. The session involved learning by doing. The volunteers learned through design-formation game that each one has a role in upholding the society and making it beautiful. If anyone in the society slackens in one's duty, then the fabric of the society suffers- this was the lesson that the volunteers carried back home with them. The session also saw the volunteers actively engaged in a number of group-based problem solving activities.

At 1:00 pm, the group went for lunch followed by break.... At 1:45 pm, Smt. Ratna Singh started a session on **CREATIVE and CRITICAL THINKING**. The session continued till 3:30 pm which was followed by tea and games. The evening time was spent in preparing the items for the family get together at 7:00 pm.

The evening get together took place in the basketball ground with floodlights. It was a memorable evening when the volunteers performed various items. This was followed by Dinner and rest.





DAY FOUR: 7th November 2019 (Thursday)

The fourth day began with yoga supervised by a yoga instructor Mrs. Mithu Roy, teacher Tura Town High School, Tura. After breakfast the volunteers accompanied by the Vice Principal Don Bosco College, Tura Fr. Albinus Dhanwar, POs Sri. Firdose Momin, Sri. Krittarson Sangma, Sri Biman Tesil Sangma, and Smt. Ratna Singh departed for the **FREEDOM LIFE CENTRE**, an orphanage for boys and girls in the outskirts of Tura town.

The volunteers interacted with the inmates and interacted and entertained with them by presenting a few items and songs. Later, the volunteers along with the inmates of **Freedom Life Centre** partook of the refreshments prepared for the occasion.

Returning from the visit, the volunteers had lunch and at 1:00 pm and continued with the session on **COPING WITH STRESS and EMOTIONS** by Smt Ratna Singh. After the session, the participants proceeded for tea.

The next session was animated by Sri Sunil Basumatary, a life coach trainer and motivator who have motivated thousands of young people during his tenure with the Rajiv Gandhi National Institute for Youth Development. During the two and half hours of animation, the volunteers were given practical experience on leadership and Personality Development.

At 5:15 pm, the volunteers broke into different groups practicing for the camp fire to be held in the evening time.

At 6:30 pm the volunteers gathered around the camp fire that was prepared in the campus. It was encouraging to see that Mrs Ratna Singh and Mr Sunil Basumatary joining in the gathering. The items were presented by all the colleges. After the camp fire, the students had their dinner and retired to bed.



DAY FIVE: 8th November 2019 (Friday)

The day began with Yoga by Smt. Mitu Roy. Breakfast was served at 8:00 am and at 9:00 am, the session began with a short prayer led by Fr. Bivan R. Mukhim. This was followed by session on **Motivation** by Sunil Basumatary. The volunteers had their break at 10:30 am and then the session on **Motivation** continued till 12:30 pm.

The Valedictory Programme 1:00 pm was held at 01:00 pm. Sri Ram Singh IAS, Deputy Commissioner of West Garo Hills was the Chief Guest. He addressed the volunteers and gave away the certificates to them.

Mr Dipak Kumar, Regional Director, NSS Guwahati and Programme Officers were present for the concluding programme.

Fr. Bivan Rodrigues Mukhim, Principal Don Bosco College, Tura presented the report and recapitulated the whole programme on **Capacity Building of Youth on Leadership and Personality Development through Life Skills** from 04–08 November 2019.

PROGRAMME ON CAPACITY BUILDING OF YOUTH ON LEADERSHIP AND PERSONALITY DEVELOPMENT THROUGH LIFE SKILLS

GOVERNMENT OF INDIA
MINISTRY OF YOUTH AFFAIRS & SPORTS
REGIONAL DIRECTORATE OF NSS, GUWAHATI
ORGANISED BY: DON BOSCO COLLEGE, TURA

VENUE: Don Bosco College, Tura

DATE: 04th to 08th November 2019

PROGRAMME SCHEDULE

DATE	TOPICS	RESOURCE PERSON
DAY I: 04/11/2019 (Monday)		
09:00 AM	REGISTRATION	
10:00 AM	INAUGURATION	
10:45 AM	SELECTION OF RAPORTEUR/ TIME KEEPER	Mr. Firdosh A. Momin
	DO'S AND DON'T'S DURING THE CLASS	PO, NSS, TGC.
11:00 AM	GETTING TO KNOW EACH OTHER	
11:30 AM	WHAT IS LIFE SKILLS? INTERNALIZING LIFE SKILLS.	Fr. Abhilash VJ, SDB, <i>Rector, Bosco Mount</i>
1:00 PM	LUNCH	
1:45 PM	ICE BREAKING	
2:00 PM	SELF AWARENESS	Smti. Balmuri K. Marak, <i>Asst. Controller, MBoSE</i>
3:30 PM	TEA	
3:45 TO 5:00 PM	EMPATHY	Dr. Narbecca G. Momin, <i>Tura Civil Hospital</i>
DAY II: 05/11/2019 (Tuesday)		
9:00 AM	MORNING PRAYER & RECAPITULATION	
9:15 AM	COMMUNICATION	Mr. Manseng A. Momin, <i>Secretary, AEA</i>
10:30 AM	TEA	
10:45 AM	INTERPERSONAL RELATIONSHIP	Mr. Ferdinand Lyngdoh, <i>Asst. Prof, CCS, Tura</i>
11:30 AM	DECISION MAKING	Smt. Ratna Singh
1:00 PM	LUNCH	
1:45 PM	ICE BREAKING	

2:00 PM	PROBLEM SOLVING	Smt. Ratna Singh
3:45 PM	TEA	
4:00 TO 5:15 PM	PROBLEM SOLVING (Cont'd)	Smt. Ratna Singh
DAY III: 06/11/2019 (Wednesday)		
9:00 AM	MORNING PRAYER & RECAPITULATION	
9:15 AM	CRITICAL THINKING	Smt. Ratna Singh
10:00 AM	CREATIVE THINKING	Dr. Silse D. Marak, <i>Asso. Prof, CTE, Rongkhon</i>
10:45 AM	TEA	
11:00 AM	CRITICAL THINKING (Cont'd)	Smt Ratna Singh
12:00	PROBLEM SOLVING	Dr. Barbara S. Sangma, <i>Asso. Prof, DBC</i>
1:00 PM	LUNCH	
1:45 PM	CREATIVE AND CRITICAL THINKING	Smt. Ratna Singh
2:00 PM	CREATIVE AND CRITICAL THINKING (Cont'd)	Smt. Ratna Singh
3:30 PM	TEA	
3:45 TO 5:00 PM	GAMES	
DAY IV: 07/11/2019 (Thursday)		
8:00 AM	Visit to FREEDOM LIFE CENTRE (orphanage)	
12:00	BACK TO VENUE AND LUNCH	
1:00 PM	COPING WITH STRESS AND EMOTIONS	Smt. Ratna Singh
3:30 PM	TEA	
3:45 to 5:00 PM	MOTIVATIONAL TALK ON LEADERSHIP	Mr. Sunil Basumatary
DAY IV : 08/11/2019 (Friday)		
9:00 AM	MORNING PRAYER & RECAPITULATION	
9:15 AM	MOTIVATIONAL TALK ON PERSONALITY DEVELOPMENT	Mr. Sunil Basumatary
10:30 AM	TEA	
10:45 AM	MOTIVATIONAL TALK ON PERSONALITY DEVELOPMENT (continue)	Mr. Sunil Basumatary
12:30 PM	LUNCH	
1:15 PM	RECAPITULATION OF TOTAL PROGRAMME	Fr. Bivan Mukhim, <i>Principal, DBC</i>
2:00 PM	FILLING UP OF FEEDBACK FORM	
2:45 PM	VALEDICTORY AND CERTIFICATE GIVING	

20-24 January 2020

Organised by

Regional Director of NSS, Guwahati
Ministry of Youth Affairs and Sports, Government of India

