NSS ATIVITIES REPORT

Awareness Programme on Disaster Preparedness- cum Observance of The National Day for Disaster Reduction 29-30 October 2015

Day-1 (29th October 2015)

On 29th October 2015 the NSS unit of Saint Mary's College in collaboration with the disaster management of the college and Meghalaya Administrative Training Institute Shillong organised a two day Observance Cum Training Programme on Disaster Management. The chief guest of the day was shri. P. Marbaninang and Prof. L Langstien from Meghalaya Administrative Unit who was also the resource person of the day.

The progamme began with the welcome speech by Ms. Yvone followed by a prayer by Ms. Anjalee. Sr. Mary Harriet the principal delivered the opening address where she rightly pointed out that before helping others we must be trained to handle any difficult situation of disaster. The need for post disaster management and the need to put into practice the training become very important.

Ms. M Langstien gave an introduction speech where she stressed the need for each individual to be well equipped to deal with the disaster according to her the policy of self help and help other affected rather than depend on government machinery agencies must be foll0owed as these machinery are slow to react due to procedural delays. She also pointed out that government machinery is often insufficient in rescue, recovery, rehabilitation and reconstruction process, as they cannot reach each and every affected person. She underscored the need to imbibe the culture of preparedness every single day. She also reiterated that in any hazard focus on 3 Rs – Relief, Rehabilitation and Reconstruction alone is not sufficient, rather preparedness of any kind of disaster is a must to prevent the hazard to become a disaster. She also stressed on the need for resilient society in the face of any disaster.

Mr. P Marbaniang the chief resource person gave the background on the UNDP disaster management cell which started the cell on 13th October, as also how disaster management activities began in India where he pointed out that this activities started in India only after major disaster such as the Tsunamis of 2004 and the super cyclone of Odisha which hits thousands in India. Thus it took major disaster to shake the government out of inactivity and become proactive. He also pointed the need for self help, be equipped for disaster and self reliant. He gave the mantra to remain prepare to face any disaster – the 5 C's – cooperation, coordination, compassion, conscience.

After lunch break Ms. Langstein through power point presentation gave the student a very informative and educative talk to preventive measure to be followed to prevent hazard of fire and

earthquakes, to become a disaster. Also the steps to follow in evacuating from the sites of hazards were explained.

Day-2 (30th October 2015)

Deputy controller civil defense and home guards, Mr. P. H. Khongsngi gave a brief insight into the role of civil defense volunteers. He also gave information about how to join the civil defense and thereby make valuable contribution to disaster management. He also encouraged the students to become volunteers in civil defense.

The second part of the programme was the training programme led by Mrs. L Syiemlieh and J. Sangma and their team of two home guard personnel. The demonstration cum training programme included the use of ropes in the aftermath of any disaster and use of bandages for the injured. All the participants, students enthusiastically participated and gained valuable knowledge and skills.

Post lunch the training programme continued. Students were given training on the use of improvised stretcher for rescue in the event of rescue following a disaster.

The programme concluded with the vote of thanks given by Ms. Iasuklang Kharumnuid the programme Officer of the college followed by light tea.

Career Guidance Programme on the 8th and 10th March 2016

The NSS unit in collaboration with the department of English organised a two day career counseling programme for the B.A II Semester students of the Morning and Day Shift sections. The resource persons of the programme were Ms. Emma Jyrwa, Mr. Joshua Rynjah. Around 30 morning shift students attended the programme on 8th of March 2016 while around 40 day shift students attended the programme on the 10th of March.

In the first session Ms. Emma Jyrwa gave personal counseling to the students and interacted with them on the various aspects of their life such as their family and personal life, peer pressure and issues regarding their place in society as a young woman. She conducted question answer session and screened various documentaries that highlighted issues such as presentation of women in media, self confidence and peer pressure. Students were very interactive during the session and they appreciated the session very much.

In the session Mr. Joshua Rynjah concentrated on career counseling. In this session students were made aware of the difference between a job and career and how they should approach theses two aspects with different mindset. He highlighted the various courses (Professional and Degree) available to the students and the skill that the students could develop through the pursuit of a particular course. He also pointed out the various general and specific carriers available to the students after they finish their graduation. Students were also informed of the various qualification and skills that they would need to pursue certain careers and the various schemes, scholarships and grants they could avail of from the state and central government for the pursuit of their studies and careers. At the end of the session various reading and study material were distributed to the students which contains list of institute in India which they could enroll in after

their graduation. A very fruitful interactive session was held after the career counseling presentation followed by refreshment.

Cleaning Drive, On 12th March 2016

The NSS unit in collaboration with NCC Unit of the college organised a Cleaning Drive, on 12th March 2016 in the OakVille Campus. The progamme began with an introduction by Ms I. Kharumnuid followed by the cleaning activities where around 200 students' volunteers participated along with NSS programme officers Ms. I. Kharumnuid and Ms. D. Warjri and the NCC in-charge Ms. S. Bamon also participated in the cleaning drive. The students enjoyed the activity and happily participated in cleaning the campus. This progamme was organised to create a sense of responsibility and cleanliness among the students and programme concluded with lunch which students enjoyed.

Popular Talk on Safety of Blood Donation, on 18th March 2016

The NSS unit in collaboration with NCC Unit of the college organised a Popular Talk on Safety of Blood Donation, on 18th March 2016 in the college campus. The progamme began with

an introduction by Ms I. Kharumnuid followed by welcome address by Vice Principal Ms. M.Badwar. The first lecture on theme was given by Senior Medical Specialist Dr. R. Momin who spoke on “Blood Science” ,the composition and various aspects of blood science and the need to understand them to remove various misconception and educate ourselves in order to understand the importance of voluntary blood donation today which saves lives.

Dr. R. Allya, Senior Medical and health officer also delivered lecture on the safety of the blood donation and how it is important to donate and motivate the voluntary blood donation as there is no alternative to blood donation. The programme witnessed an interaction among the resource persons and students covering various aspects of blood donation and its safety and there was enthusiasm among both students and resource persons and students greatly benefitted from the session and interaction achieving the vital goal of such programme.

The Programme concluded with the vote of thanks from Ms. D. Warjri and lunch was served.

Awareness Programme for the Aged on 21st of March, 2016

The NSS unit in collaboration with the Department Of Clinical Nutrition And Dietetics organized a community based programmed and health education outreach programmed on the 21st of March, 2016 on the theme "Geriatric Health and Nutrition" held at Mercy Home, Demthring, Shillong.

The programmed started with a welcome speech by Ms. L. Pariat H.O.D Clinical Nutrition and dietetics, related to the theme. The B.Sc. 2nd semester students elaborate on the importance of food and nutrients, eating habits, and exercise during old age in three languages i.e. English, Khasi, and Hindi. With the help of the teaching aids like charts the students were able to deliver the message regarding the important of nutrients, diet related disorders, certain eating habits to be avoided and exercises during old age. This was followed by a simple physical exercise like Breathing and Stretching taught to them by Ms L. Pariat with the help of the students. Towards the end of the programme, the B.Sc. 2ndSemester performed a lively action song which showed a good response as well. Two of the old ladies preformed a dance and a song. The programme finally concluded with refreshment.

An Innovative Session on Personality Development, on 30th March 2016

The NSS of the college organised An Innovative Session on Personality Development, on 30th March 2016 in the college campus for the Saint Mary's Convent Children of school and college where around 100 student volunteers participated in the programme.

The programme started with a welcome note by Sr. Merista Sohshang where she welcomed all participants and resource persons of the day.

Dr Enid Basaiawmoit, resource person delivered a lecture on how students can develop their personality and stressed the need to develop right personality to be successful in life. She also highlighted the how personality adds to confidence, body language, dress code, positivity etc.

Ms. Emmabilis Jyrwa,(the counselor) also highlighted various aspects of personality development. Activity of different format were conducted and gave various clue by which students can identify and connect with the different aspects of personality, and how students should enhance and embrace right personality at right time in order to harness maximum benefits from personality development. An interactive session was also there where students interacted with the resource persons and got information and clarifications on their doubts.

The programme was followed by presentation of Mementos to the resource persons as well as to the sister in-charge of the convent followed by vote of thanks by Ms. I. Kharumnuid (NSS Programme officer) and lunch was served.