

# SHILLONG COLLEGE




Re-Accredited 'A' by NAAC with 3.06 CGPA

**KNOWLEDGE - A DOOR TO FREEDOM**







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# THE LAMP

The decision to christen our Annual College Magazine 'The Lamp' was taken after much thought in the preceding year. The significance of the nomenclature is symbolic of the light which effuses from the lamp. Similarly the College Magazine reflects and illuminates the various facets of college life. It is an open book which follows the yearly trajectory of the various activities of the college thus providing a window to all interested readers. For some of us the college magazine is a revelation as we discover our creativity and vivid imagination from the poets, writers and artists with a liberal mindset with the Shillong College family. It brings us closer together and the barrier between the students and the teachers dissipates through such articulations. The magazine is also a constant reminder of the achievements and laurels that the college has triumphed in its quest for success and accomplishments. It allows us to sit back and contemplate on the trails left behind and motivates us to forge ahead with a new set of vision.

The light from the Lamp never stops glowing if we continue to refill the oil to sustain the glow. In the same way the College Magazine continues to exuberate to the kind of excitement from the faculty and students who are its constant source of support and strength.

I take this opportunity to remind all members of the Shillong College family of our responsibility to keep 'The Lamp' burning always as we forge ahead to reach another milestone.



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# Foreword



**Dr. MALAY DEY**  
Principal- In - Charge,  
Shillong College

Shillong College was founded on 15<sup>th</sup> August 1956, the day Our Country was celebrating its 10<sup>th</sup> independence day, with an intention to groom the younger generations to be future leaders of the state and the country as a whole. Through the years the College has witnessed the emergence of many such responsible citizens who worked in their respective fields for the benefit of state and the country. The College takes pride in the fact that young learners enroll with wandering minds to get the best possible support to face the world.

Sixty three years down the lane, the college has crossed many barriers to reach to where it is today and we are thankful to all those who have been and are still part of the college's endeavour to uplift the downtrodden in whatever way possible. Imparting quality education for the weaker section of the society has been the primary objective of the college since its inception. The College remains committed to its endeavour to serve all sections of the society. Endowments are given every year to encourage young students who have excelled in their academics and co-curricular activities to have confidence to pursue their aim. Teachers are encouraged to partake in small research works to further enhance their knowledge.

The Annual college magazine "The Lamp" which is published once in year is an important mouth piece for the members to express themselves. Each one of us has some kind of creativity as each one's mind is a place where imagination and ideas come into play and which need to be expressed. The magazine is also a book of history of the college that records all the events that had taken place in the college right from the time of its inception. The College magazine is therefore a platform by which we can look back to witness the journey of the college and where it stands today. I am glad to see the Management, teachers and students earnestly taking part to make the College magazine a colourful enterprise which embodies the unification of the college to explore the vast ocean of knowledge which each one of us seeks for betterment of thyself, the college and the society.

It gives me immense pleasure and joy to learn that the magazine for the 2018 is ready and going to be released soon. I congratulate the editorial board and more particularly the editor, Dr. (Ms) L. M. Jyrwa for taking keen interest on this matter.



# From the Teacher In-Charge



Dr. (Ms) LUCY MARY JYRWA

Freedom of mind and soul is the need of the hour. Freedom of mind allows us to think freely and to be able to express without any constraint. Freedom of the soul allows us to connect to our beliefs without entanglement in rituals. One of the three visions that our beloved former President of India, Late (Dr) A P J Abdul Kalam had, is Freedom. Perhaps, our forefathers who were denied freedom during the British Raj for 190 years longed for freedom in the future. Yes, our country has obtained its freedom from the British Raj, but today freedom has not yet been fully realized. Freedom at its full meaning is attained when both mind and soul is nurtured with knowledge.

Shillong college was founded on the 15<sup>th</sup> of August 1956, on a day when the country celebrated its 9th year of freedom from the British Raj. I believe that the college was founded on this auspicious day probably with a purpose to remind each one of us that our mind and soul are free to think, to build this institution, to groom and enrich one another through the knowledge that each one of us has. The College stands firm today because of this belief. The founding fathers, principals, teachers, non teaching staff and students are the building blocks of this institution.

Hence, the theme of the magazine chosen for the year 2018 is "Knowledge- A Door to Freedom" to remind us that the foundation of the college was laid on the day our country obtained its freedom and that the college imbibe the freedom of the mind and soul when the stakeholders are nurtured with knowledge. The Annual College Magazine provides a platform where stakeholders can express the freedom of their mind and soul through the contributions that they make to the magazine. It provides a way that we can look back on what we have achieved and to move ahead knowing that the journey will still have many hurdles that we have to overcome.

I take the opportunity to thank the Principal-In-Charge of the college who has instilled a word of encouragement and continues to support the members of the editorial board in publishing the magazine. I thank the members of the college for rendering their support by contributing their words of wisdom to the magazine. I congratulate all the achievers during the year 2017-2018 and wish you all the best for your future goals. I know that your achievements have inspired each one of us to give our best. Last but not the least I sincerely thank the members of the editorial board for without teamwork it would be impossible to publish the magazine. The magazine itself reflects the team spirit of all members of the college.

In the end, I take full responsibility for any errors and mistakes that may have occurred during the printing process in spite of our best efforts. I appeal to every reader to bear with the same. I wish everyone "A Happy Reading".

Thank you,



# Drug Abuse A CURSE



Dr. MALAY DEY  
Principal (In-charge)

**D**rug abuse is a complex human psychological problem, having several social, cultural biological, geographical, historical and economic aspects. The dictionary meaning of drug is *a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body*. Meaning of the two words 'drug' and 'medicine' often overlap and confused as similar terms. In the strictest sense, the two have different meanings and serve different purposes. From a legal perspective, medicines have fairly negligible toxicants and are used to cure a symptom, prevent ailment and to bring or sustain well being. A drug in contrast may have a positive or negative effect and habit forming that can lead to serious adverse actions even though used initially as a medicine to cure or alleviate disease. In pharmacology it is commonly said that 'all medicines are drugs but all drugs are not medicines'. Addiction to drugs is a journey which involves initial use, misuse and abuse leading to dependency to overcome certain physiological and psychological state. In reality drug addiction is a complex disease, and quitting usually takes more than good intentions or strong will. Drugs change the brain in ways that make quitting hard even for those who want to. Addiction is a chronic disease characterized by a strong urge in seeking the substance and using it repeatedly which is compulsive or difficult to control, despite known



adverse consequences. Initial decision to take drugs may be voluntary, but repeated drug use called abuse leads to changes in brain physiology that poses a challenge on self-control and interferes with one's ability to resist intense urge to take drugs. These

brain changes may be persistent, which is why drug addiction is considered a 'relapsing' disease. Drugs excite the parts of the brain that make one feel good. But after having taken the drugs, the feel-good parts of the brain get used to it and ask more of it and the need increases to get the same good feeling. Soon the brain and body must have the drug to just feel normal else one feels sick, awful, anxious, and irritable without the drug. In general there are a few reasons why people turn to drugs:

**TO FEEL GOOD :** Drugs produce intense feeling of pleasure. This initial euphoria is followed by other effects, which differ with the type of drugs used. For example, with stimulants such as cocaine, the high is followed by feelings of power, self confidence and increased energy. In contrast, the euphoria caused by opioid such as heroin is followed by feelings of relaxation and satisfaction.

**TO FEEL BETTER :** Some who suffer from social anxiety, stress and depression start using drugs to try to feel less anxious. Stress can play a major role in starting and continuing drug use as well as



relapse in patients recovering from addiction.

**TO DO BETTER :** Some feel pleasure to improve their focus in school or at work or their abilities in sports. This can play a role in trying or continuing to use drugs, such as prescription stimulus or cocaine.

**CURIOSITY AND SOCIAL PRESSURE :** In this respect, teens are particularly at risk because peer pressure can be very strong. Teens are more likely than adults to act in daring ways to impress friends and show independence from parents and social rules.

Substance related disorders involve drugs that directly activate the brains reward system. The most important reward pathway in the brain is the dopamine system. This circuit is key detector of rewarding stimulus. Under normal conditions, the circuit controls an individual's responses to natural rewards, such as food, sex, and social interactions, and is therefore an important determinant of motivation and incentive drive. In simple terms, activation of this pathway tells the individual to repeat what it did to get that reward. It also tells the memory centres in the brain to pay attention to all features of that rewarding experience, so that it can be repeated in future. Most drugs affects this circuit causing euphoria as well as flooding it with the chemical messenger dopamine. Induced surge of dopamine in excess cause reinforcement of pleasurable but unhealthy behaviour like taking drugs, and to repeat again and again. As a person continues to use drugs, the brain adapts by reducing the ability of cells in the reward circuit to respond. This in turn reduces the high that they felt when first taken the drug and force the person to induce higher and higher dosage to achieve the same high and it continues. This brain adaption often lead the person becoming less interested in normal pleasurable forms that they themselves enjoyed in the past. Long-term use of drugs causes changes in other brain chemical systems

and circuits as well, affecting functions such as learning, judgement, memory, behaviour, etc.

There are large varieties naturally occurring (plant origin) and synthetic drugs classified on the basis of chemical nature, mode of action, legal perspective and so on but the most common categories include the following, often called narcotics :

**DEPRESSANTS :** Drugs that suppress or slow the activity of the brain and nerves and create a calming or sedating effect. This category includes barbiturates, benzodiazepines, alcohol, etc.

**STIMULANTS :** Drugs that accelerate the activity of brain and make one feel energetic, aggressive , angry. These includes cocaine, amphetamine, etc.

**HALLUCINOGENS :** These drugs alter perception of reality, time, and space. Hallucinogens may cause the user see, hear things that do not exist or imagine situations that are not real. These include psilocybin, Lysergic acid diethylamide(LSD), dimethyltryptamine (DMT), etc.

**OPIOIDS :** These are drugs commonly used to treat pain and cough such as heroin, codeine, morphine, fentanyl, etc.

**INHALANTS :** These are consumed through lung Inhalation into blood stream and finally affecting supply of oxygen to the brain. These exist in vapour state at room temperature and includes substances like paint, glue, paint thinners, gasoline, marker pen ink and many others.





**CANNABIS** : This is a plant derived drug most commonly used world wide. It is abused in various forms including bhang, ganja, charas, and hasish.

**NEW PSYCHOACTIVE SUBSTANCES (NPS)** : These are drugs designed to evade the narcotic prevention rules and regulations such as synthetic cannabinoids, synthetic cathinones, ketamine, etc.

Drug abuse and addiction are common behaviour in virtually all known human cultures and can be traced back to oldest human records and artefacts. Psychoactive substances in one or the other form have been abused since historically known time with the intention to bring change in mental state and behaviour of the consumer.

Today, there is perhaps no part of the world is free from the curse of drug trafficking and drug addiction. Millions of drug addicts, all over the globe, are leading miserable lives. Reasons, apparently are many - dwindling family bonds, absence of parental care and love, declining religious and moral values, academic and work stress, unemployment, and other such factors that opens an way to abusers who take drugs to escape from hard realities of life. The epidemic is spreading at an alarming rate and its dimension, from economic angle, with turnover worth hundreds of billions of rupees is considered as the third largest business in the world, next to petroleum and arms trade. Supply and distribution of the contrabands are carried out through well protected networks of drug traffickers across the globe. Often well placed, wealthy and influential persons in disguise are the kingpin and always remain insulated and untraced. Availability at the local level are managed by marginalized people called drug peddler for earning a living. Retail

marketing need no showroom, no advertisement and no investment at all. Primary target of the peddlers are those of school and college going adolescents. Children of this age group ranging between 10 years to 19 or 21 years are more vulnerable as they engage in risky behaviour such as smoking, drinking and drug abuse. Relationship with friends become more important than family bonds and often complain about parents preventing them from becoming independent.

Both the range of drugs and drug markets are expanding and diversifying rapidly. The world is experiencing a potential supply-driven expansion of drug markets, with production of opium and manufacture of cocaine at the highest levels ever. A marked increase in opium cultivation and increase in opium poppy yields in Afghanistan reached 9000 tons in 2017, an increase of 87 percent from the previous year. Most of the world's cocaine comes from Colombia, which boosted its manufacture by more than one third in 2016 from the past year. Global cocaine production reached its highest ever, an estimated 1,410 tons in the year. cannabis is the most commonly used drug because of its easy availability and low cost. Cannabis abusers continue to rise globally with decadal growth of population. For many years, amphetamine dominated synthetic drug market and in recent years, hundreds of NPS have been synthesized and added to the established synthetic drug market.

Drug use among young people differs from country to country and depends on social and economic conditions of those involved. On the one hand, drug use for recreational purpose in wealthy society and on the other hand financially weak situation to



cope with harsh survival conditions. The type of drug use in these two settings differ and expensive drugs, such as ecstasy, cocaine, ketamine, LSD are used in high income society while the other group opt for easily available, low cost substances. Overall, it is a critical situation and combination of several factors collectively or just one factor singly operating to ruin the younger generation.

Among the nations New Zealand reportedly has the third highest cannabis abuse in the world, just behind Iceland and United States. In Iran, about 3% population are reportedly addicted to substances including heroin and methamphetamines. Scotland topping the list for highest percentage of cocaine abuser with England and Wales close behind. India is no exception and the menace is spreading at a tremendous pace across cities and towns and rural habitations and more and more people have been subjected to one or the other substance abuse. Industrialization, urbanization, unemployment, poor health consciousness, unhealthy surroundings, population migration from rural to urban centres, inadequate and poor school environment, weak legal procedures, inefficient law enforcement and many other such factors are gradually capturing younger people into the darkness of drug abuse. Many unscrupulous people see this an opportunity and dare to defy the existing law to make easy money. As drug abuse and addiction is in rise has also brought along increase in Acquired Immune Deficiency Syndrome (AIDS), Hepatitis and many more health problems.

States like Punjab, Rajasthan, Bihar, Uttar Pradesh and more particularly the North eastern states of India like Manipur, Nagaland, Mizoram, Arunachal Pradesh, Assam and Meghalaya are worst affected. The Golden Triangle consisting Myanmar, Laos, and Thailand, a famous region for opium production and its proximity to these North Eastern States makes drug trafficking easier.

International Day Against Drug Abuse and Illicit Trafficking has been observed world over on 26<sup>th</sup> June every year. India too participate in this mega protest along with the rest of the world. In Meghalaya, the capital Shillong as well as in other towns of the state numerous programmes are organised by government and non-government agencies, schools and colleges to create awareness against the menace. But unless there is strict control and enforcement of law the disease may take a heavy toll on the close net social structure of this beautiful state. More over de-addiction, rehabilitation, and treatment of associated health problems is not affordable to a economically backward society. According to available data of Shillong anti-narcotic task force, there were 41 cases registered in 2016 which rose to 56 and 52 in 2017 and 2018 respectively and the number may rise in near future unless aggressive prevention measures are adopted. According to figures from Meghalaya AIDS control Society, there are around 3000 reported cases of injecting drug abusers in and around Shillong. In addition a large number of youths are also habituated to pills, cough syrups and heroin. Therefore the picture is very grim and it is "NOW OR NEVER". Control and prevention should not be entirely left to the law enforcing agencies but to EVERY BODY. One and all citizen, government and non-government agencies, Student bodies, Schools, Colleges, Universities, local administrations including Dorbar Shnongs, religious bodies and all other such organizations must come forward to fight back to have a drug free Society.

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# SHIFTING TO A MULTI-DIMENSIONAL Education

## INTRODUCTION

Traditional textbook-centred and classroom education have been criticized for providing a one-dimensional and isolated learning experience and so today's education involves more than just classroom teaching and learning, it goes out of the box. The quality of higher education in the present scenario has changed from a mono-dimensional to a multi-dimensional one in its effectiveness through various factors like in imparting knowledge, introspecting skills, fostering creative thinking, applying knowledge in real life situations. The situation in the present changing world necessitates transformation or redesigning of education system, not only by introducing innovations but developing learner-centric or student-centric approach in the entire education scenario so that learners are given opportunities to develop and know their skills more than just acquiring knowledge. Today's learners need to have courage to imagine something outside the box and get out of their comfort zones and the educator themselves too need to be creative and think critically to implement strategies in their daily teaching to help students tap into their creativity. Thus both students and educator need to have the will to try new ideas, today teachers have to be mentors than mere delivery of content and there is a need to make learning more relevant to the students, get more learning material, infrastructure, especially in the developing countries like India.

Teachers have a unique role to not just maximize the learning process but also to shape the students to become effective citizens in the society and to enable them to reach at the competitive edge in the job market.

## INDIAN EDUCATION SYSTEM OF TODAY

Developing countries like India need to adjust to be able to adapt willingly to the challenge faced in the changing world and it is necessary to move with the times and offer programmes to cater to the diverse needs of the students according to their learning ability and pace of learning. The Indian Higher Education Institutions have been moving from the conventional annual system to the Semester system. Currently many of the institutions have already introduced the Choice Based Credit system which provides a 'cafeteria' type approach in which the students can take courses of their choice, learn at their own pace, also provides choice for students to select from the prescribed courses (core, elective or minor or soft skill courses) and the Choice Based Semester system. The Choice Based Semester system provides flexibility in designing curriculum and assigning credits based on the course content and hours of teaching for awarding a degree or diploma certificate in terms of number of credits to be completed by the students. The Semester system accelerates the teaching-learning process and enables vertical and horizontal mobility in learning.



## CHANGING TREND OF EDUCATION SYSTEM AND ITS IMPACT

Education plays an important role in the all-round development of human being as well as the nation. The present education system has to draw attention to the various angles, perspectives and areas of knowledge before presenting the students with issues or situations pertaining to the world around. When we talk about the 21<sup>st</sup> century education, we think about the advanced technology that rapidly change day by day.

We see how the viral gadgets such as iPad, iPhone, Smartphone have influenced the system of education. Technology in education especially in student learning process and the management of the school organization definitely can trigger the development of dynamic creativity and innovation. We now observe that technology is not only a tool but can influence the life of future learners and the educators also become efficient and creative. From this we observe that the use of information communication technology (ICT) can engage a new image of innovative education environment. It also makes the school education and learning become more competitive and more productive. Technology prepares students to be successful in understanding on how to learn independently. Students need to develop strong critical thinking and interpersonal communication skills otherwise they will find a hard time to be prepared for the jobs of the future and make success in the global economy and culture.

## COMPETENCY THROUGH KNOWLEDGE AND SKILLS

Skills and knowledge are the driving forces of economic growth and social development of any

country in general and a region in particular. It is estimated that by about 2025, India will have 25% of the world's total workforce. In order to harness the full demographic dividend, we need an education system which is of high quality, affordable, flexible and relevant to the individuals, as well as to the society as a whole, this will encourage learners to work together to solve problems and share knowledge and skills so as to improve intrapersonal and interpersonal skills among students.

Therefore it is important not only to build collaboration skills among learners but that educators especially must strive to make the skills as an integral part of teaching and learning in the present. The skill oriented courses available in the market have low credibility and acceptability with the employers. The traditional higher education system in the country is also rigid in terms of duration of courses, timings for teaching-learning, place of study and choice of subjects. In today's complex and competitive academic environment in higher education, professional approaches and best practices alone can act as catalysts for quality improvements in the system as a whole. The curriculum became meaningful to the students because of its relevance to their interests and aspirations and the quality of curriculum would make a quantum difference in the quality of graduates, which is the outcome of such inputs.

**Dr. D. L. BUAM**  
Department of Chemistry  
Shillong College



# Red Ribbon Club : In Brief

A red ribbon symbol draws attraction. It is being identified by the people who aim to draw the attention, create awareness and care for lives during the prime period of the epidemic disease, AIDS. It is worth mentioning HSS NACO (2011) presented the prevalence of HIV/AIDS at the rate of 0.27 percent. About 21 lakh people are estimated to be living with HIV/AIDS in the country, and 86% of those infected are in the age group of 15 to 49 years. If the rate is not stopped, the prevalence would be out of control. Hence, it needs positive approach by one and all.

To strengthen the Red Ribbon Club, The HIV & AIDS Act was passed on 20<sup>th</sup> April 2017. Its objectives is to prohibit discrimination on accessing health care facilities, employment opportunities, housing, admission etc.

Red Ribbon club is accepted to be a part of the higher education. In this regard, The Memorandum of Understanding between the Department of Higher Education and Department of AIDS Control, Government of India was made on the 6<sup>th</sup> day of August 2013. The directives are that the higher institutions form and strengthen Red Ribbon Club, implement preventive programme, spread information on STI/HIV prevention & services, voluntary blood donation and prevention of intravenous drug use. Other activities includes observation of World AIDS Day, Voluntary Blood Donation Day, Voluntary Blood Donor Day, sensitization through movies, activities in annual function, festivals and other forms of competition.

A highlight of Red Ribbon Club includes three watchwords. They are:

- **Come and concern:** Red Ribbon Club collects information on the affected and

infected people as well as vulnerable areas and group. As many people are infected by this disease, it is of great concern for humanity and its future

- **Support:** Red Ribbon club seeks ways and means to support materially and psychologically the affected and infected people, and at the same time organize awareness programme, blood donation, etc.
- **Hope:** Red ribbon Club inspires hope and confidence. It attempts to raise the level of confidence and positive thinking

From the organization point of view, Red Ribbon Club is formed at the College or university level. In 2011, Red Ribbon Club was formed in more than 35,000 colleges, 44 Central Universities, 286 State Universities and 111 State private Universities. Shillong College has also established Red Ribbon Club for over two decades, organizing different awareness and competition programme, blood donation, and other programmes organized by the MACS. The Nodal Officer of the College (also Monitoring Officer o/o DHTE) took part in the State Level Meeting of Joint Working Group of Education Department and Meghalaya AIDS Control Society on 9th May 2018. Meghalaya AIDS Control Society (MACS) is having a direct link with all higher institutions in the State. The officials of the Meghalaya AIDS Control Society also organized a sanitization programme in the College in the month of August 2018. It may be suggested that proper guidelines, procedures, monitoring and evaluation need to be considered for the effectiveness of the Club.

Dr. H. IANGRAI  
Department of Education



# SEXUAL HARASSMENT

## SEXUAL HARASSMENT

The term 'sexual harassment' is used to describe any unreasonable verbal or physical conduct which is sexual in nature. It aims to raise alarm against any unwelcome or coercive behavior on the female.

Sexual harassment also called "Eve-Teasing" is defined as an unwelcome sexual gesture or behaviour whether directly or indirectly. Such offence includes physical contact or advancements, demand for sexual favours and any other unwelcome physical, verbal, or non-verbal conduct which is sexual in nature such as passing out sexual offensive and derogatory remarks etc.

As mentioned in the Indian Constitution, Sexual harassment is a violation of the fundamental right of a woman to gender equality under the article 14 and her right to life and live with dignity under article 21. The Supreme Court of India while hearing a public Interest Litigation in 1997, defined sexual harassment at workplace, preventive measures and redressal mechanisms.

The criminal law (amendment) Act 2013, introduced changes to the IPC (India Penal Code), making sexual harassment an offence under section 354 A. It is a punishable offence up to three years of imprisonment and/or with a fine as per decided by the court.

Sexual harassment is considered as a form of human rights violation, an infringement of life and liberty and serious type of gender-bias discrimination. Sexual harassment is also a violation of one's dignity, contradictory to the principles of gender equality.

Any type of sexual harassment is against the anti-discrimination provisions maintained in the India



constitution. Article 15 of the India constitution prohibits any discrimination on the grounds of religion, race, caste, sex or place of birth for every citizen of India. Article 19 (1) of the Indian constitution gives the right to freedom which upholds a women's right to practice any profession or to carry on any occupation, trade or business.

Under the sexual harassment of women at work place (prevention, prohibition and redressal) Act, 2013 No. 14 of 13 declares sexual harassment as an offence. Section 3(1) of this Act says that, 'No women shall be subjected to sexual harassment at any workplace, which shall include safety from the persons coming into contact at the workplace'. Section 4 (1) states that every employer or a workplace shall, by an order in writing, constitute a committee to be known as the Internal Complaints Committee".

The supreme court of India, in a landmark judgement in August 1997 stated that every instance of sexual harassment is a violation of "Fundamental Rights" under Articles 14, 15 and 21 of the constitution of India and amounts to a violation of the "Rights to Freedom" under article 19(1) (g). The Supreme Court further reiterated that sexual harassment, is a violation of the fundamental right to gender equality and the right to life and liberty. The Supreme Court



judgement of 1999 states that sexually harassing behavior needs to be eliminated as there is no compromise on such violation.

All these legislations and constitutional provisions make it clear that there is 'No' space for sexual harassment in the society. We must raise our voice against such unhealthy behaviour that may infringe on the right, life and liberty of other people. We need to be socially responsible to check such unreasonable behaviours in the society. Check on such acts of sexual harassment is necessary to make the society a safe and secure place for women. We must not forget that a safe and secure society can provide for the healthy development of an individual, be it a man or a woman. Women must be respected and their dignity should also be maintained with a view to make them feel safe and secure.

### FORMS OF SEXUAL HARASSMENT

Sexual harassment can take place at any place and anywhere such as at workplace, schools, colleges, offices etc. There are certain circumstances that are considered as a form of sexual harassment. These circumstances are as follows:

- The conduct is made as a term or condition of an individual's employment, education, living environment etc.
- The refusal or acceptance of such conduct is used as the basis or a favour in deciding an individual's employment, education, living environment etc.
- The conduct unreasonably impacts an individual's employment or academic performance or creates an intimidating, hostile or offensive environment for that individual's employment, education, living environment etc.
- Any unhealthy or abusive verbal comment or physical advancement which is sexual in nature towards any female.



- Coercing any woman for any sexual favour and harassing women through online chatting.

### EFFECTS OF SEXUAL HARASSMENT

Effects of sexual harassment can be different depending on the victim and the nature of severity as well duration of the harassment. In general, more often the incidents of sexual harassment are temporary and annoying incidents. While in some cases of harassments, it may result in long-term effects in the form of stress, anxiety, lack of confidence, shame or social disgrace, depression etc. All these adverse effects on the victims depend on their mental strength to cope up with and the nature of harassment. The social support and consolation or sympathy within the family also proves effective to help the victim recover faster. Severe or chronic cases of sexual harassment can have long lasting adverse effects especially in cases of sexual assault or rape.

Some of the common effects of sexual harassment are as follows:

- Effects on sexual life and relationships, sometimes resulting in divorce.
- Decrease in the work ability and performance as a result of stressful conditions.
- The victim of sexual harassment often skips work place or avoids going to office out of fear of harassment being repeated.
- Being objectified and subjected to humiliation.
- Social disgrace and defamation of character and reputation.

- Loss of job and further refusal of job opportunity, loss of income.
- Loss of recommendation or references.
- Huge psychological stress and health impairment.
- More often the victim relocates to another city, another job or other educational institutions.
- Weakening of support network or faces deliberate isolation from professional or academic circles.

Sexual harassment results in a number of psychological and health problems in the victim. The victim experiences stress, humiliation, anxiety, depression, sleeplessness, shame, guilt, headache, fatigue, weakness or lack of concentration as well as motivation. Some victims also resort to alcoholism, develop eating disorders, stomach problems, low self-esteem and decreased level of confidence and lack of trust in people. Sometimes the victim also has suicidal tendencies etc.

## PREVENTION

Sexual harassment is not a disease, it is the result of sick mental condition of the perpetrator. It can be prevented by organizing awareness programmes in schools, colleges and even at the workplace. These programmes should be based on encouraging respect for the opposite sex. Feeling of brotherhood and respect for fellow men should be promoted to ensure safety for every individual irrespective of gender. Promotion of religious values, proper care etc, can help people to follow the right path as a responsible citizen.

## GENDER SENSITIZATION TO SEXUAL HARASSMENT

Since ancient times, women have been kept under strict control of men in most parts of the world. They have been denied many of the basic rights and are not given due respect and are subjected to discrimination. Therefore, gender awareness is the need of time to liberate women from this evil bondage.

Gender awareness refers to creating awareness about gender issues and working towards creating an environment of gender justice where men and women can work together with a sense of personal security and dignity. In the present predominantly male dominated society, women are often subjected to domination in different walks of life. She is discriminated, physically harassed and sexually exploited as well. Women, being the mother must be respected and we should create a safe and secure society in which she can live with freedom and without any fear. We need to create awareness among people that a woman must not be disrespected and her dignity must not be violated. We cannot leave everything to the police force and other governing authorities. Instead, the initiative to create a healthy society with the inherent behaviour to respect women should be taken by each and every individual in the society. Such a healthy, safe and secure society can be made by creating gender sensitization. An understanding that women are to be respected should be inculcated at home, our first school. Mother gives birth to all of us. Every mother is a woman. Parents and guardians at home can be very helpful in building a healthy thought in the tender minds of children. These values should be inculcated right from the childhood stage. Further, these values like respect, cooperation, helpfulness, sympathy etc. can be nurtured in the mind of the child. At school, in the classroom, playground and other activities, respect for girls, teachers and other female workers can be inculcated among the boys. We should not forget that bad habits should always be nipped in the bud.

In society, we meet many people, some good and some bad. In social interaction we should discourage indecent, immoral unethical behaviours, so that the wrong doers would feel ashamed and not commit anything wrong especially against women or any other girl. We should make attempts to raise awareness among people in general about



a responsible social behaviour. We are human and we should always strive to create a better human society. Wealth gives us freedom to live a good life, but in reality it is a healthy human mind and interaction in the society that creates a sensible human society. Dignity of women should always be kept in mind and every possible measure to safeguard and promote decent behavior towards them should be taken. After all, a woman is also a human being. She too, deserves to be respected and honoured like any other human being. Unless we succeed in creating an equal platform for women, we can never succeed in bringing them at par with men. We should ensure equality, justice, respect and freedom for women for the greater interest of the human society. Cases of sexual harassment against women are a major blot on the face of our so called developed modern society. This can be prevented by gender sensitization and raising awareness among people in general. Men should be made aware of their responsibilities towards the society. Apart from these measures we can use various sources of media to raise awareness among the people. Sexual harassment creates an atmosphere of distrust in the society and especially among women and the Government of India has declared it a punishable offence. Many laws have been enacted to safeguard the dignity of women and punish the offenders.

## SEXUAL ABUSE

Sexual abuse refers to any sort of sexual offense. Whether a man or a woman anyone can be a victim of sexual abuse. It may be verbal or non-verbal. Sexual abuse includes derogatory remarks, refusal to use contraception, causing unwanted physical pain or humiliation, passing on sexual diseases or infections etc.

Sexual abuse can take place anywhere, anytime and to anybody. At present children and women (girls and adults) are at a greater risk of sexual abuse. In fact, we hear a number of cases of sexual abuse in which even children are not spared. Children are always the soft targets for the offenders. Child sexual abuse is defined as any sexual act with a child performed by an adult or an older child. Following offences come under the category of child sexual abuse:

- Touching of any part of the child's body whether clothed or unclothed.
- Having sex with the child.
- Forcing a child for sexual acts.
- Intentionally engaging in sexual activity in front of a child.

Apart from these offences, there can be other forms of child sexual abuse depending upon the case and as prescribed by the law.

## SYMPTOMS OF CHILD SEXUAL ABUSE

A victim of child sexual abuse undergoes many types of changes especially mental changes. The parents and adults can experience or watch the changes in the behaviour of the child who may be facing sexual abuse. These changes may be as follows:

- A noticeable fear of certain places or a person (mostly the offender).
- Drawings displaying sexual act.



- Sudden changes such as bed-wetting or losing control of bowels.
- Unusual response from the child when asked if he or she was touched unfairly.
- Sudden awareness of genitals, sexual acts and words.
- Attempts made by the child to get others to perform sexual acts.

Many a time, most of the parents and guardians do not understand the behavioural changes in the child. Sometimes, they become harsh and even scold the child. Sometimes, the child does not understand what has been done and out of shame as well as being rebuked, the child does not share it with anybody. In the case of child sexual abuse, the parents or guardians should be patient and try to know what has happened to the child and try to find out the offender. Thereafter, politely take the child to seek medical and psychological assistance. The parents and guardians should try to be calm and patient, while dealing with a child abuse victim. We should also remember that it is the offender who has done wrong and not the victim who should be blamed. Whether at home, school or in the society, the victim of child abuse should be respected. In most of the cases of child sexual abuse, the offender is acquainted with the victim. He may be a relative, friend and may be a male or female. Educating the children about child sexual abuse and being watchful is the main way to keep your child safe from these offences.

### **EFFECTS OF SEXUAL ABUSE ON THE VICTIM**

A victim of sexual abuse undergoes a wide variety of psychological trauma of distressing nature. Some of the common effects of sexual abuse are as follows:

Feeling of shame, embarrassment, guilt and self-blame.

- Feeling of anger, helplessness.
- A feeling of being morally weak.

- Fear, shock or disbelief.
- Feeling sad or worthless.
- Feeling of social disgrace.

Apart from these above mentioned effects, a victim of sexual abuse can also have the following common effects.

- The victim may feel himself/herself responsible for the abuse.
- He/she may feel different about sex.
- He/she may feel isolated and alone in the world.
- Feeling of distrust against any one.
- Feeling unsafe, insecure.
- Lacks concentration and is unable to think clearly.
- The victim does not like to be touched by anyone.

In cases of sexual abuse, we should avoid being critical of the victim, regardless of the offender's social status, power, or acquaintance. The parents, guardians, family members and even friends can play a significant role in minimizing the evil effects of the abuse on the victim. We should not forget that sexual abuse can have a devastating impact on the victim and his family as well. At this time, it is not only the victim but also the family that needs full sympathy and support to help them recover from that painful situation.

Sexual abuse is a criminal offence in the eye of the law and is against every aspect of a healthy human society. Raising awareness towards such misdeeds and settings responsibilities for every citizen could be an effective instrument in dealing with such cases. The perpetrator or offender should be punished, irrespective of his or her age, sex, social status and power. We should not forget that crimes like sexual abuse not only cause immeasurable physical and mental pain but also destroys him/her from within. This is a crime against humanity and should not be condoned in every possible way.

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# Knowledge

## A DOOR TO FREEDOM

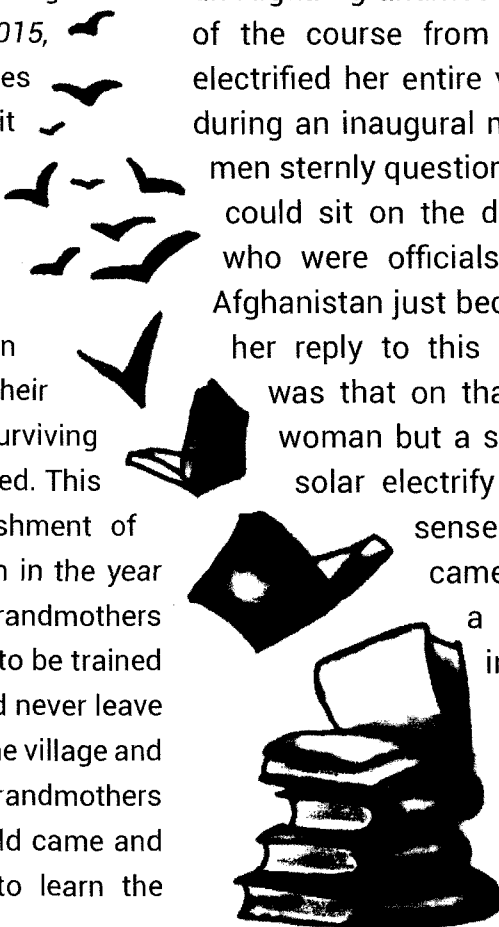
In one of the interactive sessions during the *Women in the World Summit 2015*, between Alsye Nelson of Vital Voices Global Partnership and Mr Sanjit Bunker Roy, founder of Barefoot College, Tilonia, Rajasthan, a profound statement was made by Mr Bunker that as a social worker he found that illiterate villagers of Indian villages were skillful labourers and their skills helped them in thriving and surviving through the hardships they encountered. This observation led him to the establishment of Barefoot College at Tilonia, Rajasthan in the year 1972. The college enrolled illiterate grandmothers of villages, who never left the village, to be trained as solar engineers; and as they would never leave the village they would solar electrify the village and repair them if need be. Around forty grandmothers from the country and around the world came and enrolled themselves for 6 months to learn the technique of installing Solar Panels.

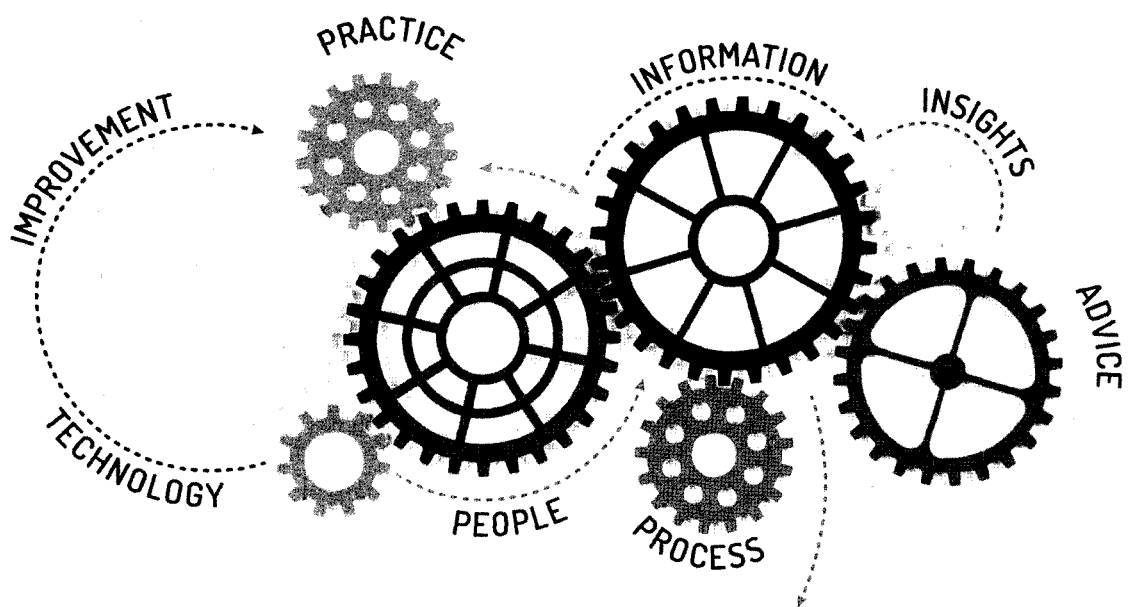
This conversation between these two eminent persons led me to a profound understanding as to what the theme of our college magazine proclaims and that is Knowledge is a Door to Freedom. As told by Mr. Bunker, the grandmothers who were once treated with the least importance in the society of their villages were suddenly treated with utmost respect and were also considered as the most valuable residents of the village as they were the only solar engineers in their village who could solar electrify the village. The knowledge that they had, gave them the dignity and freedom of expression. One such example that Mr. Bunker narrated was about

an Afghan grandmother who after completion of the course from Barefoot College solar electrified her entire village. It happened that during an inaugural meeting when one of the men sternly questioned her rights of how she could sit on the dais along with the men who were officials of the Government of Afghanistan just because she was a woman, her reply to this gender biased question was that on that day she was not just woman but a solar engineer who could solar electrify the whole village. This

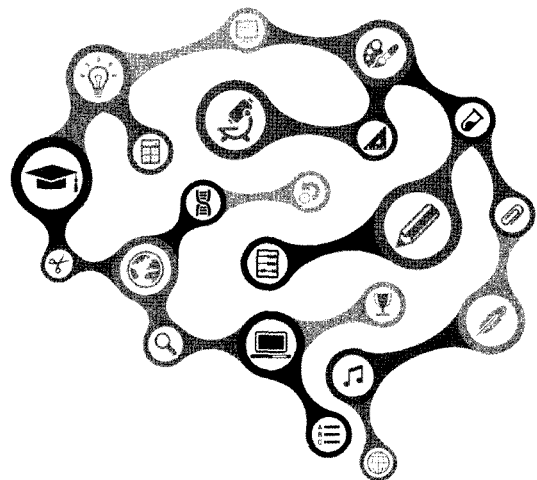
sense of empowerment simply came to her because she had a knowledge that no man in her village had and that gave her a freedom of expression. Another incident that took place in the village of Rajasthan was about night schools set up

by Mr. Bunker for village girls and boys who could not attend day school as they had to look after their cattle and goats during the day time. Hundreds of children attended these night schools that were set up in various villages of Rajasthan. Once in every three years, election was held in these schools where the children elected a Prime minister and members of the cabinet among themselves. The role of the Prime Minister and the members of the cabinet was to manage the requirements of these schools. In 2008 a young girl of 12 years old was elected to be a Prime minister and this girl received a World Children's Prize from the Queen of Sweden





and what amazed the Queen was that during the Award function, the confidence that this girl radiated was remarkably exceptional and the Queen of Sweden could just not believe that this 12 year old girl had never left her village before. Out of curiosity, the Queen of Sweden told Mr. Bunker to ask this young girl from where she got her confidence. The girl simply replied to the Queen that she is the Prime minister. Such incident reminds us that knowledge frees the mind and spirit of a person from being scared to venture into the unknown and to being confident to tackle what lies ahead. Young readers, we are here in Shillong College not just to get certificates but to gain knowledge and the more knowledge you attain the more freedom you have. If you study for knowledge and not for marks, you will be free from the feeling of bondage when you are tested during your exams. Knowledge puts the world at your feet. It builds in you a confidence that everything is possible. However, real freedom means soaring like a kite with a string being held at one end by someone. Freedom does not mean a kite soaring with no one to hold the string, because a time will come when



this kite will get stuck on a tree or an electric wire. Therefore, your parents, your teachers, your guardians and mentors are the ones who will allow you to soar freely as well as monitor your well being. In conclusion "Let the wise hear and increase in learning, and the one who understands obtain guidance" (Proverb 1:5)

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# खासी समाज की मातृवंशीय व्यवस्था

मातृवंशीय व्यवस्था समाज की वह व्यवस्था है जहाँ माँ के माध्यम से वंश का पता लगता है। अभी भी जहाँ मातृवंशीयता का अभ्यास किया जाता है उनमें थाईलैंड के लाओ, ताइवान के अनीस, चीन के मुसुओ, इंडोनेशिया के मिनाकबु प्रचलित है। भारत के मेघालय के खासी, जयंतिया और गारो भी इसी व्यवस्था का पालन करते हैं।

खासी समाज में महिलाओं को असामान्य गरिमा और महत्व की स्थिति का आनंद प्राप्त होता है। सैकड़ों वर्षों से महिलाओं को इतना सम्मान और अधिकार मिला है कि कहा जा सकता है कि जिस देश में पितृसत्तात्मक समाज की बहुलता है वही यह राज्य एक उदाहरण के तौर पर अन्य ऐसे देशों के मुकाबले बराबरी करता है। पति जहाँ अपनी पत्नी के घर के कामों में सहायता करता है वही पत्नी भी अपने पति की सहायता करती है। शादी के बाद पति को अपने ससुराल में रहना पड़ता है और खासकर जब पत्नी खादूदुह अर्थात् सबसे छोटी बेटी हो तो उसके माँ बाप की ज़िम्मेदारी उन पर भी आ जाता है। कुल नाम भी माँ को ही दिया जाता है। माँ-बाप का अधिकांश संपत्ति खादूदुह को दिया जाता है। महिलाओं के माध्यम से ही प्रेषित होती, जो पीढ़ियों से संपत्ति के संरक्षक है। यह बात सच है कि खासी समाज एक स्त्री-प्रधान समाज है लेकिन अधिकार और नियंत्रण मामा के पास होता है। स्त्रियों को घर पर और धार्मिक परम्पराओं द्वारा स्वीकृत संपत्ति पर अधिकार होता है, परन्तु उसके मामा के सहमति और सलाह के बिना उसे संपत्ति बेचने पर रोक है। महिला अपने परिवार और वंश की संरक्षक होती है परन्तु पिता कार्यकारी मुख्या है जहाँ उनकी पत्नी और बच्चे उनके साथ रहते हैं परन्तु माता की संपत्ति पर अधिकार और नियंत्रण मामा या भाई को होता है। इतना ही नहीं महिलाओं को स्थानीय शासी संस्थानों से वर्जित किया जाता है। यहाँ के राजनीतिक व्यवस्था में पुरुष का ही वर्चस्व है। पुरुष पत्नी के घर या गाँव में रहता है जहाँ वह पिता और उसकी माँ के घर में मामा के रूप में दोहरी ज़िम्मेदारी निभाते हैं। पुरुष परिवार के ज़रूरतों को पूरा करने के लिए और बजट बढ़ाने के लिए जितना संभव हो उतना कमाने के लिए काम करते हैं और महिला को भी हाथ बढ़ाने की पूरी छूट है।

प्राचीनकाल से ही खासी समाज में मामा का स्थान केन्द्रीय रहा है। वे कुल के मुख्या हैं, वे परिवार के सदस्यों के बीच अत्यधिक अधिकारों का नेतृत्व करते हैं। वे कुल के सभाओं में अध्यक्ष के रूप में कार्य करते हैं। इस व्यवस्था में अगर पत्नी खादूदुह है तो पति को उसके माता-पिता और अविवाहित और कभी कभी तलाकशुदा भाइयों और बहन के साथ रहते हैं। पति की स्थिति विशेष रूप से अस्थिर है और उसके हिस्से में समायोजन और धीरज पर अत्यधिक प्रयास की मांग होती है। विरासत के पारित होने के साथ अधिकार माँ के भाई से बहन के बेटे को मिल जाता है। हालांकि प्राधिकरण की स्थिति का उत्तराधिकार सामान्यतः

वरिष्ठ, क्षमता और निवास द्वारा निर्धारित किया जाता है। वर्तमान में यह स्थिति भी बन रही है कि जो भूमिका मामा निभाते आए हैं वही पिता भी निभाते हैं, जहाँ वे अपने परिवार के लिए निर्णय लेते हैं। कहा जा सकता है कि यह केवल भूमिका का परिवर्तन नहीं बल्कि यह सांस्कृतिक प्रतिमान का भी परिवर्तन है जो खासी के जीवन शैली, मूल्य प्रणाली, और व्यवहार को प्रभावित करती है।

इस समाज का अध्ययन करते समय कई सामाजिक वैज्ञानिक इसे स्वभावतः मातृसत्तात्मक बताने की गलती कर देते हैं। समाज मातृसत्तात्मक तब कहलाता है जब स्त्री गृहस्थी की स्वामिनी मानी जाती है।

कहाँ जा सकता है कि खासी समाज मातृसत्तात्मक न होकर मातृवंशीय है। यह स्त्री प्रधान समाज होने के बावजूद परिवार के सदस्यों में निर्णय लेने का अधिकार पुरुषों को ही प्राप्त है। महिला सलाहकार, मध्यस्थ और अनुशासनात्मक और ज़रूरत के समय एक सहायक के रूप में अपनी भूमिका निभाती आ रही है। पुरुषों की बहन के बच्चों पर उनका नियंत्रण इस समाज में आम है। वे कुल के कल्याण और अखंडता की रक्षा करते आए हैं। माँ अगर बाहर किसी कार्यालय में काम करती हो या अन्य कोई काम, वही बच्चों का पालन पोषण करती है और मामा और पिता परिवार के रक्षक तो हैं ही साथ में वे सलाहकार और निर्णयकर्ता हैं।

डायाफिरा खारसाती

हिन्दी प्रवक्ता

शिल्लोंग कॉलेज



## आज का समय

आधुनिकतावाद का यह समय  
बाजारवाद और उपभोक्तावाद का  
हाय। समय यह कैसा ?  
जहाँ रीति रिवाज़, रिश्ते-नाते तो क्या  
अपना अस्तित्व भूल गया इन्सान  
किसी का जन्मदिन हो, दिवाली  
ईद या कोई और त्यौहार  
फ़ॉर्वर्डेड संदेशों का आना-जाना लगातार...  
हॉस्टल के इस अँधेरे में  
यह दीपक की लो कुछ कहती है  
करती मजबूर कुछ सोचने को  
'बाज़ार के पास प्लास्टिक का वह घर  
बिन बिजली का वह माहौल'  
क्या मोमबत्ती या दीपक कोई  
उनके आशियाने को रोशन कर पाया..  
बरसात के इस मौसम में बैठी हूँ  
रजाई ओढ़े,  
क्या उनके पास तन ढकने को  
चादर भी होगा...  
पर खुश है वे बिन मोबाइल या टेबलेट के  
खुश है अपनों के संग प्यार जो मिले  
वरना हमारा क्या,  
एक दिन बिना बिजली रहे  
घरवालो की छोड़, इस बात की चिंता  
मोबाइल में चार्ज नहीं  
वत्साप्प में सन्देश कितना आया होगा ।

डायॉफिरा खारसाती

हिंदी प्रवक्ता

शिल्लोंग कॉलेज

# U·IANIARA- JAKGITELANI CHOLGUGA

(KNOWLEDGE - A DOOR TO FREEDOM)

*"The fear of the Lord is the beginning of wisdom" Prov 1:7*

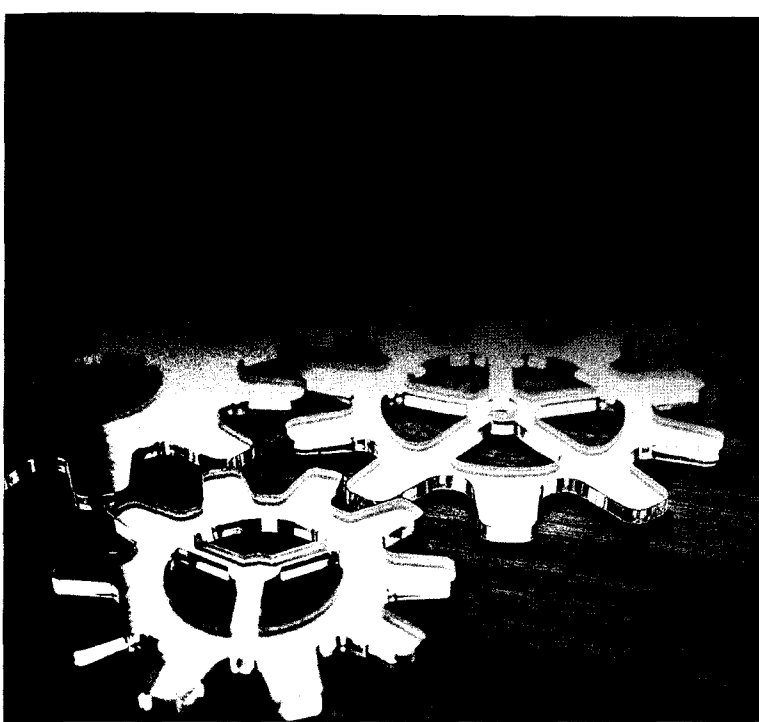
*George Washington Carve- "Education is the key to unlock the golden door of freedom."*

**G**eorge Washington Carve an·tangni janggi tanganio chagronggipa obostaoniko aganaha aro uan ong·chongmota. Lekka pora ba Gisikni niksenganian jakgitele janggi tanganina gamchatgipa cholgugako oe on·na gita chacha ong·a ine ua aganaha. " Gisik niksenganiko janggi tanganio chagronggipa obostarangchi skie on·a; indiba uarangko altubate aro ta·rakbate mandeo chimongna man·na gita lekka- porako nanga."\*Carver bilongen skia- pora man·giparangoni saksa ong·a, uan uni somoio jat baseaniko ra·galdilchenggipa aro gisik a·ning bitgipani bidingoba chegiparangoni saksa ong·achim. ua gisikni niksengani aro janggi tanganio chagronggipa obostarang mandeko mandeko jakgitele janggi tangatna dakchaka ine u·ia. Mandeni janggi tanganio jakgitele kamrangko basena, mai subjectrangko ba mai streamo poraina ska jekai Science, Commerce, Arts aro Professional courserang. A·gilsako susaani ba janggi tanganio neng·nikanirangko altubate aro mangrakbate u·iani gisikrang baksa chelchakna ba warachakna man·a.

Angni janggi tanganioba anga bang·a neng·nikanirangko chagronggenchimoba Nokgipa Isolni ka·saanichi da·alo ma·a gita bang·a poraienggipa A·chik bi·sarangna Shillong Collegeo dangdike on·pana aro uamangna a·gilsakni seng·aniko skie ra·pana cholko man·paenga. Ian A·chik jatna dangdike on·paani chol mingsa ong·a, uamangna a·gilsakni seng·aniko skie on·an baksa Isolni namgipa kattarangko aganpana man·an baksa janggi tangani cholrangko basee ra·na aganjole skijolnaba man·a. Skie on·aniba ramram nengragipakamba ong·taiskaja, ian neng·begipa aro rakbegipa kamba ong·taia. Gisik ka·tong gimikchi aro an·tangko on·kange skie on·genchimode katchaani aro kusi ong·anirangkoba man·a." Gam aro Rasongrang mandena chong·motgipa kusiniko on·ja." ( Skul Master)

**"Sometimes teachers instruct or tell, serving as transmitters of information that students have to be acquire; at other times teachers show and demonstrate, acting as mentors and coaches rather than instructors." (Hangrooves, 2005,P,5)**





Chengonin an·ching 'didactic model of learning' ko ja·rikbaenga, jeon bi·sarangko uamangni skani nalsao skie ra·na draata. Uamang schoolona re·baahaon, sena jotna skianiko man·a, badiaba bi·sarang noksa salna rong nongna gong·a, mitamrang poraina, sena·jotna, mitamrang kal·anirangko kal·nasan namnikaia. Mande sakantian apsan ong·ja indioba mingsasiksikde namgipa gunrang donga. Badiaba bi·sarang jakasi seoba gimikkon apsan jakrachi sena skia. Poraiani 'system' an " a process of learning to instruction" ba draanio ba ge·etaniosa ong·baaha; Jedakode bi·sarang poraia chu·sokpahaode nama gadango aro sorkarini kamrangko ka·e janggi tanganio choligipa ong·pagen. Lekka·pora gri ia chasongo janggi tangna neng·beani ong·a. U·iani gri mande janggi tanganio chu·sokgipa ong·na neng·a; Indioba ia chasongo skia·porako skie ra·aniko gamchate ra·anirang komiangaha maina draanichisa skie ra·engani gimin uamangni taningrango chu·gimik gisik gnangani u·ia·ma·siani kam ka·jaha. Chengoni manderang gisik ka·tong gimikchi skie ra·ani gimin uamang gisik seng·bata ine aganna man·gen.

Mesokanina, Redin Momin bidana A·chik a·songoni Daccaona Khalsinni brangananiko 'Khalsin aro Sonatchi' novelo parakaha. Evelyn R Marakba uni

poedo 'Sigimin Ripengko Gisik Ra·ani' poedoo uni ripengtang Spurgeon R Marak baksa gipin biapchina bidana re·anganiko janapa. Beben ia chasong technologyni gita advance ong·bataha, indioba dambe bi·sarang pilakkon altuae kam ka·na man·ahani gimin taningsakselanirang komiangaha. Ia chasongo draanichisa dakna nangaiani gimin ba poraina nangtelani gimin pora·mangmanganira dakrongbewal ong·baskaaha aro u·ie·ma·sie ra·na sikanirangde komiangskaaha. Ia chasongo janggi tangna altubatanirang ong·skagenchimoba neng·nikani aro janggi tanganio susaanirang bang·batskaaha.

Janapna nanganirang aro asonge seangkugenchimode bang·a pointsrangko man·kugenchim; indioba somoirang man·gijanio iakosan chadamberangna agane donangna sika. Ia chasongo chadamberang u·ie masie lekka·pora ba bidako skie ra·na nangchongmota jekon mande cha·ue ba ra·seke katna amgijagipa gam ong·a. A·songko jatko rikanioba gisik niksenganiko nangchongmota, Skia·pora ba bida gri a·songko jatko sason ka·anio namgipa dilgipa ong·na man·jawa. Uni gimin ia kattarangchi do·ga chipna man·gen

**"Knowledge is power, Information is liberating. Education is the premiere of progress, in every society, in every family."** (-3- Press Release SG/ SM/6268 23 June 1997).

U·i·ma·sianiara bil gnangchongmota, Skia·pora man·anian silrorro·namroroani ja·pang ong·a aro songsarantionaro nokdangantion nangchongmota.

**Smt. L. D. MARAK**  
Associate Professor  
Department of Garo

# U Tirot Sing Syiem

## A FREEDOM FIGHTER OF THE KHASIS

With the signing of the Treaty of Yandabo (1826), the Anglo-Burmese came to an end and the East India Company made advancement towards Assam and different parts of North East India.

David Scott was appointed as an agent of the governor-general for the entire North East extending from Cachar (Silchar in Assam) to Sylhet (in present Bangladesh) and to Sikkim in the north. During those days North Eastern region was seen by the British as a route that could connect across the Country to ease control of provinces in the Eastern Part of India and to open direct access for communication and transportation from Assam right upto Bangladesh. The route that the British planned passed through Meghalaya and through Nongkhlaw (West Khasi Hills) where Tirot Sing was the "Syiem" (King) in the province (Hima) Nongkhlaw, which today is 63 Km from Shillong. He was the King of the Khadsawphra Syiemship (Hima Khawsawphra) belonging to the Clan "Syiemlieh". Tirot Sing was loved by his people for his dedication to uplift the lives of his people. So when David Scott approached Tirot Sing with a proposal to build a road, connecting Assam to Bangladesh, he welcomed the idea thinking that his people would benefit by controlling passes through this connectivity from traders, and in 1827 Tirot Singh along with his chiefs and counselors called for a meeting (durbar) with David Scott where after a thorough discussion a permission was granted for David Scott to make a road from Guwahati to Bangladesh via Nongkhlaw. The work had started, when in 1829 the Khasis were informed that the British were planning to levy taxes on the



local people who had allowed the British to build the road through Nongkhlaw. Once this information reached the ears of Tirot Sing, he immediately called a meeting (durbar) where a decision was made to instruct the British to leave Nongkhlaw and to halt the building of the road. Of course the British paid no heed and this angered the people of Nongkhlaw and Tirot Sing which led to a sudden attack on the British Officers in 1829. Two of the officers, Late Bedingfield and Late Burlton were killed and David Scott narrowly escaped and fled to Cherrapunjee (Sohra). Soon after these incidents, the British Army Troops were sent to put down the rebellion. However under the leadership of Tirot Sing, the Khasis fought back against the British Troops resorting mainly to guerrilla warfare. Although the Khasis had only native weapons of bows and arrows, yet they were resilient and the fight continued for four long years. Tirot Sing was captured in 1833 and was deported to Dhaka where he died in captivity on 17<sup>th</sup> July 1835.

Today the Government of Meghalaya commemorates the Death Anniversary of Tirot Sing by declaring a state holiday on 17<sup>th</sup> July.

Readers, as we celebrate Independence Day, let us not forget to pay homage to our forefathers, leaders who have sacrificed their lives for freedom and to salute to these departed souls whose mind is without fear.

Ref: [www.livehistoryindia.com](http://www.livehistoryindia.com)

Dr. L. M JYRWA  
Department of Zoology



# IS IT SAVE TO CONSUME EXPIRED CURD AND YOGURT?



**C**urd and yogurt are among the most popular and healthiest dairy products. Because of their similar origin, curd and yogurt are commonly mistaken as one. However, the basic difference lies in their formulation and fermentation technique. Curd is obtained by adding an acidic curdling agent (starter culture) to milk, while yogurt is made by fermenting boiled and cooled milk with live bacteria. However, both under a process called fermentation to produce acid

Curd and yogurt are produced locally or in the industries. The process of fermentation differs according to a person's choice and industrial process used. But whatever the case may be, every products will have a best buy or used by date (expiry date) printed on the container. Any production bought and kept beyond the expiry date should generally be discarded especially when products are eatable. However, in case of curd and yogurt, since it is made from curdled milk, it can be still be further used even if had passed the expiry

date by a week or two depending on the manner of storage of the products. It is always advisable that curd and yogurt be kept under refrigeration. After opening they should be tightly covered and re-refrigerated. In this way, the products remains safe even if had passed its expiry date. If products is not refrigerate properly, bacteria present in the curd and yogurt will further multiply and produce more acid. Products which are highly acidic can be harmful for consumption and can lead to various stomach problems such as acidity, diarrhea, dysentery etc. It is advisable that if any sign such as discoloration, bad odour or change in texture, the products should be discarded immediately for one's safety.



**Smt. MARY DIENGDOH**  
Asst. Professor  
Department of Microbiology

# *My Pen and My Diary*

*Waljatchi somaio  
Gipinrang tusiengo,  
Asonge a.damo  
Chanchie gisiko.  
Dongja janapna darangan  
Nangainga golpona an.tangan,  
Agangrikna ripeng dongpaaba  
Tumanjok neng.anan uaba.*

*Dakna nanga kam dongjae,  
Roaingjok a.palchiko niwate.  
Dongpaku.genma saobade,  
Mikrake da.o angitade.  
Pilakchin wal andalmit,  
A.palosa askirang chingchip.  
Draoba anga tusina,  
Gisikan on.jaenga jripna.*

*Dukni ia walo, ripeng dongja ang Indiba,  
Nike anga uko,kadingjok angni gisiko.*

*Dongjaobaarang angna  
Gisikni kattako parakna,  
Ka.dingsmite nitatenga,  
Kolchina an.tangko on.enga.  
Sikdikjajok uko nike,  
Bajutang dongako uie.  
Dongtimenga saobade tableon  
Pen aro Diary ang sepangon.*

*My pen and My Diary (English)  
Somewhere around midnight  
When the world is fast asleep  
I lie awake in my bed  
Disturbed by my thoughts  
Nobody to share them with  
I talk to my very self.  
The last of my friends,  
Asleep, tired and cannot help.*

*Purposeless and tired  
The eyes peer outside to see  
Probably trying to find  
Another soul like me  
Who was awake through the darkness  
Or the twinkling of the stars.  
How could I sleep  
With the mind filled with scars?*

*The solitary sadness of the night,  
Turns into a smile as I see them*

*Even though there's no one  
To share the brazen thoughts  
They beckon me to hold them  
With a gentle smile  
The emptiness slowly fades away  
And them is on the table  
A friend MY PEN and MY DIARY right  
near me.*



**JAKMATCHI SANGMA**  
Part-time Lecturer (Garo)

# MY EXPERIENCE WITH Shillong College

I passed Higher Secondary Examination from the Board of Higher Secondary Education, West Bengal in 1967 and took admission at local city College as a student of B.Com Hons. Unfortunately at the end of the year 1967, the Naxal movement jeopardized the educational system and a sense of insecurity prevailed all over West Bengal which prompted my guardians to send me to Shillong for better education.

I took admission in Shillong College in the year 1968. At that point of time Shillong College did not have any hostel facility, I stayed in Room No 9 at the Assam Tourist Lodge (Wooden Bungalow) at Polo ground for 3 years which has now been redesigned as office of Meghalaya Tourism Development Corporation.

The Shillong College then was not as enormously big and sprawling as it is today. It only had a long storied and concrete building where classes were held and a separate small Assam type wooden house where lecturers of our college would sit. Amidst the lush green surrounding and the frontal craggy road serpentine down towards Polo ground we enjoyed our classes in the beautifully serene natural surrounding and ambience.

My respected teachers like Professor Rawat, Basanta Das, Prof Goswami and others have extravagantly kind and affectionate that they have never let me feel homesick. Shri Basanta Das used to come to the Tourist Lodge twice a week to guide and accompany me as perhaps his deep insight felt that, and also staying alone in the Tourist Lodge besides not being a student of the hostel, I might have felt deprived of the company of other fellow students.

He never took a single penny as tuition fees, the only thing he liked was the famous chicken bread crumb Thai soup prepared by Ramlal, the then



Shri. Diksha Brata Chaudhuri and his wife

Chef of Tourist Lodge.

Sir was very interested about the recipe but somehow Ramlal managed to dodge him after long pursuance. Ramlal eventually gave up and shared his secret recipe with Basanta Sir.

It would not be out of place to mention that two of my nieces Smt. Sudhesna Bakshi and Sudhakshina Bagchi both passed out BA Education from Shillong College in 1967.

Smt Sudheshna became the first Bengali student who stood first class first in MA Education from Guwahati University, and Sudhakshina Bagchi stood second class second in the year 1970. Both joined as Lecturers of Education in Women's College Silchar and Loreto College Darjeeling and retired as Principals of the respective Colleges.

I remember there was an Auditorium in the main building with a permanent stage where the Annual Social and other college functions used to take place. In the Annual Social of 1969 I was adjudged the best male singer and was awarded 5 precious books on various subjects. There was a common room for students in the lower tier of the main building having one table tennis board in the middle. Curiously the spot light over the table tennis board



was frequently missing for some obvious romantic reasons.

Today when I see my favorite Shillong College almost after 51 years I am awestruck and cannot believe my eyes having seen the enormously sprawling stupendous grandure of the present Shillong College.

What was most touching the same congenial accommodating ambience still prevails. The way Sir Dr Malay Dey, the present Principal warmly welcomed me and my wife left us speechless to express our love and gratitude.

Deep in my heart I do feel it is the blessing of Almighty that I was fortunate enough for having enjoyed three of my most precious and valuable and fulfilling years in Shillong College from 1968-71.

I sincerely wish that Shillong College grows from strength to strength in future and cater its ideology behind its formation to more and more students of Meghalaya, Assam and other North Eastern States.

**Shri. DIKSHA BRATA CHAUDHURI**  
*Alumni, Shillong College,  
Kolkata*

## *Shillong College* **BRIEF HISTORY**

**T**he birth growth and development of Shillong College is a cumulative result of the immense sacrifice, dedication, hard work and perseverance of a good number of selfless individuals with a vision to provide quality education to all aspiring students through meaningful academic and job oriented courses. It also caters to the special needs of economically educationally disadvantaged segment of the society and provides quality education at affordable fees.

Shillong College was to provide quality job oriented education for the pupils hailing from middle and lower middle income group as well as pupils coming from other sections of society. Late Suchindra Chandra Dutta the main architect and visionary along with Shyamapada Choudhury Chief Engineer ASES and other sister states visionary and Executor of Post Independence First Hydel Project i.e Umiam Hydel Project and member Planning Commission, Govt. of India, Late P.C. Shyam, H.N. Chowdhury renowned tea planter and pioneer of developing tea industry in Assam Swami Gahananda the former President of Selur Nath who was also known as Naresh Maharaj while stationed in Ram Krishna Mission, Shillong during 1955-57 were amongst many other selfless

nobel personalities who undertook the enormous task and steadily had overcome the Himalayan hurdles and obstacles which stood in the way.

Shri Bimala Prasad Chalia, Chief Minister of Assam (1957-1970) and Dr Triguna Sen, Vice Chancellor, Jadavpur University and former Minister of Education, Govt of India, also extended their helping hands in those formative stage of Shillong College.

In this process of building a new educational horizon for the students from all sections of society, Shillong College started its glorious journey on the auspicious day of 15<sup>th</sup> August 1956 from a small house in Lower Jail Road.

Last but not the least one renowned body builder and physical instructor of the then Shillong, Shri Purnendu Paul in a spectacular show took hold of a moving steam roller on his chest in a lie down position on 15<sup>th</sup> August, 1957 at Garison ground Shillong as a nobel gesture to raise fund for starting sporting activities in Shillong College.

Thus, followed a few reminisces of the prestigious, aspiring institution-Shillong College, and several milestone that it has achieved throughout its existence.

**Shri. DIKSHA BRATA CHAUDHURI**  
*Alumni, Shillong College,  
Kolkata*



# THINGS MAY NOT LOOK SO GOOD

Things may not look so bright  
But you have to give your best in spite  
For after every struggle you will find that light  
And things may just turn aright  
Struggle only lets you taste the sweetness of success in life  
Without that struggle and that strive  
You will not know what is actually your life  
So do it all with a smile  
And you will stay all good and happy a while  
Keep the things in all your mind  
You will actually find  
Your way in time!



**BADONDOR MARBANIANG**  
CLASS - XII COM  
(MORNING SECTION)

# CARING HANDS

Whenever I'm alone or drowsy I feel  
There are hands which trick me in,  
They ease my weary head, my feet, my devoured spirit.  
They doze me off to a silent slumber,  
And lead me to a beautiful land,  
A land of ecstasy, its soil so warm and soft.

Its trees bear the fruit of hope,  
The bond of animals in kindness;  
And the waters enchanted with peace.  
A wonderland to say, I could never find on earth.  
For this is the land that I only see,  
The land I visit when the mood gets dreamy.

At times when I, the victim of grief,  
Fail to live my dream;  
And when my tears like dewdrops flow,  
When groaning becomes haste  
I feel those hands around me gliding to give a comfort sleep.  
In retrospection, I touched those hands and even now I do;  
Back then they were reality,  
Today their existence is in my thoughts.  
Those hands are of that woman  
Who's now asleep forever,  
Those of whom I've always missed  
The caring hands of mother.



**MARBAMONLANG RANI**  
CLASS XII ARTS  
(MORNING SECTION)



# Consistent Nature

An early song of birds at morn'  
And astral brilliant skies descend,  
Where anxious sun awaits to spy,  
The ample labours of all men.

The pearly drops nimbly melted,  
And rivers more lustrous than gem;  
The golden rays that pierced the woods,  
Sing chorus in ditties with them.

Ethereal beauty of nature,  
Espies my heart to fondly dream,  
Of ancient tales that can't be felt,  
But written, remembered and deemed.



MARBAMONLANG RANI  
CLASS XII ARTS  
(MORNING SECTION)

# Drapetomania



"Should I go, or should I stay  
Should I wait or should I run away"  
Her mind is full of thoughts and question  
Sometimes she wished it was just an illusion.

She dreams through the day,  
and wonders through the night  
How can she fall in,  
when she finds herself in constant fight.  
Of getting up, or giving up  
For nothing seems to go right  
Days turned into endless shings of time  
Nights spread oblivious thoughts of the mind.  
Every door gave signs far away  
For her to run away.

"What for should I be patient?  
What for should I stay.  
What I look for is for a chance to escape,  
Deep she sinks in the ocean of sadness  
Too deep she had sunk  
She finds no escape.

And it was that point  
She could take it no more,  
And behold dear choices  
Forward she falls  
For she gets to breathe, or feels nothing at all.

EVAMEAIHUN S.NAHRIANG  
XII Science.





## LOVE

*Love is patient and kind,  
And it's not a frustration.  
Love does not envy or boast,  
But it's friendly and humility,  
Love is not arrogant or rude,  
But it's meek and polite.  
Love is kind-hearted and sweet.*

*Love bears and delivers all things.  
It believes and regards all things.  
Love hopes all things,  
It encounters and tolerates all things.  
Love does not rejoice at wrong doing,  
But it triumph with the truth.  
Love never ends..*

*-Darbin Kumar  
4th SEM. Maths. Dept*

## Music

Like the pleasant sound of the twinkling stars,  
It enters into the peaceful nature.  
On the edged strings of the guitar it hovers,  
It treasures more than life itself,  
For those who possess wisdom know its worth,  
And often dwell in the beauty of it.  
It gives no hours of limited ties,  
And comes from nowhere land;  
It strikes the unaware and give them the serenity of its  
bliss,  
Which the young and old admire-  
'Music' The precious token of heaven's store.



**MARBAMONLANG RANI**  
CLASS XII ARTS  
(MORNING SECTION)



*Like a memory of previous years resumed-  
Today, in the midst of present thus,  
Coincidence may seem so little;  
Only plan is worth the meet.  
For simple years that had obscured,  
Became reward for dynamic transformation.*

## HOW DO YOU RELATE BETWEEN Brave & Fear?

YOU BECOME:

BRAVED when you are confident;  
Confidence when you are familiar;  
Familiar when you learn;  
Learn when you are ignorant;  
Ignorance when you are humble;  
Humbled when you acknowledge God;  
Acknowledged God when you start to FEAR.

*"Bravery is what you need to  
overcome anything, therefore  
fear the lord your God".*



**KAMAL BONGCHER**  
Bsc 5<sup>th</sup> semester (Zoology)



# Everlasting Experiences

EXPECTATIONS · PLANS · ANXIETIES · EXCITEMENT

All these, unwantedly hovered around the monsoon air I breathed. I caught sight of several unique faces that I would soon be acquainted with. I was met by wonderful mentors who made me feel at home although I felt myself being tossed out into the gray sea. On the first day, I was more certain than ever that my life in Shillong College would remain lonesome; a reverse of what I had dreamt of. The following day I felt helpless and later, found myself struggling to enter the large, spacious room which was congested with my present classmates. It was then, I discovered companionship, cooperation...hope, which I have constantly been treasuring till now.

The journey which continued since then became more meaningful. A part of this college firstly, I would'n't falter to remember, is of the teachers who have managed to control such a huge number of students skillfully. As their students, for once, let's admit that we have been unkind to them; we've caused them trouble and have been mischievous too. But they have never measured our mistakes, neither turned their deaf ears on us.

*Your instructions, your guidance, your constant motivation even though repeatedly the same, shall be a huge lesson for us sooner or later. We thank you for all of your benevolent deeds which have optimistically affected our lives.*

Who else can remember the joy of bunking classes simply to create wonderful memories with friends in the college canteen? Everyone has; once or more. And for every deed, there is a price, but when the price comes to you in the form of exams,

you resolve to be sincere and regular. The tensed atmosphere in the examination hall, the queer faces which are made at the mere mention of a test, was all a nightmare especially for those geniuses who plan to build their Romes within a day. I should also not forget of the traffic jam created in the corridors after 11.00 am when classes are over. It is a time when students wait for one another to move like a flock of sheep. As for the studious bookworm, the smell of the library books lures them to explore the fragrance of the words in those pages stacked in the wooden shelves. The classroom however, is the core of our high school journey in Shillong College. It is here that we are corrected, learned progressed. It is here too, that some like us realized who we truly are; monkeys and parrots. Here; where several minds with contrasting abilities unite to share the same knowledge and understanding. Within these four walls it is, as I can clearly remember, where once I battled with myself to communicate to the person behind me, and when I did, it made the journey of Shillong College more relishing. This room has converted strangers into closest friends. Some might still be strangers but I suggest we acquaint ourselves because these moments shall pass and who knows? Perhaps we might be great friends. The CCTVs, as some might be able to relate, have been enormously entertained throughout the year. If someone were to view the footages, only various hilarious clips would be





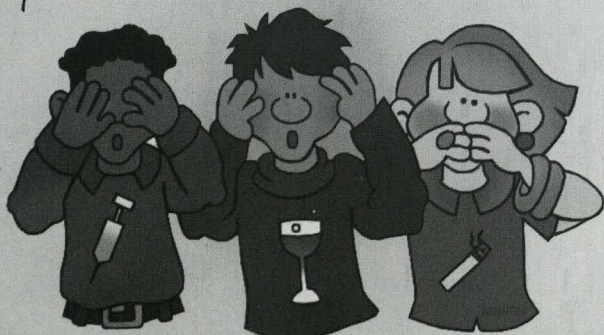


# MEMOIRS OF CHILDHOOD

*On my own in a twilight, strolling  
Above my head a star twinkling,  
In a blue sky, besides the paddy;  
Reminding me of my daddy's,  
Clambering on his back, pleading  
Berated as to proceed his work,  
Where in shortly left all anguish  
And departed for heavenly aboard,  
Is all i ever rem'ber and knew.  
Maybe too young to discern  
No feelings of being desolate,  
Never hadn't i swooned for all the lost!  
Uttering soft and low, "it's never too late".  
Perhaps! resentment won't make any cost,  
Is the only solution next to consolation;  
The fireflies and a dew,  
And the wending wind;  
Makes me search of to lew.  
Yet luring as the crystal glim,  
Guess what, but non other than  
The wafting chaff and a straw;  
As gradually people starts to grow,  
Perpetuate the childhood's memories.*

*Pile up as we go on and remain as a stories;  
Echoing oftenly of those day's.  
Everyone yearning, 'no appraisal',  
And merrily play around with hay's.  
Wherein you never worries of havoc;  
Was the best thoughts that provoke.  
Like where one had come across.*

*The retrospect lavishing the present,  
Telling the world that it does resent;  
Enlivened the simple act of living.  
A little do we know that we're bare,  
Time flows, roam around, no body really care.  
Nothing will you ever perceived other than  
The childhood's memories amply spend;  
And i see the light besetting  
All around me that keeps me going,  
Further and deeper, never to come back  
On the same old route;  
Never had i realised later  
Non but the transient nature,  
Were my only guides and friends  
I've got throughout my journey.*



**KAMAL BONGCHER**  
Bsc 5<sup>th</sup> semester (Zoology)



# KEY TO SUCCESS

"STUDENTS ARE THE OASIS IN THE DESERT."

**W**e know what to do but have failed to know how to do. The needed stimulus to success is absent. Unfortunately, it's not taught at school. Being a student we are expected to achieve our goal. But how do we achieve it? "Education should no longer be most about imparting of knowledge, but must take a new path, seeking the release of human potentialities." wrote Maria Montessori. To me this is what we lack. Students fail not because they can't gobble all the facts but because they fail to realize and release their potential. A timely rectification would save nine.

The habit of desiring is an inborn character. And if we begin to make this DESIRE an opportunity to kindle our goal, life could be a celebration. Our potential can truly be released when desire is acted with definiteness of purpose, persistence and the intense determination along with hard work and this can be translated into success. So ingredients for education is not only imparting facts into our brain for a successful career. In this course of journey it is full of challenges. We must wear positive attitude on our sleeve. We all have that attitude "They are better, they are superior". What if we can be their master? Never allow any negativity to take hold of you. We may resemble a tramp, but our thoughts are of a king. Confidence is the key to making an opportunity out of a crisis. With confidence, one step at a time, while not procrastinating, continue the journey. Seize the moment and act it loud.

Failure sometimes strikes us and after all our hard efforts to achieve our goal, it could be shattered. During these, the choice is either

to give up or move on. These two distinguish between success and failure. Thus, success can be said it is all about growing and believing in ourself. Life is not a battle where the enemy can defeat us. No, it is Not! Our life is only defeated when we stop believing in ourselves. We cannot be successful if we cease to believe in ourselves. Failure contains the seeds of further learning which can grow into a tree bearing bountiful fruits. The stories of men tested by failure and setbacks but yet have moved on are the stories of great men and women and the greatest stories ever told. We may sense there is a limit while actually our senses are the ones which limit us and not our capability. With a pinch of faith in ourselves and a hope to achieve, let us not quit. Before you decide to quit, what if you are only three feet away in achieving your goal? Remember you never fail until you quit.

Pablo Picasso once told "Action is the foundational key to all success." Start small, be patient and consistent, and success is yours. Knowledge is the fuel and wisdom kindles it. Keep it burning until you attain your desired goal.

Finally, to taste success we have to overcome the hurdles. Therefore, let us be bold and never give up but keep going. After all, success is worth all the struggles and is counted sweetest by those who fail.



**NGASHANNGAMZINGYO**  
B.Sc 5<sup>th</sup> Semester  
Zoology Honours



# Flower

*Oh! How beautiful you are  
The bright and shiny blown  
The whole world turns round to you,  
To your bright beauty.*

*Loved by all living you are,  
Looked at you for all life long.  
Never to be forgotten,  
By all the World's heart.*

*Season comes and go in life,  
But you're still in all's heart  
Your tenderness remains still,  
Inside forever.  
Without any procrastination,  
you bloom in its due season.  
You have the aptitude to ameliorates  
one's heart to exult.*



**P. K KHUNAI**  
Bsc (Zoology) 6<sup>th</sup> semester  
Shillong College

# The SHADOW Angels



*My shadow was my only  
companion until before that  
day,*

*Along the way we saw a light, that  
travelled through 'Night and Day'  
We found ourselves our Angels, their  
charm and beauty to say.*

*Enchanted in Spell and Music, we sway  
along to their play.*

**PYNTANAMPA K KHONGLAH.**  
XII Science.

# Maiden

*Like a rose that blooms in a beautiful  
garden*

*Among the many, that stood alone  
The loveliest of them all she is a maiden  
Beneath the sun her face was shown.*

*With golden locks and rosy cheeks.  
Spreads she music like a bliss  
Always merry and always meek  
My dearest Love she is.*

**PYNTANAMPA K KHONGLAH**  
XII Science.



# Peace Prays Power

1. The poetry of peace possesses power  
The power divine, blessing man like a shower  
The power to Love, Laugh and Live.  
The power to feel for, to give and forgive.
2. Peace of all is what we seek  
From all the strong ones, as well as the weak;  
With dignity and pride our heads held high  
In the heaven of love and peace we'll fly.
3. Diamonds and rubies, why do we need?  
Are they more precious than our brotherhood and creed?  
The air of innocence, violated as we breathe.  
Death stares our Mother, 'cause our own greed.
4. But now is the time when we are called  
My brothers and sisters to heal the world  
Let's take the young hearts and nurture their soul  
The beauty of love and peace to make whole.
5. Oh! For crowns of splendour, roses have their own thorns,  
Every man has his gloomy days and also his mourns.  
But a smile lits up as an angel amidst the breeze,  
Plays a sweet little melody on the harps of peace.

PYNTANAMPA K KHONGLAH  
XII Science



## Mysterious Universe

Stretching towards the endless skies  
This curious heart delights to know;  
What special creations present there,  
How far those lustrous bodies lay,  
Or might there even be,  
That someone from behind those bodies  
Is waving back at me!



MARBAMONLANG RANI  
CLASS XII ARTS  
(MORNING SECTION)

## Vibrant Night

*I dream of a morn' I wish to see  
But let not sleep prevail  
Let the blackened night overshadow me instead,  
I dare not sleep, for night has come,  
To it, my best hours shall deliver,  
As I giveth the day.  
The stories I once heard have been recalled,  
The dreams I now keep, still seek their way;  
Dear Night, embrace me while I lay awake,  
Unveil your beauteous mystery  
That chains my yearning heart.*



MARBAMONLANG RANI  
CLASS XII ARTS  
(MORNING SECTION)



# Peace

Into my timid hours of life  
When anger sweeps in slow,  
In bed, I veil my eyes and dive,  
To dreams, where peace endows.

When man's objects, unpleasant sound  
And whip the gift to hear;  
In Nature's din I'd rather sound,  
Where peace serene, endears.

Towards my jolly times of love  
Where roses beauteous seem;  
The endless, static, sea above,  
Serves peace with twinkling beams.

Those furnished benches lure me whence,  
My trials do impel,  
One crown'd with sweetest peace descends,  
In whom I wholly dwell.



MARBAMONLANG RANI  
Class XII Arts (Morning Section)



# Tragic Love

Fair King, yet unfair husband he,  
Who bade his bride farewell.  
For love, so eager, earnest, she  
Yet he, in duties dwelt.

Queen Liengmakaw, all gloomy laid,  
In morning on her bed;  
When harked she of a flute arrayed,  
That woke her slumbered death.

Ethereal tunes past from the woods  
That touched her wanting ears;  
Had forced her soul to tread the route,  
Which soon pronounced her fears.

When met she with that good young man,  
Who lured her with his song;  
Lonesome soul, privileged orphan,  
Her love, Manik Raitong.

In depths of love were they confined  
That glorious night they met;  
Rare hours of theirs could simply bind,  
That bore a son instead.

What tragic fate both souls possessed!  
For soon the King returned;  
And news of armour stung his head.  
Advices too, he scorned.

All males were called to gather then,  
For truth to be unveiled,  
A Dorbar of the Khasi men'  
The culprit to reveal.

The King's wise counsel hence prevailed  
Where in their presence brought;  
The child; whom every man would fail-  
To give bananas doth.

When disappointment brimmed the air,  
Manik was proved to be;  
The sinner of the deeds unfair,  
As stated by decree.

The clouds that puffed in brilliance white,  
Descended with no bliss,  
To mourn of Manik as he died;  
O'er pyre's flaming wrist.

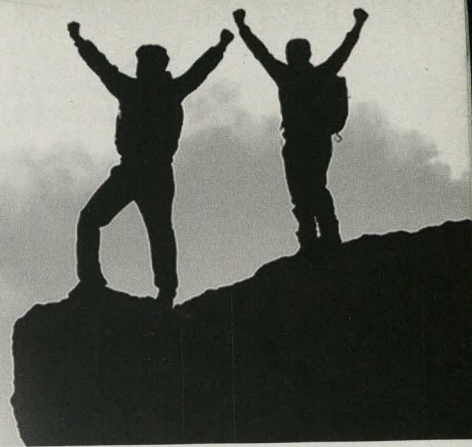
Consumed in sorrow of her love,  
The Queen too, trod the track,  
On blazing flames she thrust off;  
And turned to ashes, black.



MARBAMONLANG RANI  
Class XII Arts (Morning Section)



# Positive Impacts of Plastics in the Daily of Citizens



The distribution of plastics has scaled immensely over millions of households, manufacturing units, marketing services, etc across the globe for many years which has made them predominant in the lives of men. Furthermore, their existence is of utmost importance to the contemporary livelihood. Currently, they have been deemed as a liability; considered as non-biodegradable in nature due to which certain misconceptions among the user are led. However, the significance of plastics and their uses are quite in range and of substantial in number. They have sound dampening qualities that alternative materials may not be able to provide, thus reducing the noise that can be detected in the environment. They can also be easily molded into a preferred shape which induces flexibility in parts design and also have a strong resistance to corrosion. As an innovative way of keeping plastic wastes under control, four hundred-seventy kilos of such wastes like chips packets, polythene carry bags; plastic cups, etc have been utilized in Nongstoin, Meghalaya for the construction of roads. Deputy Commissioner of Nongstoin, Shri. Arunkumar Kembhavi also said in his facebook post that we can be able to get rid of the plastic menace which is prevalent in the modern world if

all roads within the state are build using the same technology. Besides this conversion of plastics into essential purpose, Adidas has also announced recently on releasing a shoe made from recycled ocean plastics. Another new discovery which can cut down pollution rates one at a time is the reduction of plastic waste by environmental friendly worms known as *Galleria mellonella*, which have the ability to biodegrade plastic bags. Plastics cannot be permanently degraded; not so due to lack of methods for diminishing them but simply for the benefits that they provide us with. Hence, it is proved that plastics are influential to human beings and shall constantly be. Therefore, to evaluate and assess the current issues endeavors us to explore, innovate and gain access to a solution rather than confining such Global controversies in great depths and embodying them with even more undesirable consequences overlapped.



**MARBAMONLANG RANI**  
Class XII Arts (Morning Section)

Pics: Nongkynjang village Nongstoin, West Khasi Hills, uses 430 Kilos Of Plastic Waste To Construct One Kilometre Long Road.



Images posted on Facebook by Deputy Commissioner Nongstoin



Images posted on Facebook by deputycommissioner



Images posted on Facebook



# परमात्मा का अपना बाग- मावलिनॉंग

मावलिनॉंग गाँव मेघालय के पूर्वी खासी पहाड़ियों में स्थित है। इसे 'परमात्मा का अपना बाग' भी कहा जाता है। सन् 2003 में इसे एशिया की सबसे स्वच्छ(साफ़-सुथरा)गाँव होने की कीर्ति प्राप्त हुई। यह गाँव जिसकी पहचान इसकी स्वच्छता है, शिल्लोंग से 90 किलोमीटर दूर है। यह गाँव संप्रदाय पर्यावरणीय पर्यटन के पहल पर आधारित है।

मावलिनॉंग के इस पहचान को बनाए रखने के लिए यहाँ के लोग एकजुट होकर कार्य करते हैं। एक अद्भुत प्राकृतिक सौन्दर्य का उदाहरण यह गाँव है। रिवाई गाँव में स्थित 'लिविंग रूट ब्रिज' तक पहुँचने का रास्ता भी मावलिनॉंग से होकर गुज़रता है। इस गाँव में बैलेंसिंग रॉक(संतुलित चट्टान) मन को मोह लेता है।

यह कहावत "पड़ोसियों की इर्ष्या, मालिको का गर्व, मावलिनॉंग के लिए उपयुक्त है जिसे एशिया का सबसे स्वच्छ गाँव होने का गौरव प्राप्त है। यह सत्य है कि इस गाँव के लोगों को अपने गाँव के इस पहचान पर गर्व है जो अन्य गाँव के लिए मिसाल बना हुआ है। बरसात के मौसम में यह गाँव बहुत सुन्दर दिखता है, चारों तरफ़ हरियाली ही हरियाली और साथ ही साथ झरने छोटी नदियों के मार्ग प्रशस्त करते हैं। आर्किड फूल यहाँ भरी मात्र में पायी जाती है और बाड़ा से पूरे गाँव की सुन्दरता और बड़ जाती है।

मेघालय के अन्य खासी लोगों के जैसे यहाँ के लोग भी मातृवंशीय व्यवस्था का पालन करते हैं। मावलिनॉंग के लोग भी संपत्ति और धन माँ से उसकी सबसे छोटी उम्र की बेटी को पारित कर रहे हैं। बच्चों का कुलनाम माँ से लिया जाता है। यहाँ की बहुसंख्या ईसाई धर्म को मानने वाले लोग हैं जिसके कारण यहाँ गिरजाघर भी देखे जा सकते हैं।

गाँव को साफ़ रखने की ज़िम्मेदारी गाँव में रहने वाले हर व्यक्ति का है। स्थानीय सड़को की सफ़ाई, पत्तों को उठाना और डब्बे में कचड़ा फेकना यहाँ आम दृश्य है। कचड़ा फेकने के लिए गाँव के हर एक कोने में बांस की बनी टोकड़ी रखी गयी है, जिसे निरंतर साफ़ करने की उत्साह गाँववालों के भीतर मौजूद है। 2005 में इस गाँव को भारत का सबसे स्वच्छ गाँव घोषित किया गया। यह गाँव भारत और बांग्लादेश की सीमा पर स्थित है जिसके कारण बांग्लादेश के मैदानों का लुभावना

दृश्य मन को मोह लेता है। इस गाँव में सौ प्रतिशत साक्षरता है जहाँ अधिकतर लोग अंग्रेजी भाषा में दक्ष है। इस गाँव में छोटी छोटी है की दुकाने भी हैं जहाँ पर्यटक आकर नाश्ता और चाय का गरम प्याला का स्वाद ले सकते हैं।

कहा सकता है की यह गाँव अन्य गाँव, शहर या देश के लिए एक उदाहरण है। यह गाँव पूरे भारत के लिए बीकन्स अर्थात् प्रकाश स्तम्भ की तरह है और इसका श्रेय मावलिनॉंग में रहने वाले हर गाँव वाले को जाता है।

मेबानक्मेन रानी  
बी.ए (हिन्दी)दूसरा सत्र



# Dingtangom Chasongde

(CHANGE OF PERIOD/ERA)

Ganachim A-chik me-asarangde lengtikosa,  
Me-chikrangara gana re-kingkosa,  
Dingtangom chasongde skangna batede  
U-ijam chasongni dingtangakon.  
Chasongni kri A-chik manderangni  
Dakbewal-rikbewalrangba dingtangom  
U-ijam basakonin dingtangom,  
A-chik manderangni janggi tangbewalrang?  
Indakesa gipin jatrang baksa janggi tangom,  
Mingsingachim A-chikrangkode ka-namgijagipa jat 'nesa  
Indioba ia chasongo dingtangom  
Skang gitade ong-jam A-chik A-chik inoba,  
Daka-rika A-chikni niam-reti olgrokom,  
Dal-batgipanaba bamania ia chasongo dongjam ia chasongo.  
Indaken ia chasongo dal-batgiparangsa sko sana nangom,  
Jikkim debaanioba dingtangom, skangni gita ong-jam;  
Indakesa ia chasongo jikkim-debaaniba alturiri ong-aiom,  
Jikko galnaba altuari man-aiom.  
(Garo Dialect from Kamrup District)



PROBESTINE N SANGMA  
6<sup>TH</sup> SEMESTER (GARO Department)

## ISOLNI MANDEKO ONG-ATANI

(GOD'S CREATION OF MAN)

Dakgipa Rugipaan dakjok-rujok  
Salgi aro a-sakko  
Nokgipa Isolan dakaha ruaha mandekoban a-sako  
Nambee nikaha an-tangni dagiminkon  
Matchotahaon pilak kamrangkon.

Isolni dakcheng-ruchengako man-e mande a-sako,  
Chanchijachim a-sako janggi tangbanggen 'ne;  
Indioba mande Isolni ong-atako chu-ongnikjae,  
Dakengjok a-sako an-tangtangna cholrangko a-sakni  
kimalachi.

Indakesa mande a-sako sina nangjok, a-sakni kimalachi  
Indioba oh mande! A-sako sie janggi tangna  
nanggenchimoba;

Dongkuenga nang-na mingsa choldé janggi jokna gita....  
Uan, Jisu Kristo sichakjok chisolo  
Manden' paprangni gimin a-sako.

Uni gimin oh mande on-enga choldé nang-na,  
Ra-chake janggi tangbo Jisu Kristoko  
Nang-ni janggi tanganio  
Man-jawa ja-manode nang-ni janggi tanganio  
cholrangkode,  
Mande a-sako janggi tangengon,  
Agannade man-ja mikkangchini sal aro somoirangkode.



PROBESTINE N SANGMA  
6<sup>TH</sup> SEMESTER (GARO Department)



## *Dondikja Miksongako* (Never Stops Aiming)

Bi-sa saksa dongachim, poraioba man-jatel,  
Aiao! Maiko agana, sko saa master,  
Bi-sa bewal dal-pajok, aganaba dukni,  
Classprakon dongbara bilsigni gni.

Bilsi pangpil soktaijok, bilsini porikka  
Setaiengaha bi-sade, man-oba man-jaoba,  
Sing-ani nabara, sebo a-ningni gam,  
Bi-sa chanchiate seatjok, ta-bolchu ta-millang,  
Ta-jong aro ta-pingni a-ningoni naako.

English pe-raronani salgipino ong-aha,  
Man-paako setaina bi-sa re-angtaiaha,  
Matchadu matchabetko English dakatna  
Nabajok sing-ani chanchie seatna.

Badine ong-enggen matchadu matchabet  
Bi-sa seatbebejok, tigerdu tigerbet,  
Bon-chotao ong-aha, A-chikkuchi pe-rarona,  
Ku-siktang ong-oba sena bil-bil bal-bal.

Sing-ani nabajok, chian wal-an sikjajok,  
Chanchie nioba bi-sa rake nikaijok,  
Bi-sa gisik ra-atjok, ma-gipani dakako  
Chian wal-an sikjajok, dislai bon-changa.  
Ong-na nanggen indaken bi-sa chanchia.

Anti gittam ong-aha, porikka knaatjok,  
Chel-aoni ka-dinge bi-sade nabaengjok,  
Niksoenga pagipa namakon ia bilsi,  
Gital ki-tap bregnok tangka donggipachi.

Sokbaenba aganjok, bi-sa ka-dinggegeke,  
Angni ki-tap gitchaman choliaigen angnade  
Bi-sa agantaiaha, da jajreng babane  
Lekka brena donachi be-en ra-baaibone,  
Mikkang bilsi namaigen, nangja duk ong-chana,  
Be-en ra-bae on-aibo nokgimik cha-srangaina.



**THONOBATH ARENGH**  
6<sup>TH</sup> SEMESTER (GARO Department)

## CHRISTMAS

A-gilsako mande janggi tangengon,  
Dongja suk rasong jringjrotna;  
Bilsi gimik re-atjok duk mikchi sal somoirangko.  
Batanggimin sal somoirangko maikai re-atjok ,  
Chanchion chanchisokja mande a-sako?

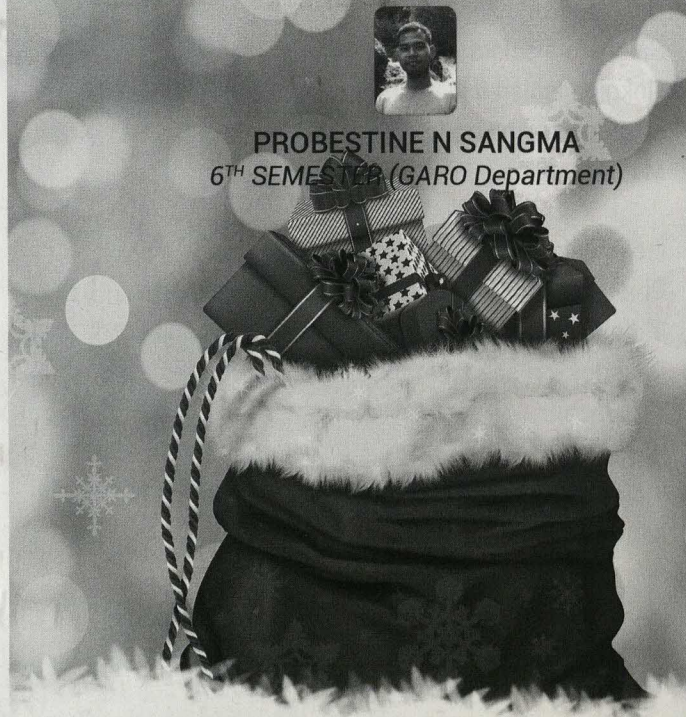
Chanchiate nion ua batanggimin salrangko...  
Chanchion chanchisokja ua salrangko,  
Indaken re-atjok duk-suk ua salrangko,  
Bilsini bon-kamachibara  
Isolni nirok-simsakaniko man-e mande a-sako.

Ka-sinjrjmjrim balwarang balbajok da-o a-sako,  
Batanggimin salrangko mande duk- mikchi janggi  
tanggenchimoba;  
Da-o bilsini bon-angachibara.  
Balsrisri balwarang ka-sinjrjmjrim bale  
An-saoatjok manden' ka-tongko.

Kusi ong-a pilak mandean  
Ia sal somoirangko grongna,  
Sokbajok da-o pilak a-sakna  
Kusi katchaani mandena,  
Atchiaha Jisu Kristo Krismasni walo....  
Manden' janggirangko piokna a-sako.



**PROBESTINE N SANGMA**  
6<sup>TH</sup> SEMESTER (GARO Department)





# MEI

*Ha khmih ka bneng ka saw byrtem,  
Premmiet la po, kongwieng u pah  
Masi bad blang ha la kj sem,  
Ka met bajrem dieng'she ka bah.*

*I'u khiew ba shong h'u mawbyrsiew,  
Ba dap d'u khaw bad um bathnam;  
I bsut pynrhem ka dieng hapiew,  
I'u 'tung shira I shet ban bam.*

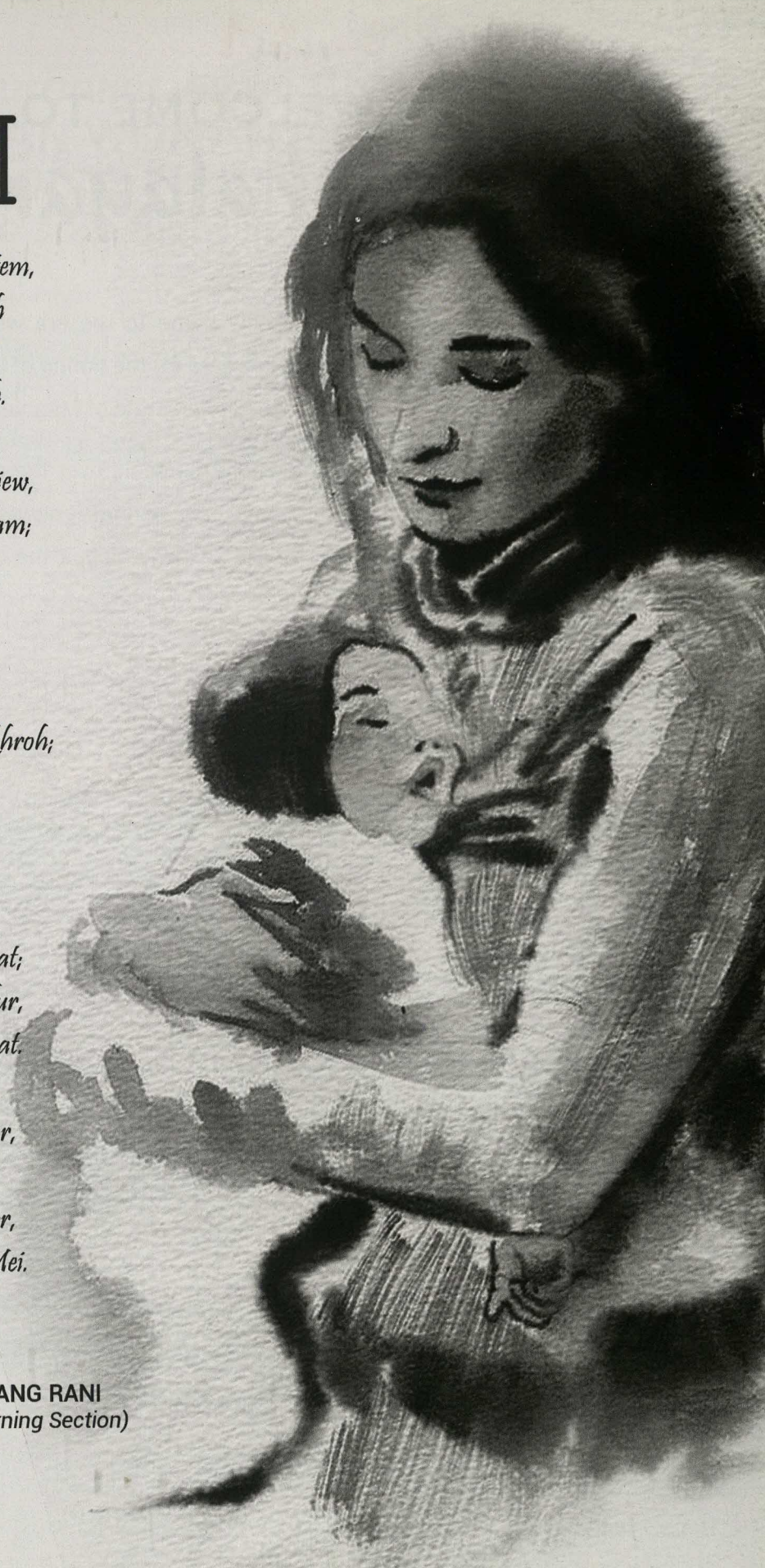
*I swai ka met, pynban I suk  
Ban kdup, ban kjor ia nga bad khroh;  
I ong, "Ko khun, watla ngi duk,  
U Blei ia ngi Un Ym iehnoh".*

*I iai kynud bathiang ka sur,  
Katha ngai-ngai iaishoh kj khmat;  
Ki dieng, kj mrad, u bnai, kj khlur,  
Ba sngew myllung, kj lang ummat.*

*Ha khmat jong I nga long kordor,  
Ban jngai na I mynsiem ka kei;  
Jingkmen jong I long kum ka bor,  
Pansngait jingieit dei phi kein, Mei.*



**MARBAMONLANG RANI**  
Class XII Arts (Morning Section)





# WELCOME TO THE Meghalayan Age

Scientists have assigned a new name to the era we're living in. They're calling it the Meghalayan – because key data for the timing of the new age were derived from a stalagmite growing in a cave in the Indian state of Meghalaya.

As we know that Earth's geological time scale over the past 4.5 billion years is divided up into various units including eons, eras, periods, epochs, and ages. Scientists have just assigned three new ages to the Holocene, which is the current epoch in which we live. They're calling this most recent age the Meghalayan, which began 4,200 years ago during a worldwide megadrought.

The Holocene commenced 11,700 years ago after the end of the last ice age. Since that time, Earth's climate has continued to fluctuate. First, there was a warm period that lasted from 11,700 to about 8,300 years ago. Scientists have named this age the Greenlandian age. Next, the Earth went through a gradual cooling period from about 8,300 to 4,200 years ago, and this is now known as the Northgrippian age. The last age of the Holocene began 4,200 years ago during a worldwide megadrought, and it has been named the Meghalayan age.

The megadrought at the beginning of the Meghalayan was a very disruptive climatic event that lasted for around 200 years. According to the International Commission on Stratigraphy (ICS), which is the scientific body responsible for proposing new names for Earth's geological history, the drought had severe impacts on many agricultural-based societies. This in turn led to extensive human migration in areas such as Egypt, Mesopotamia, the Indus River Valley, and the Yangtze River Valley.

Geological evidence of the megadrought at the onset of the Meghalayan can be found on all seven continents. Key data for the timing of the new age were derived from a stalagmite growing in Mawmluh Cave in the state of Meghalaya, North East India. Subsequently, the new age was named the Meghalayan after the site of origin of the stalagmite.

*Article by Deanna Conners  
(Extract from <http://EarthSky.org>)*



# Meet Flight Lieutenant Avani Chaturvedi, the FIRST INDIAN WOMAN PILOT of the INDIAN AIR FORCE FIGHTER PILOT to undertake solo flight in MiG-21

**F**lying officer Avani Chaturvedi created history on 19<sup>th</sup> February 2018 when she became the first Indian woman pilot of the Indian Air Force to complete a solo flight in a MiG-21 Bison fighter aircraft. She completed the half-an-hour long solo flight in the Russian-origin jet in the skies over Jamnagar Air Base. "This is a major milestone in training of a fighter pilot and first time an Indian woman has flown a fighter aircraft solo. It demonstrates IAF's enduring commitment to 'Nari Shakti'," IAF spokesperson Wing Commander Anupam Banerjee said. Chaturvedi, who is posted to No. 23 Squadron (Panthers), is from the first batch of three women officers (other two are Bhawana Kanth and Mohana Singh) who were commissioned as fighter pilots in the IAF in June 2016. The trio have shattered the long-standing combat-exclusion policy for women in the forces once they became full-fledged fighter pilots by mid-2017.

All the three women were selected to be fighter pilots when IAF had agreed to induct women as fighter pilots on "an experimental basis" for an initial period of five years.

Extract: <http://indianexpress.com>





# THE NEW KILOGRAM

A resolution to redefine four of the seven base units was passed by representatives of 60 countries at the General Conference on Weights and Measures (CGPM) of the International Bureau of Weights and Measures (BIPM), Paris on November 16, 2018.

However, it has been implemented across the world on May 20, 2019 World Meteorology Day, said Shekhar Mande, Director General of the Council for Scientific and Industrial Research (CSIR).

Over 100 countries have adopted the metric system of measurements, also known as the International System of Units (SI), which has been in practice since 1889. The other base units are -- second, metre and candela.

The kilogram has been defined since 1889 by a shiny piece of platinum-iridium held in Paris. All modern mass measurements are traceable back to it - from micrograms of pharmaceutical medicines to kilos of apples and pears and tonnes of steel or cement.

The new definition of KG involves accurate weighing machines called 'Kibble balance', which uses Planck Constant to measure the mass of an object using a precisely measured electromagnetic force. Just as the meter, once the length of a bar of platinum-iridium, also kept in Paris is now defined by the constant speed of light in a vacuum, so a kilogram will be defined by a tiny but immutable fundamental value called the Planck constant.

The purpose of system units is to enable worldwide coherence of measurements. The International System of Units (SI) was formalised in 1960 and has been updated several times to account for development in measurement technology.

(Extract from India Today, 21<sup>st</sup> May 2019)

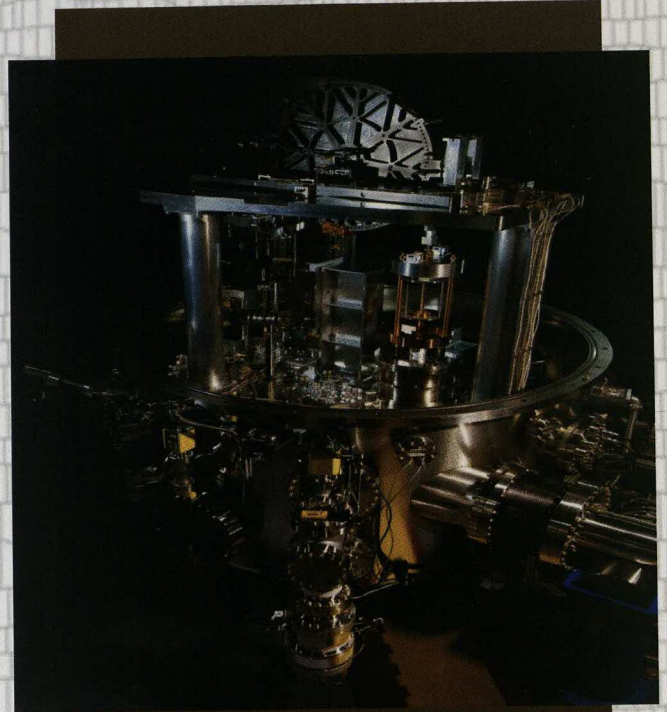


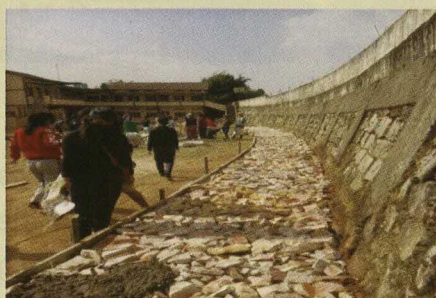
Fig: The NIST-4 Kibble balance, which began full operation in early 2015 at the National Institute of Standards and Technology (NIST) in Gaithersburg, Maryland, United States, measured Planck's constant to within 13 parts per billion in 2017, which was accurate enough to assist with the redefinition of the kilogram planned for 2019. (Source: U.S. National Institute of Standards and Technology (NIST))



## Activities of the NSS, Shillong College: THE SPECIAL CAMPING PROGRAMME HELD AT SMIT VILLAGE

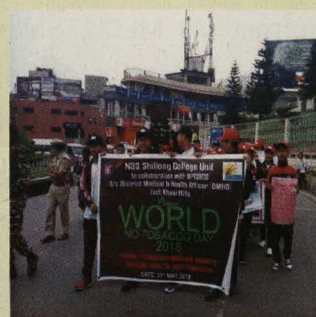
NSS Unit Shillong College, conducted yet another Special Camping Programme at Smit Village in Ur- Masi- U- Joh Locality from 13<sup>th</sup> to 17<sup>th</sup> November, 2018. In this Programme, a number of programmes were conducted which included the Cleaning Drive at Madan ling Syiem (on 13<sup>th</sup> November),

Construction of Approaching Footpath to Plietimai Syiem Secondary School of length 135 feet and 5 feet width (from 15<sup>th</sup> to 16<sup>th</sup> November) and a recreation programme for school dropouts of the village on 14<sup>th</sup> November which coincided with the Children's Day. The programme concluded with a small function held at the Local Church Guest House located at Smit on the 17<sup>th</sup> November, 2018. About 90 volunteers attended the Camp.



### OBSERVATION OF WORLD NO TOBACCO DAY ON 31<sup>ST</sup> MAY 2018

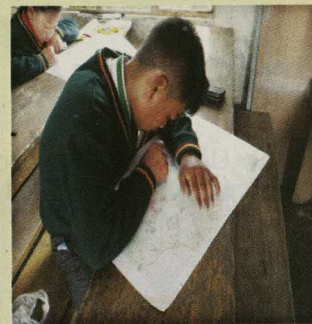
NSS Unit of the college observed the World No Tobacco Day on the 31<sup>st</sup> May 2018 in collaboration with the NPCDCS O/o District Medical & Health Officer East Khasi Hills. On this day a rally was conducted from Police Bazaar to State Central Library. 40 numbers of NSS volunteers participated in this programme. The campaign was inaugurated by the signing of a pledge against tobacco by dignitaries. East Khasi Hills Deputy Commissioner P. S. Dkhar highlighted the role of the government in controlling the tobacco menace in the State and not only extended his support for such awareness programmes in future but also promised to take action in his administrative capacity. During the programme, a panel discussion was organized with experts from different walks of life sharing insights on various aspect of Tobacco control. Others who spoke on the occasion were Dr. E. Pdah and Dr. D. Marak from the office of DMHO, East Khasi Hills District, Shillong.





## OBSERVATION OF WORLD ENVIRONMENT DAY ON 8<sup>TH</sup> JUNE 2018

The Shillong College Unit of NSS organized various competitions to commemorate World Environment Day 2018. The competition was held on the 8<sup>th</sup> June 2018 at Pletimai Presbyterian Secondary School, Ur Masi U Joh, Smit Village which is the adopted village of the Unit. Altogether three Schools participated which comprised of Pletimai Secondary School, Lumkynsai Presbyterian LP and UP School and Umtew-Maw- U –Sam Presbyterian School. The competition was held in three categories in Drawing, Painting and Essay competition. Altogether 48 students took part in the competition.



## NSS ORIENTATION PROGRAMME 2018

NSS Shillong College Unit, conducted a One Day Orientation Programme for newly inducted volunteers of the college on the 15<sup>th</sup> June, 2018 at the college Indoor Sports Complex. The Resource Person in this Programme was Shri. R. G. Lyngdoh, former VC MLCU, Shillong. While congratulating the students for getting the opportunity to join the prestigious institution like Shillong College, he also lauded the volunteers for taking part in extracurricular and community services through the NSS. He further urged the students to be sincere in their studies but at the same time not to confine themselves only to the four walls of the college

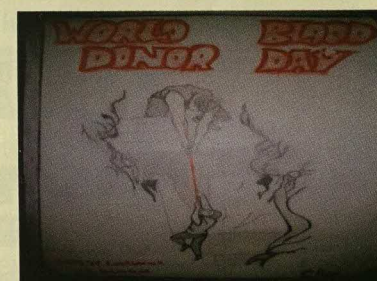
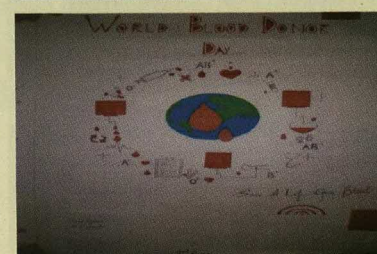
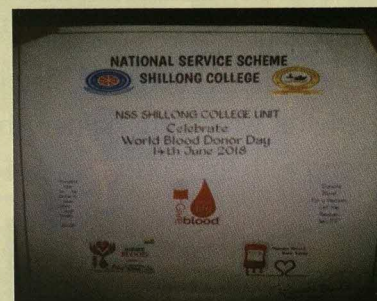
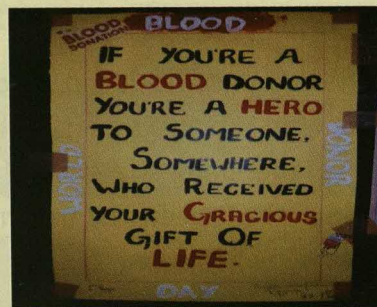
campus but extend their helping hand towards the increasing need of the society through the knowledge and skill that they have attained during their studies. He also expressed his happiness at the achievements of the NSS Unit of the college, and extended his best wishes to the NSS Unit of the college in its future endeavour. Earlier, Dr. K. D. Ramsiej, Principal of the College welcomed all students who had joined the NSS Unit of the College and urged upon them to work unitedly and reach out to the community in various capacities to answer to the needs of the society at large. About 370 students attended this Orientation programme.





## OBSERVATION OF WORLD BLOOD DONORS WEEK 2018

The NSS Unit, Shillong College observed the World Blood Donors Week from 11<sup>th</sup> to 16<sup>th</sup> June, 2018 by organising various competitions for the students and volunteers of the college on various events. The first event conducted was the Drawing Competition on the 11<sup>th</sup> June, 2018 from 2 p.m. onwards and about 50 volunteers took part where Ms. Bamonlang Rani (XI Arts), Ms. Pallavi Gohain (BA 3 Sem) and Mr. Barister Kharsohnoh (BSC 6 Sem) emerged as winners in the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize respectively in this category. The next event conducted was the Slogan Competition on the 12<sup>th</sup> June, 2018 from 2 p.m. onwards and about 30 volunteers took part with Mr. Samewanpaia Pyngrope (BA 1 Sem), Mr. Barister Kharsohnoh (BSC 6 Sem) and Madhushi Dhar Choudhury (XII Com) emerging as 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Prize winner respectively in this category. The Sketching Competition was conducted on the 13<sup>th</sup> June, 2018 from 2 p.m. onwards and about 24 students participated where Mr. Barister Kharsohnoh (BSC 6 Sem) and Mr. Pynskhembor Paswett (BA 3 Sem) were adjudged the 1<sup>st</sup> and 2<sup>nd</sup> prize winners respectively in this category. The last event conducted was the Poster Competition on the 15<sup>th</sup> June, 2018, where about 15 volunteers took part. Mr. Barister Kharsohnoh (BSC 6 Sem) was adjudged the only winner in this category. These events witnessed a very enthusiastic response by students and such competitions has helped creating awareness among the students in particular and the public at large about Blood Donation and its positive impact on the Blood Donor who voluntarily donated one's precious blood for saving one precious life considered to be the gift of life. Prizes were distributed to all the winners of various competitions at a small but impressive function held on the 16<sup>th</sup> June, 2018.



## OBSERVATION OF SWACHHTA PAKHWADA (FORTNIGHT)

The NSS Unit, Shillong College conducted a Cleaning Drive at Smit Market, which is the adopted village of the Unit on the 16<sup>th</sup> August, 2018. More than 110 volunteers took part in this Cleaning Drive Programme which was jointly supported by the Local Village Authority and Members of the Smit Taxi Owners and Drivers Association.





## INTERNATIONAL YOGA DAY 2018

The NSS Unit of Shillong College, observed the International Yoga Day on the 21<sup>st</sup> June, 2018 in the College Campus in collaboration with the NCC Unit and the Department of Physical Department of the College. The Programme started with a welcome address by Dr. B. P. Tripathi, ANO NCC Unit, Shillong College and a brief speech by the Principal, Dr. K. D. Ramsiej. Thereafter it was followed with Yoga exercises and demonstrations conducted by the Resource Persons Shri. Girdhari Mishra, Shri. Akash Gupta and Shri. Vikash Rathour of DSVV, Department of Yoga & Health, Haridwar, India (Gayatri Pariwar, Subcentre Barapathar, Shillong). Shri. Akash Gupta conducted different Yoga exercises and taught the students various forms of Yoga Exercises and Shri Girdhari Mishra explained to the students the various health benefits which are gained through regular Yoga exercises. 150 students took part in the programme along with the Principal, Vice Principal and some teachers.





## BLOOD DONATION CAMP 2018

The NSS Unit of Shillong College, once again conducted its regular Blood Donation Camp in the College Campus on the 21<sup>st</sup> August, 2018. The camp was held as part of its regular activities programme of the NSS which is conducted annually to generate awareness amongst youth on how blood donation can save a life and that there is an increase in number of donors which is a healthy trend. The Camp was conducted in collaboration with the NCC Unit of the college and the Regional Blood Bank, Pasteur Institute, Shillong. Large number of volunteers attended the camp and after thorough medical investigations, 34 units of blood could be collected from volunteers. The camp was also attended by many teachers and non-teaching staffs among others.



## REPORT OF NATIONAL INTEGRATION DAY, WORLD AIDS DAY AND INTERNATIONAL HUMAN RIGHTS DAY PROGRAMMES 2018

NSS Unit Shillong College Conducted Poster, Slogan and Essay Competitions to commemorate the National Integration Day on the 19<sup>th</sup> November, 2018, the World AIDS Day on the 1<sup>st</sup> December, 2018 and the International Human Rights Day on the 10<sup>th</sup> December, 2018. These programmes were conducted to create awareness amongst volunteers in particular and students of the college in general on the significance of these important days. More than 300 students and volunteers took part in all these competitions. Prizes were distributed to all the winners of different competitions. The winners in different categories in each competition are:

### POSTER COMPETITIONS

#### (Human Rights Day)

1<sup>st</sup> Prize- Mr. Pynskhembor Paswett

#### (National Integration Day)

1<sup>st</sup> Prize – Mr. Pynskhembor Paswett

### (World AIDS Day)

1<sup>st</sup> Prize – Paiabatlem Khyriemmujat:

2<sup>nd</sup> Prize – Midhushi Dhar Choudhury:

3<sup>rd</sup> Prize- Marbamonlang Rani

### SLOGAN COMPETITIONS

#### (Human Rights Day)

1<sup>st</sup> Prize- Mr. Samewanpaia Pyngrope:

2<sup>nd</sup> Prize – Mr. Pyndemlang Lyting:

3<sup>rd</sup> Prize – Mr. Pynskhembor Paswett

#### (National Integration Day)

1<sup>st</sup> Prize – Pyndemlang Lyting:

2<sup>nd</sup> Prize – Samewanpaia Pyngrope:

3<sup>rd</sup> Prize – Pynskhembor Paswett

#### (World AIDS Day)

1<sup>st</sup> Prize – Samewanpaia Pyngrope:

2<sup>nd</sup> Prize – Pyndemlang Lyting

### ESSAY COMPETITIONS

#### (Human Rights Day)

1<sup>st</sup> Prize – Midhushi Dhar Choudhury:

2<sup>nd</sup> Prize – Mr. Pyndemlang Lyting:

3<sup>rd</sup> Prize – Mr. Pynskhembor Paswett



# A Brief Report of the Research Innovation and Publication Cell, Shillong College

**R**esearch and Development are the catalyst for creativity and innovations. They play a crucial role in the context of Higher education which faces the challenges of globalization and competition in the present day. Since its inception the Research Innovation and Publication Cell had played a key role in encouraging more research and innovation through projects sponsored by the college since 2009 onwards. Major reasons for significance of constituting the Cell is attributable to the fact that proficiency in Research methodologies and method provides its learners an asset which is helpful in terms of all spheres of life be it teaching, market research, public opinion poll, communication studies, advertisement, book publishing, developmental projects administration, personnel management, clinical, occupational and educational psychology and a host of others.

There is currently a growing professional and commercial demand for graduates who have qualifications to carry out research. The reason for such a demand is related to the fact that the global spread of industrialism coupled technological revolution in the present day has vastly expanded the scope of Research.

## **The Aims and Objectives of the Research and Publication Cell are:**

1. To promote research activity of students and teachers.
2. To empower teachers and learners to acquire more knowledge.
3. To open opportunities to collaborative with institutions, organisation, corporates in and outside the country.
4. To encourage analytical, practical and observation skills in the young minds in the scientific research.
5. To introduce innovative mind in students in order to develop a learner-centric approach.
6. To develop and improve skills more than just acquiring knowledge.
7. To promote the spirit of scientific enquiry among teachers and students.
8. To create awareness about the various schemes and sponsorships provided by the State and Central Government agencies for major and minor research projects for teachers.
9. To encourage students to participate and present their findings in scientific gatherings such as seminars, workshop, exhibitions at the college level.
10. To facilitate learning outside the classroom through field work, study tour, projects among students.

The Cell comprises of the Convener and other members drawn from department of different streams: Arts, Science and Commerce and function under the supervision of the Principal. The College authority had decided to provide financial assistance to carry out projects whereby teachers' projects were sanctioned for Rs 5000/ and students projects were sanctioned for Rs 3000/for a duration of 6 months.

Recently the College Management has enhanced the total allocation for pursuing College Funded Minor Research Projects (MRP) by teaching staff from 2 lakhs to 4 lakhs per annum. Henceforth, a teacher can utilise a maximum of Rs 50,000 for one project. This has come into effect from April 2019.

All research projects recommended by Research Committee are submitted to the Principal through the Fund Allocation Committee for the release of grants.

**Evidence of Success:** Since its inception the cell has strived to create awareness and engaged



teachers and learners to undertake Research projects. Following are the list of number of projects undertaken and completed by the teachers and students.

- **List of number of College Minor Projects sponsored by the college from 2009 till date:**
- Teachers' Project(2009-2019)= 23
- Teachers' Student projects( 2009-2019)=23
- **List of number of Minor Research Projects sponsored by the UGC, NERO: (2009-18) = 13 completed**

**Publications:** Besides encouraging undertaking projects, faculty of the college too has published articles, proceedings volumes and edited books. Since 2009 the college has a no of publication with ISBN published from both national and regional publishing house. Till date a number of 18 publications has been published by the college.

**Beside these the Research Cell had also conducted talk on "Choice Based Credit System: Challenges and Prospects"** on the 13<sup>th</sup> August 2015 so as to enable all stakeholders in education system to get acquainted, and learn more of the new system keeping in mind the constraints that are faced by colleges of the State especially rural college where there is lack of manpower and infrastructure.

Interactive Program on **"Research and Innovation in Under Graduate Colleges"** on the 16<sup>th</sup> October 2016. Prof B. Myrboh, Pro Vice Chancellor, North Eastern Hill University was the Resource Person.

Research and publication Cellorganised a **Seven Day National Workshop on "Research Methodology"** on the 7<sup>th</sup> -13<sup>th</sup> June 2017 at Shillong College, Conference Hall, sponsored by ICSSR (NERC) NEHU, SCSTE & Chief Minister VAF Fund. Participants included faculty from rural colleges as well as faculty of the host institution. Renowned Resource persons from within the region and outside the State shared their inputs and expertise. During the Seven Day Workshop deliberations on the need and importance were discussed.

An Awareness Program on the **"Role of ICSSR in promoting Research and Publication"** was held on the 26<sup>th</sup> April 2019. Dr. C. J Thomas, Deputy Director ICSSR NERC NEHU was the Resource Person and he highlighted the importance of Research and Creativity in the various academic fields. He encouraged the participants/ faculty to take the opportunity of Research and informed that many organisations are extending their support and funding to Researchers especially in the field of Basic and Applied Sciences.

Another milestones of the college was the Publication of the **Interdisciplinary Journal "Echoes from the Hills"** with ISSN: 2581-5253 (print) released on the 24<sup>th</sup> July 2018.

"Echoes from The Hills" is a journal committed to showcasing and publishing innovative scholarly writings from established emerging academicians and professionals around the world with a hope to promote dialogue, reflections, enquiry, discussion, solutions and action, a result of a long and tireless effort on the part of a group of dedicated and committed editorial members along with the unstinted support and guidance of the management.

The second Issue has the sub-theme entitled **"Modern Environments: Emerging Trends."** It was released on the 20<sup>th</sup> December 2018 by our former Principal, Dr. K. D. Ramsiej in the presence of the President, Governing body, Prof B. Myrboh members of the Editorial Board and esteemed paper contributors. The college is working to publish the 3<sup>rd</sup> Edition of the journal with the sub theme entitled **"Sustainable Development – Possibilities and Challenges"**. This issue will attempt to critically analyse, examine issues, concepts, actions and possible solutions pertaining to sustainable development.

#### **On-going College Projects (2017-19):**

Project Title: "Folklore in translation"- Dr. S. Pandey, Department of Hindi Shillong College



Project Title: "Students Performance classification based on their usage statistic of Moodle" – Smt A. M. Mitri, Department of Computer Science and Application

Project Title: "Mushroom Poisoning : A Study on Knowledge, Attitude and Practice (KAP) in East Khasi Hills" – Dr Aroma Lyngdoh, Department of Botany, Shillong College

#### College projects completed (2017-19):

Project Title: "Elucidation on the characteristic features of an Ecotonal Area and the existence of various fauna along Laitkynsew and Nongwar villages, the border area between Meghalaya and Bangladesh"

Done by: Eugene Lyngkhai under the guidance of Dr. Lucy M. Jyrwa. Department of Zoology, Shillong College

#### Ongoing Projects:

#### Projects sponsored by the College:

Year	Teachers'	Student-Teachers'
2009-10	4	3
2010-11	2	-
2011-12	1	-
2012-13	1	-
2014-15	5	5
2015-16	6	6
2016-17	2	2
2017-18	2	2

#### Projects Sponsored by UGC, NERO:

Year	Science	Arts
2009-10	3	0
2014-16	4	1
2016-17	1	1
2017-18	0	0

#### Teachers with M.Phil. / Ph.D. in the last five years:

Year	Arts		Science		Commerce	
	M.Phil.	Ph.D.	M.Phil.	Ph.D.	M.Phil.	Ph.D.
2014 - 2019	2	2	2	8	1	1

#### Teachers who have cleared NET(UGC) since 2017:

##### 1. Department of Computer Science and Application

- Shri. N. Donald J Thabah
- Shri. Jutang P Swer
- Shri. Banteilang Mukhim
- Shri. Ransly Hujon

##### 2. Department of Political Science

- Smt. Rikel Tham

##### 3. Department of Botany

- Smt. M. W Marwein

#### Teachers awarded Ph.D degree since 2017:

##### Department of Sociology.

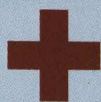
- Dr. (Mrs) Donna Diengdoh

CONVENOR Dr. S. KHYRIEMMUJAT  
JOINT CONVENOR: Dr. S. KHONGWIR  
JOINT CONVENOR: Dr. B. M. LALOO





IndianOil



**A Report on the Programmes  
Organised by  
YOUTH RED CROSS, SHILLONG COLLEGE  
during the year 2018  
sponsored by  
INDIAN OIL CORPORATION LIMITED**



### **A BRIEF REPORT ON THE INAUGURAL FUNCTION**

The inaugural function was held on 17<sup>th</sup> March, 2018 in which Ms. E. Kharshiing, Secretary of YRC, Shillong was the Chief Guest. The programme was also attended by the Principal, Dr. K.D.Ramsiej, Vice Principal Dr. M. Dey, Resource persons, YRC Counsellors, Teachers and students.

Chaired by Ms. K. Sohtun, the programme commenced with felicitation of the Chief Guest and was followed by a welcome address by Dr. K. D. Ramsiej, Principal Shillong College who welcomed Ms. E. Kharshiing, Dr. M. Dey, Members of YRC, students for attending the programme. As the head of the College, he expressed his willingness to support the YRC in their endeavour and thereby extend help to the society.

He said that Women's health is very important as women play a very important role in the society. He is of the opinion that health and medication awareness is very important especially in our society who still subscribe to traditional belief/ conventional practice. He encouraged boy's students to attend the said programme and take

care of the women members of the family. Further, he emphasized on the importance of disaster management and the need for preparedness in times of disaster and therefore, stressed on the need of first Aid Training.

The welcome address was followed by the pledge taking ceremony which was conducted by Shri. L. Khongiang, YRC Counsellor for the newly recruited members of YRC.

The Chief Guest of the Programme, Ms. D. E. Kharshiing in her address highlighted the aims and objectives of the Red Cross Society. One of the objectives that she mentioned is to promote health. She congratulated the Youth Red Cross and Principal of Shillong College for taking this initiative to create awareness on importance of good health to society and humanity as a whole. According to her, Women's health is often a neglected issue considering the fact that women play an important role in the family and the society as a whole. She also was of the opinion that disaster management is so important that youth should be trained and



made aware of so that in times of need, they can actively volunteered for a good cause. Through the various programmes that the unit will conduct, she believed that it will benefit the youth and the Society at large.

The programme ended with a vote of thanks from the Convener of YRC, Shillong College Unit, Mr.B.Nongbri who thanked the Principal for his support and encouragement, the Vice Principal for giving an idea for holding the said programme, Ms. D. E. Kharshing for being very friendly and kind to grace the occasion as the Chief Guest, the Resource person Mrs. D. Syiem, Teachers, Student members of YRC, students. He also expressed his gratitude, on behalf of the YRC, to the Indian Oil Corporation for sponsoring the whole programme and providing stretcher and first Aid Kit for YRC, Shillong College Unit.



Youth Red Cross student member taking their pledge



Stretcher provided by Indian Oil Corporation to YRC, Shillong College Unit



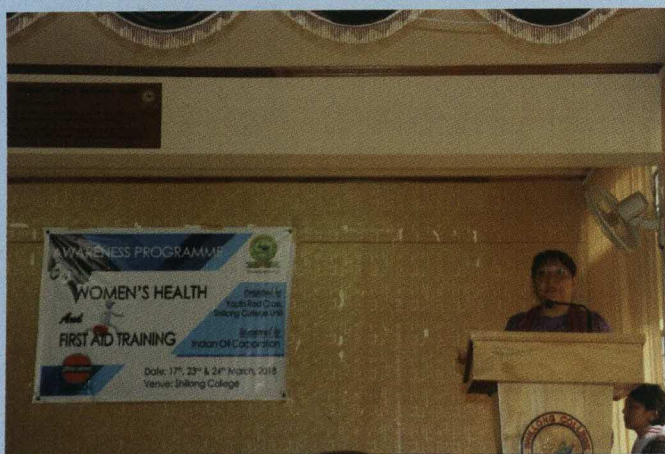
Dr. K. D. Ramsiej delivering the welcome address during the Inaugural programme



Participants of the Inaugural function on programmes of YRC, Shillong College sponsored by Indian Oil Corporation

### A Report on Awareness Programme on Women's Health

The Awareness Programme on Women's Health was held on 17<sup>th</sup> March, 2018 in the College Conference Hall. Youth Red Cross, Shillong College Unit programme officers, student members as well as other degree students of different departments attended the programme. The resource person for the first session was Ms. D. Syiem, Social Worker, North-East Network, Shillong. At the outset of her lecture, she voiced her appreciation for the male students who attended the programme who attended the programme inspite of the fact that it



Ms D. E. Kharshiing, chief guest of the Inaugural programme delivering her speech



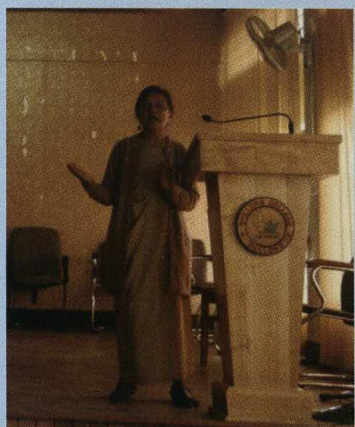
is a programme more relevant to women only. Ms Syiem gave a lecture on women's health from a Social perspective. She began by telling about the first conference where issues on women's health was first discussed and that was in Beijing. After which, many countries signed a pledge to address and improve women's health. She talked about the social and physical differences between men and women. Despite the fact that women have to endure more hardships than men they have little time to care for themselves and hence tends to neglect their health care which resulted in their poor health. She discussed in detailed the different factors affecting women's health. Living in a pollution/unclean environment, overburden with household chores, improper clothing, addicted husband and domestic violence, having too many children, lack of proper nutrition, financial difficulties, landlessness and early marriage are some of the factors that can adversely affect the health of women. She cited an example by comparing a healthy tree to

a healthy woman. Just as a healthy tree benefits other living organism and the environment, so do a healthy woman, she contributes to her family and society. She also discussed about factors that are important for good health in women. She concluded her lecture by emphasizing the need to address the social differences in women and encourage the students to help their female family members and friends to enable them to have good health.

Dr. C. Khongwar, one of the top gynaecologist in the state was the resource person for the second session of the awareness programme on Women's Health. She began by arousing the attention of the students by showing a short video on Sexually Transmitted Disease. She was of the opinion that such talk on Women's Health is very important in our society and country as a whole since 49% of India's population comprises of women. She also stressed on Problems in women's health which includes the following:-

1. Physical health - Women face a lot of difficulties when it comes to physical health due to poor nutrition which further affects their sexual and reproductive health. So a balance diet is very important for them in order to maintain physical health.
2. Mental health – Women are being affected mentally and emotionally by weird perception of people and hence she advised young women to learn to accept themselves and not to judge others.

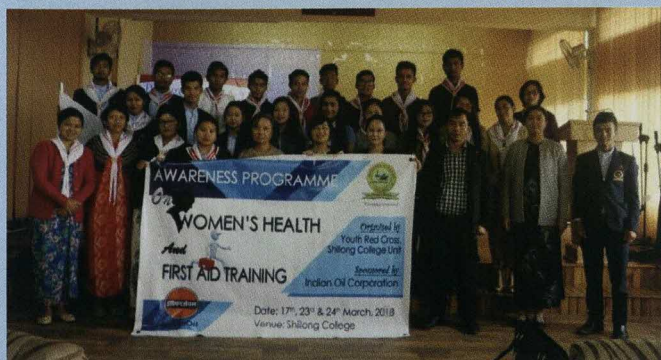
She also delivered a speech on problems arising from early sexual contact which includes teenage pregnancy, STD, cervical cancer, infertility, psychological problem like depression, anxiety. In her conclusion, she insist the students and teachers to take such issues seriously and not to feel that such topics are taboos instead these can be freely talked and discussed for the benefit of young people.



Mrs D. Syiem during her presentation



Dr C Khongwar during her lecture on women's health



Members of YRC, Shillong College Unit and Resource persons of the Awareness programme on Women's Health



## A Report on the First Aid Training programme Programme

A two day First Aid Training programme was organised by Youth Red Cross, Shillong College Unit on 23<sup>rd</sup>-24<sup>th</sup> March, 2018. Mr. P. H. Khongsngi, Deputy Controller, Civil Defence Shillong was the main Resource Person during the the programme. Trainers from the Directorate of Home Guards and Civil Defence, Govt. Of Meghalaya were the resource persons for the said programme.

On the first day of the programme, Mr. W. Nongtlang, Senior Instructor, Civil Defence Shillong instructed the students participants the various techniques that are important during search and rescue operation in the event of any disaster. He also taught the different first aid techniques that first aider should use in case of any accidents or emergencies. The followings are some the techniques shown:-

1. Rope technique like thumb knot, reef knot, multi-thumb knot, chair knot, clove hitch, bow line, draw hitch and many more.
2. Bandage technique which are triangular bandage, open bandage, narrow bandage, head bandage, jaw bandage, elbow bandage, shoulder bandage, chest bandage, hand bandage thigh bandage.



Principal delivering a speech during the first Aid Training Programme

Practical session during the training program



Shri P. Nongtlang, Head Trainer, Department of Home Gaurds and Civil Defense



Student being taught how to perform CPR



On the second day of the training, the resource persons demonstrated on how to handle with victims in case of accidents or calamities. Firstly they trained the students on how handle with a victim who can talk and explain his injury and how to give them first aid and take them to the hospital. They showed how to make human crutch like human cradle for light victim, two handed seat, three handed seat, four handed seat, and chair lift. Secondly they displayed various techniques to carry victims who are unconscious and how to make a stretcher with blanket or sack and two

bamboo poles. The students were also shown how to perform Cardio Pulmonary Resuscitation.



Smt. S. R. J. Khongwar delivering the vote of thanks



Participants and resource persons of the First Aid Training Programme

### **A Report on the First Aid Training Programme held on 17<sup>th</sup> December, 2018**

The programme was chaired by Smti. Kareen Kharsohtun, Counsellor YRC and commenced with a welcome speech by the Convener of Youth Red Cross, Shillong College Unit, Shri B. Nongbri who welcomed Dr. M. Dey, Vice Principal, Shillong College, Shri. P. H. Khongsngi Deputy Controller, Civil Defence and Home Guard, other instructors, the counsellors of YRC as well as all participants present during the Training.

This was followed by a speech by Dr. M. Dey, Vice Principal who lauded the efforts of the YRC, Shillong College Unit for organising the programme. According to him, the training is important and would no doubt benefit the student and society at





large in the long run in case of occurrence of any such disaster..

Thereafter, Shri. P. H. Khongsngi, Deputy Controller, Civil Defence and Home Guard took over as the Resource Person who at the very outset expressed his happiness as many students voluntarily attended the programme. He started the training by enlightening the gathering about the true purpose of a volunteer. According to him, a volunteer is the one who volunteer to work for a cause without expecting any return or reward. He talked about various aspects of being a YRC volunteer and the need for a well trained volunteer.

He also stated that Civil Defence and Home Guard in its endeavour to save life, minimise damage due to any cause whatsoever, requires volunteers. Therefore he encouraged the participants to register with Civil Defence and Home Guard. Full training will be given to those interested and a certificate will be awarded.

This was followed by a hand-on training on first aid techniques by the instructors from the Directorate of Civil Defence and Home Guard. Rope technique like thumb knot, reef knot, multi-thumb knot, chair knot, clove hitch, bow line, draw hitch

and many more as well as bandage techniques like triangular bandage, open bandage, narrow bandage, head bandage, jaw bandage, elbow bandage, shoulder bandage, chest bandage, hand bandage thigh bandage were being taught during the training.

At the conclusion of the training programme, Dr. K. D. Ramsiej, Principal, Shillong College gave a speech. Dr. Ramsiej briefly address the gathering on the need to offer our service for humanity, and in order to be able to render help to people in times of need we need to be well trained. He expressed his happiness and congratulated the YRC, Shillong College Unit for organising such a programme as it will equipped the youth with the skills needed to assist people in times of need.

The Programme ended with a vote of thanks by Smti. K. Kharsohtun, Counsellor YRC.

The students were very much benefited from the various programmes conducted by YRC, Shillong College Unit. The Unit thankfully acknowledge the financial support rendered by the Indian Oil Corporation, without whose support these programme would not possible.





## Attendance of Participants On 23<sup>rd</sup> March 2018:

First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 23<sup>rd</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	MILINDRA NAYAN	BA 2 <sup>nd</sup> Sem	818962785	
2	Nicky Jose Lynch	"	764185606	
3	Bhargya Marpa	"	819161671	
4	Flora Gyering	"	8230588	
5	C. Richardson Karmay	"		
6	Anup Das	"		
7	Tomrinha Dingson	"	764132347	
8	Gwendolyn Sun	"	708325585	
9	Jaini Laloo	"	879446584	
10	Brendan Maxwell Mckinney	"	7658445612	
11	BANLAKSHI LALOO HOT	"	862620377	
12	LAS CRISTINA THAKUR	"	708305958	
13	Dikranbajrat Datta	"	7678394309	

First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 23<sup>rd</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	KESHAVBOLANG KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
2	MELAKI KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
3	FORBENSTAR MARBON	BA 2 <sup>nd</sup> Sem	819581792	
4	DAVID JODINE KONGMONG	BA 2 <sup>nd</sup> Sem	819581792	
5	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
6	NEELASHWARI ALVA	BA 2 <sup>nd</sup> Sem	819581792	
7	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
8	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
9	KONKONKON KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
10	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
11	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
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19	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
20	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	

First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 23<sup>rd</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	BETANDER STEPHEN	BA 2 <sup>nd</sup> Sem	819581792	
2	ABHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
3	JOHN FICHEL KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
4	ROBINSON SHANTON	BA 2 <sup>nd</sup> Sem	819581792	
5	Angeline Hone Seng	BA 2 <sup>nd</sup> Sem	819581792	
6	EDLBERT SYDEM	BA 2 <sup>nd</sup> Sem	819581792	

First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 23<sup>rd</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	JOSELYN DABHAI	BA 4 <sup>th</sup> Sem	916666300	
2	ABHILASH DABHAI	BA 4 <sup>th</sup> Sem	916666300	
3	ABHILASH KHAMRUI	BA 4 <sup>th</sup> Sem	916666300	
4	VENI MALANGI	BA 4 <sup>th</sup> Sem	916666300	
5	SHIVANSHU LALOO	BA 4 <sup>th</sup> Sem	916666300	
6	DARSHAN KHAMRUI	BA 4 <sup>th</sup> Sem	916666300	
7	SHIVANSHU LALOO	BA 4 <sup>th</sup> Sem	916666300	
8	SHIVANSHU LALOO	BA 4 <sup>th</sup> Sem	916666300	
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15	SHIVANSHU LALOO	BA 4 <sup>th</sup> Sem	916666300	
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17	SHIVANSHU LALOO	BA 4 <sup>th</sup> Sem	916666300	
18	SHIVANSHU LALOO	BA 4 <sup>th</sup> Sem	916666300	
19	SHIVANSHU LALOO	BA 4 <sup>th</sup> Sem	916666300	
20	SHIVANSHU LALOO	BA 4 <sup>th</sup> Sem	916666300	

First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 23<sup>rd</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	Tanishk Singh Phom	BA 2 <sup>nd</sup> Sem	819581792	
2	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
3	TANISHK SINGH	BA 2 <sup>nd</sup> Sem	819581792	
4	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
5	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
6	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
7	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
8	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
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18	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
19	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
20	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	

## Attendance of Participants On 24<sup>th</sup> March 2018:

First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 24<sup>th</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	ALIYUS DIENGDOH	BA 2 <sup>nd</sup> Sem	819581792	
2	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
3	MARSHALL DHR	BA 2 <sup>nd</sup> Sem	819581792	
4	YETORIS THOMAS	BA 2 <sup>nd</sup> Sem	819581792	
5	DIOGOS SUCURING	BA 2 <sup>nd</sup> Sem	819581792	
6	PANDEY & KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
7	ANAND KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
8	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
9	PANDEY KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
10	LAS CRISTINA THAKUR	BA 2 <sup>nd</sup> Sem	819581792	
11	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
12	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
13	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	
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15	SHIVANSHU LALOO	BA 2 <sup>nd</sup> Sem	819581792	

First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 24<sup>th</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
2	PANDEY KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
3	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
4	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
5	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
6	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
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19	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
20	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	

First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 24<sup>th</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	JAINI LALOO	BA 2 <sup>nd</sup> Sem	819581792	
2	BANLAKSHI LALOO	BA 2 <sup>nd</sup> Sem	819581792	
3	BANLAKSHI LALOO	BA 2 <sup>nd</sup> Sem	819581792	
4	BANLAKSHI LALOO	BA 2 <sup>nd</sup> Sem	819581792	
5	BANLAKSHI LALOO	BA 2 <sup>nd</sup> Sem	819581792	
6	BANLAKSHI LALOO	BA 2 <sup>nd</sup> Sem	819581792	
7	BANLAKSHI LALOO	BA 2 <sup>nd</sup> Sem	819581792	
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20	BANLAKSHI LALOO	BA 2 <sup>nd</sup> Sem	819581792	

First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 24<sup>th</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	DELI DA DIENGDOH	BA 2 <sup>nd</sup> Sem	819581792	
2	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
3	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
4	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
5	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
6	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
7	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
8	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
9	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
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20	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	

First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 24<sup>th</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	REISHAN KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
2	JOHN JAINI	BA 2 <sup>nd</sup> Sem	819581792	
3	GINMONAL HAKIP	BA 2 <sup>nd</sup> Sem	819581792	
4	SHAHNISH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
5	SHAHNISH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
6	SHAHNISH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
7	SHAHNISH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
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9	SHAHNISH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
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First Aid Training Programme organized by Youth Red Cross, Shillong College Unit Shillong  
College and sponsored by Indian Oil Corporation held on 24<sup>th</sup> March, 2018

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
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3	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
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6	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	
7	KHILASH KHAMRUI	BA 2 <sup>nd</sup> Sem	819581792	



## Attendance of Participants On 17<sup>th</sup> Dec 2018:

First Aid Training Programme Organized By The YRC-Shillong College  
The IOC Limited Sponsored

Participants Attendance: 17<sup>th</sup> Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1	ARUNDA SUTERANG	BSc 2 <sup>nd</sup>	[Signature]
2	MAJUMDAR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
3	MEHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
4	SEANTI LAKSHYAN	BSc 2 <sup>nd</sup>	[Signature]
5	DAFENKOR CHANUATA	BSc 2 <sup>nd</sup>	[Signature]
6	BETHELDA TERON	BSc 2 <sup>nd</sup>	[Signature]
7	JONKOR LAURENCIA MARON	BSc 2 <sup>nd</sup>	[Signature]
8	NATKOR CHITHA CH. GONGHA	BSc 2 <sup>nd</sup>	[Signature]
9	BRADKOR WAHLANG	BSc 2 <sup>nd</sup>	[Signature]
10	MAHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
11	DIKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
12	DIKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
13	DIKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
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24	DIKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
25	DIKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]

First Aid Training Programme Organized By The YRC-Shillong College  
The IOC Limited Sponsored

Participants Attendance: 17<sup>th</sup> Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1	ADOLIN KHONGNOM	BSc 2 <sup>nd</sup>	[Signature]
2	NURKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
3	HELKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]

Participants Attendance: 17<sup>th</sup> Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1	JALAMSHAMIKI LAPASAM	BSc 2 <sup>nd</sup>	[Signature]
2	SHAMMIKI LAKSHYAN	BSc 2 <sup>nd</sup>	[Signature]
3	CHITKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
4	KOROKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
5	YODKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
6	MAHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
7	FRANKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
8	THOROKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
9	BAKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
10	CHOROKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
11	THOROKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
12	MAHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
13	SHOROKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
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19	MAHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
20	THOROKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]

Participants Attendance: 17<sup>th</sup> Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1	NURKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
2	DEKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
3	MAHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
4	THOROKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
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First Aid Training Programme Organized By The YRC-Shillong College  
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Participants Attendance: 17<sup>th</sup> Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1	SURKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
2	MAHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
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20	MAHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]

Participants Attendance: 17<sup>th</sup> Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1	MAHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
2	THOROKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
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20	THOROKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]

Participants Attendance: 17<sup>th</sup> Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1	ALBERT SYEMTONG	BSc 2 <sup>nd</sup>	[Signature]
2	MAHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
3	THOROKOR NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]
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20	MAHARUN NONGTHAM	BSc 2 <sup>nd</sup>	[Signature]

## STATEMENT OF EXPENDITURE INCURRED DURING THE VARIOUS PROGRAMMES

### 1. INAUGURAL FUNCTION AND AWARENESS PROGRAMME ON WOMEN'S HEALTH (17/3/2018)

SL. NO.	PARTICULARS	VOUCHER NO.	DATE	AMOUNT (IN RUPEES)
1	Banner	1	17/3/18	1,275
2	Equipments (First Aid Box)	2	16/3/18	12,148
3	Stationery	3	16/3/18	3,040
4	Refreshments for students (Snacks)	4	17/3/18	10,400
5	Refreshments for students (Tea)	5	17/3/18	1,200
6	Bouquet	6	17/3/18	450
7	Miscellaneous (Courier)	7	13/3/18	60
8	Documentation	8	17/3/18	1,000
9	Photography	9	17/18	1,000
10	Honorarium for Resource person 1	10	17/3/18	3,000
11	Honorarium for Resource person 2	11	17/3/18	3,000
12	Refreshments for guests and Teachers (Lunch + Tea+ bottled water)	12	17/3/18	2,040
13	Total			38,613

In words: THIRTY EIGHT THOUSAND SIX HUNDRED AND THIRTEEN only



## 2. STATEMENT OF EXPENDITURE FOR FIRST AID TRAINING PROGRAMME (23-24 MARCH, 2018)

SL. NO.	PARTICULARS	VOUCHER NO.	DATE	AMOUNT (IN RUPEES)
1	Honorarium for Resource person Day 1 & Day 2	13-22	23/3/2018 & 24/3/2018	40,000
2	Tea and snacks	23	24/3/2018	1,520
3	Miscellaneous (Chairs, carpet renting)	24	24/3/2018	3,200
4	Refreshments Day 1	25	23/3/2018	22,000
5	Mineral water	26	23/3/2018	150
6	Certificates	27	24/3/2018	6,650
7	Refreshments Day 1	28	24/3/2018	22,000
8	Mineral water	29	24/3/2018	150
9	Miscellaneous (Cartridge)	30	31/3/2018	1,060
	Total			96,730

In Words: NINETY SIX THOUSAND SEVEN HUNDRED THIRTY only

### TOTAL EXPENDITURE FOR THE TWO PROGRAMMES

SL. NO.	Dates	AMOUNT (IN RUPEES)
1	17.03.2018	38,613
2	23 & 24.03.2018	96,730
3	Total	1,35,343

In Words: ONE LAKH THIRTY FIVE THOUSAND THREE HUNDRED AND FORTY THREE only

## 3. STATEMENT OF EXPENDITURE FOR FIRST AID TRAINING PROGRAMME (17 DECEMBER, 2018)

SL. NO.	PARTICULARS	VOUCHER NO.	DATE	AMOUNT (IN RUPEES)
1	Photo Printing	1	04/1/2019	1050
2	Refreshments	2	17/12/'18	20920
3	Chairs & carpets	3	17/12/'18	2100
4	Flex & certificates	4	15/12/'18	5280
5	Tea & Snacks	5	17/12/'18	1500
6	Honorarium for Resource persons & Volunteer	6 & 7	17/12/'18	21500
7	Camera Man	8	17/12/'18	6500
9	Video Editing	9	05/01/'19	25000
8	Xerox, Printing&Binding	10	12/01/'19	1200
	Total			85050

In Words: Eightyfive Thousand and fifty only

Amount Received from I.O.C: Rs. 214,000/- (Two Lakhs fourteen thousand only)

Amount Spent: Rs. 220393 ( Two Lakhs twenty thousand three hundred Ninety three )

Declaration - To the best of my knowledge , The above information are correct

Convener : YRC Shillong College, Shillong



# Brief Report on Programmes and Activities of the Information Career and Guidance Cell (ICGC) of Shillong College for the academic year 2018-2019

I. Orientation Programme for the Class-XI (Arts, Commerce & Science) students of Shillong College.

As usual before the start of the regular academic session (2018-2019), the College Management, Higher Secondary Teachers and ICGC jointly organized an Orientation Programme on the 4<sup>th</sup> of June, 2018 at the Indoor Sports Infrastructure of the college for all the students of Class-XI who have enrolled in Arts, Commerce and Science stream for the academic session 2018-19. Dr. K. D. Ramsiej welcomed all the students and the parents to the Orientation Programme, 2018 and he also narrated on how the college has provided him an education from being a student to becoming a teacher and finally to being a Principal of the college. The Principal informed the students on different Rules and Regulations where each and every student has to abide with them and to always co-operate with the College Management, Teachers and fellow students. In this OP, Dr. Jasmine Lyngdoh, Counsellor of Nazareth Hospital, Shillong was invited to address the students on key issues related with the students' behavior and actions. In her speech, she stressed on the need of the Sincerity, Simplicity and Punctuality towards building up to be a valued citizen of the society. As a Counsellor, she also informed the students that there were many students of this generation that were involved in drugs and other intoxicants that led them to a destructive life and a wasteful life without future. So, she advised all the students to avoid themselves

from all those habits that will make their life regrettable and meaningless. To end the OP, Shri L. Pathaw, Principal HSS, Shillong College thanked all the students and parents who have attended the Orientation Programme and also those who have contributed to make the Orientation Programme a grand success. He winded up his formal vote of thanks by requesting all the students to make the college a place of knowledge and wisdom.

II. Orientation Programme for the degree 1<sup>st</sup> Semester students of Shillong College.

This OP was organized to welcome all the Degree 1<sup>st</sup> Semester students who have enrolled themselves in Arts, Science, Commerce streams and Professional Courses (BBA & BCA) in Shillong College with effect from 2018 onwards. The aim and objectives of this OP is to inform the students on Rules and Regulations of the Institution both for Academic as well as the Extra-curricular activities.

(Photo : A Ariel view of the Orientation Programme of Class-XI students, 2018)





As it has been done in the past, this year too, the OP for 1<sup>st</sup> semester Degree Students was held on 15<sup>th</sup> June, 2018 in the College premises. This year OP was spilt up into three categories, namely:

**Category 1: All Commerce & Professional courses students (Conference Hall).**

**Category 2: All Arts students (Basketball Court).**

**Category 3: All Science students (Room 2).**

In this Orientation Programme, three alumnus of the college was invited to address the new comers with a **Motivational Talk** and they are (1) **Dr. R.Syngkon**, Assistant Professor in Economics, NEHU for Category 1 (2) **Shri R. G. Lyngdoh**, former Home Minister, Government of Meghalaya for Category 2 (3) **Shri F. Lamare**, Assistant Professor in Zoology, St.Anthony's College, Shillong for Category 3.

In category 1, the programme began with a welcome speech from Mr. K. D. Roy, Vice Principal, Professional courses and Head of Department of Commerce Department, where he felicitated Dr. R. Syngkon, the Chief guest with a Bouquet shawl and informed the new comers about the Rules & Regulations of the college, Course Structure, the expectations from the students with respect to the attendance and Internal Assessment. In his Motivational Speech, the Chief Guest stressed on the importance of education for building careers in future and narrated how as a student, the main focus should be on studies and getting good results.. Being an alumnus of the college, he informed about how Shillong College has produce many educated youth in various fields. He stressed on the students to have less fun and not lose sight of their studies. He ended his speech with a quote that "Hard work and quality time spent in studying is the key to success, and always be humble". The programme winded up with a vote of thanks from Dr. S. Sarma, Associate Professor, Commerce Department, Shillong College.

Firstly, Dr. K. D. Ramsiej, Principal of the college warmly welcomed the Shri. R. G. Lyngdoh an Alumnus of the college as the chief guest and felicitated him with a Bouquet and also welcomed all the students who have enrolled themselves in B.A 1<sup>st</sup> Semester, 2018 (Category 2). In his speech, apart from the usual information on different Rules & Regulations of the college, he highlighted the importance of hard work, discipline and fear of God in order to be successful in life. He also informed the students on various facilities, grants and scholarships that they can avail from and through the college. The students were also clearly informed on changes in the syllabus by NEHU in the subject combinations. In his concluding section of the speech, Principal called upon all the students to do well and bestowed his blessings with best wishes.

Shri R.G.Lyngdoh in his motivational speech, he expressed his gratitude to the principal of Shillong College and the ICGC for the opportunity to speak to the students. He reminisced on his student days in Shillong College which so many fond and cherished memories for him. Sharing his various experiences as a student, he recounted several instances where he had encountered as a student of shillong college, through which had helped him to gain much insight and understanding about life. While motivating all the students to work hard, he impressed upon them the value and freedom of being independent where they could be able to stand on their own feet and make their own decisions in life. According to his observation, he has seen the girls performing well and out-ranking the boys in many areas and disciplines. For this he applauded the girls for their hard work and at the same time he encouraged the boys to wake up from their complacency and to sincerely work hard and strive for excellence. Students were greatly inspired and motivated by his speech for taking up challenges in life in honest way and never be complacent nor to settle for mediocrity but to



aspire for greater heights in studies and in every aspects of life. Dr. R. Dkhar, Associate Professor in Education, proposed the vote of thanks to end the Orientation Programme.

In the last category, Dr. Malay. Dey, Vice Principal, welcomed the chief guest, Shri. F. Lamare an alumnus of the college and all the 1<sup>st</sup> semester B.Sc students to the Shillong College family. Vice Principal in his speech, he informed the students about the Rules & Regulations of the college in detail and the various facilities (scholastic & non-scholastic) that the college can provide. He deliberately highlighted the need of sincerity and discipline for attaining a bright future and request all the new comers to co-operate with the college management. He also informed the students about the progress of the college in the last six decades both in academic performance and in extracurricular activities. He ended his speech with a best wishes that may God bless all the newly joined students of the college.

Shri. F. Lamare in his motivational speech, he thank the college management and the ICGC for inviting him to this OP and he recalled those days when he was a student of shillong college and more importantly about how the college has shaped him to be at his present position in spite of all odds that he face during his studentship in the college. He emphasized on the need of hard work, Sincerity, dedication and humility for achieving great success in life and to be a valuable citizen of the country. In his speech, he narrated on how the college has transformed itself from being a mediocre college to a grade 'A' college. In addition to this, he told the audience of the OP that Shillong College has really meant the right college to him. To end his speech, he requests all the new comers to strike for excellence in their studies in particular and in life too in general. In order to thank all the students and teachers who have involved directly or indirectly to make this OP a success, Shri S.Kharchandy,

Convener ICGC, proposed a formal vote of thanks on behalf of the college and the ICGC.

At the end of all the OPs, the Shillong College Students' Union (SCSU) Volunteers distributed the College Diary and Leaflets on Anti- Ragging to all the newly joined students (All degree 1<sup>st</sup> Semester).

### **III. Awareness programme on Educational Opportunity for all the 6<sup>th</sup> Semester students of Shillong College on Young India Fellowship (YIF) Programme offered by Ashoka University, Haryana, India organized by ICGC, Shillong College on the 22<sup>nd</sup> March, 2019 in College Conference Hall.**

The programme started with an introduction of the speaker by Ms. B. Wanswett, member ICGC. The speaker, Ms. Anuja Sinha Chowdhury, is the Assistant Manager, Outreach Team of Ashoka University. She started her talk by telling the students about Ashoka University and the Young India Fellowship (YIF) Programme which is offering a one year course on Liberal Arts. While explaining the meaning of liberal arts as a new concept which is very popular especially in the US, she also mentioned that it is a one year programme which is multi-disciplinary, hence students from any subject area or background may apply.

According to Ms. Anuja, this course would be a great opportunity to the Final semester Under-Graduate students who are interested in going for further studies. This course, she said, would open their minds and broaden their outlook since they would be exposed to various practical learning experiences such as the Experiential Learning Module and would even be mentored by various inspiring Guest Lecturers. Ms. Anuja clearly explained the admission procedure which would be mostly on on-line basis. She concluded her talk by calling upon the students to seriously think about this course which would really help them in their career path.

The programme ended with a vote of thanks



form Shri. S. Kharchandy, Convener of ICGC. In his vote of thanks, he also spoke a few words of encouragement to the students to come forward if they are interested in the course. He also expressed the desire of the ICGC as a cell to help students in their queries regarding educational and vocational

courses.

#### **IV. Participation of the students of the college in Different Programmes:**

Five (05) students from 6<sup>th</sup> semester(Mathematics Honours) has been recruited as the Resource Persons of the Free Crash Course Tuition on Mathematics for SSLC candidates, 2019 at different Block Headquarters of Meghalaya conducted by State Council of Science and Technology (SCSTE), Shillong, Government of Meghalaya with effect from 7<sup>th</sup> January till 8<sup>th</sup> February, 2019.

Degree students of Computer Science department (BSc Computer Science and BCA) participated in the **North East Innovators Meet and Technology Innovation Entrepreneurship (TIE) Expo, 2019** at NEHU Convocation Hall, Shillong organized by State Council of Science and Technology (SCSTE), Shillong, Government of Meghalaya on the 28<sup>th</sup> February and 1<sup>st</sup> March, 2019.

**Shri. S. KHARCHANDY**  
Convener, ICGC



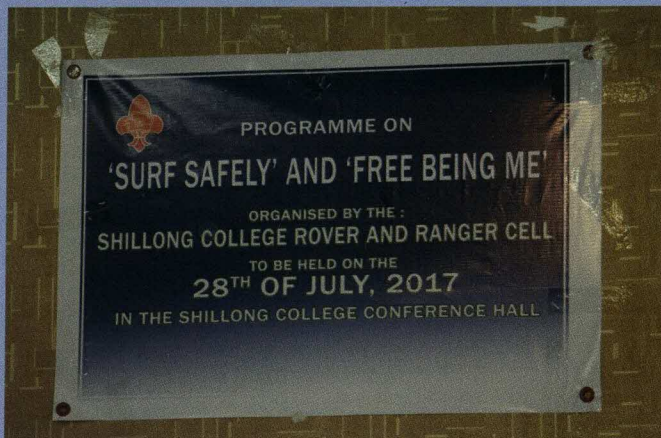
Miss Anuja S. Chowdhury, Ashoka University delivering her speech on YIF programme.



A section of Final semesters students in the YIF programme of Ashoka University.



# REPORT ON THE ACTIVITIES OF THE SHILLONG COLLEGE ROVER AND RANGER TEAM.



Ms D.L Kharmon compering the programme.

It was indeed a great joy to have more boys and girls joining the movement. 12 Rovers and 15 Rangers were recruited into the organisation. Mr. B. Myrthong, Scout Organisation Commissioner for Scouts and Ms. C. Nongkseh, Organising Commissioner for guides conducted the Investiture Ceremony.



Chief Guest Davis  
N. Marak IPS  
Superintendent of Police



Rovers and Rangers presenting their song.

On the 28<sup>th</sup> July 2017, the cell organized a one day programme entitled " Surf Safely" and "Free Being Me" in the Conference Hall of the college where Shri Davis Marak, IPS Superintendent of Police was the Chief Guest. Speaking on the occasion , the Chief Guest, Mr. Davis N. Marak , said that people lack awareness on the safe use of the internet. He urged the audience to take precautions while surfing the internet on their electronic devices. The Principal of the College, Dr. K. D. Ramsiej, Vice Principal Dr. M. Dey,



Group photo of all the participants



Teachers of the cell



Ms K.Nengnong delivering the  
welcome speech.



faculty members and students attended the programme. Scouts and Guides from St.Marys Higher Secondary School, Holy Child School, St.Anthonys High School, Open Rover and Ranger Team, Boscorean Rovers and other students from various schools and colleges actively participated in the programme. Mrs. A. Swer, Secretary Meghalaya Bharat Scouts and Guides also spoke on the occasion. Other Guide Captains, Scout Masters, Commissioners and other dignitaries were also present.

It was a proud moment for the team in particular and the college as a whole when three rovers of the college namely Ralfie. K. Nongneng of B.Com ; Kebinson Thogni of BBA and Dafflyne. I. Dkhar were selected to participate in the International Camp- "Asia Pacific Regional Scout Education Forum" 9<sup>th</sup> to 12<sup>th</sup> December 2017 in Bangladesh. The Rovers shared their memorable experiences with all of us and the workshop which they actively participated benefitted them immensely.

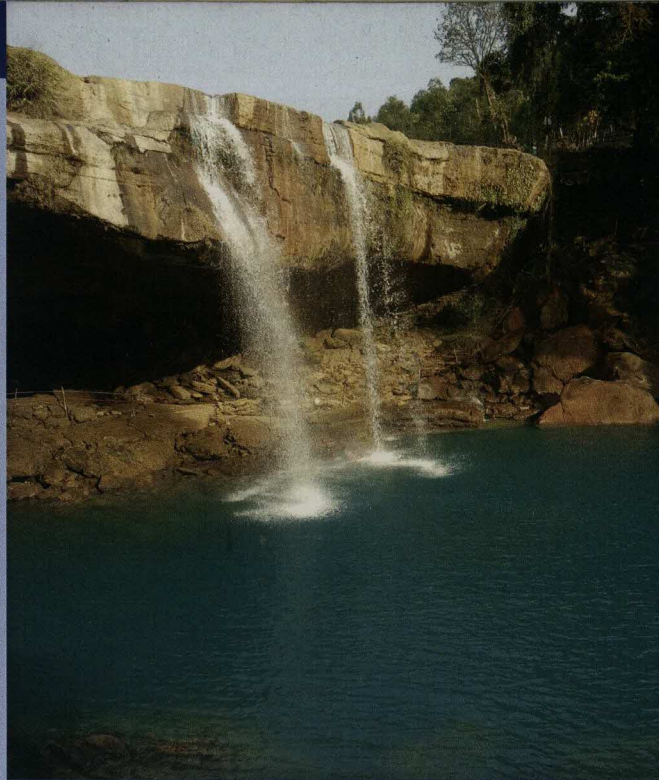


Participation of Rovers in the Asia Pacific Regional Scouts Forum Bangladesh



Participation of three Rovers of the College in the International Camp held in Bangladesh

Ralfie Nongneng B.com, Kevinson Thongni and Dafflyne Dkhar BBA



10th January 2018- Trip to Krang Suri

Study tour to Krangsuri

On the 10<sup>th</sup> of January, the Shillong College Rangers and Rovers team had an adventure trip to Krangsuri. Outdoor educational sessions was imparted to the students on the importance of environmental protection and preservation.

On the 22<sup>nd</sup> February 2018, "Thinking Day Programme" was held at the State Headquarters where some Rangers and Rovers of the unit participated. This day marked the birthday of Lord and Lady Baden Powell, a day where we remember those who suffer because of poverty, civil strife, natural disasters, ethnic violence etc. All faiths prayer was held in which we solemnly participated.





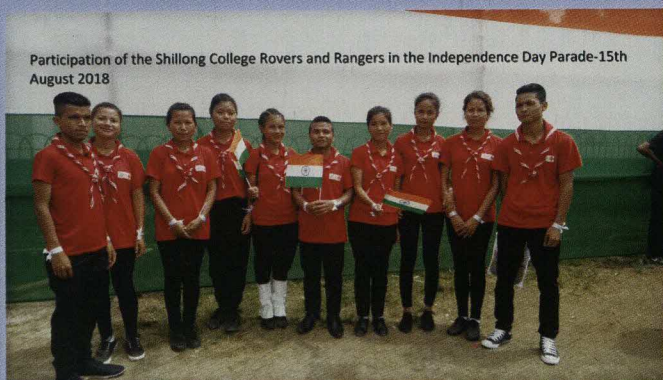
Evelyne D. Kharsynteng at Sangam Pune March 2018

Evelyne D. Kharsynteng, a Ranger of the College (6<sup>th</sup> sem Philosophy) attended the Sangam Scholarship Event. 'Be The Change' was the theme of the event organized by the World Association of Girl Guides and Girl Scouts (WAGGGS) at Sangam, Pune from 1<sup>st</sup> to 10<sup>th</sup> March 2018. We were filled with joy as she was presented the participation certificate by Mrs. Jen Barron, World Centre Manager of Sangam.

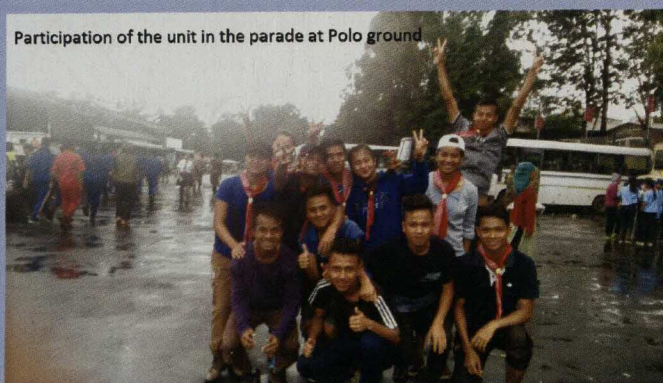
May 18, 2018 "World Aids Day" was celebrated by Scouts and Guides in the State. To commemorate this day an awareness programme on the "Prevention of AIDS" was held at the state Headquarters.

10 Rovers and 10 Rangers of the college team participated in the Independence Day Parade 2018 at Polo Ground. Liliosa Mary Kharmali was selected as the Commander of the Rover Ranger contingent in the parade. They were all awarded certificates of appreciation by the secretary Meghalaya Bharat Scouts and Guides.

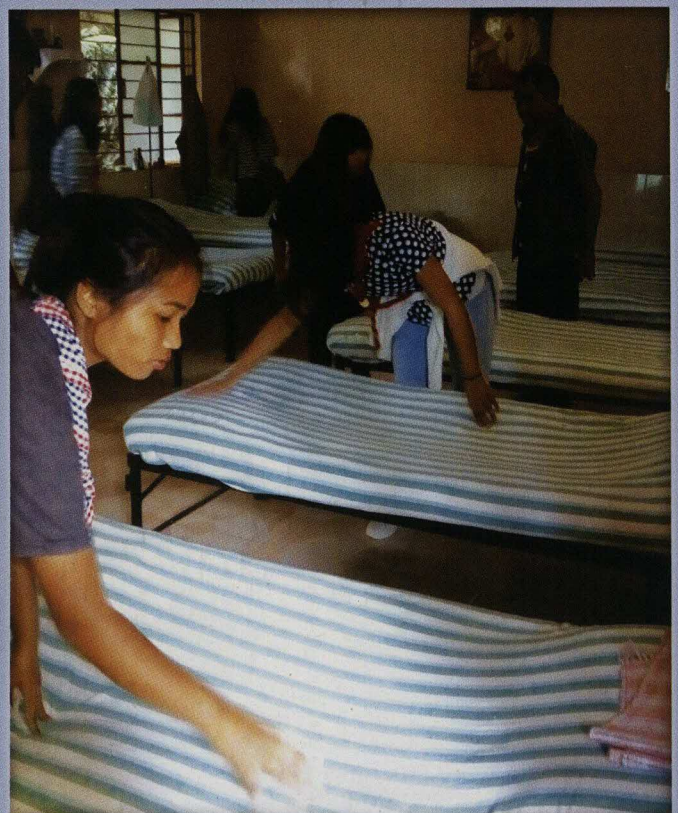
Ranger's Motto is "Service". We were able to render our humble service to the elderly citizens in the Old Age Home of 'Mother Teresa's House' on the 1<sup>st</sup> September 2018. The Rangers helped them by making their beds, some of the rangers assisted them in their daily chores and also assisted the



Participation of the Shillong College Rovers and Rangers in the Independence Day Parade-15th August 2018



Participation of the unit in the parade at Polo ground



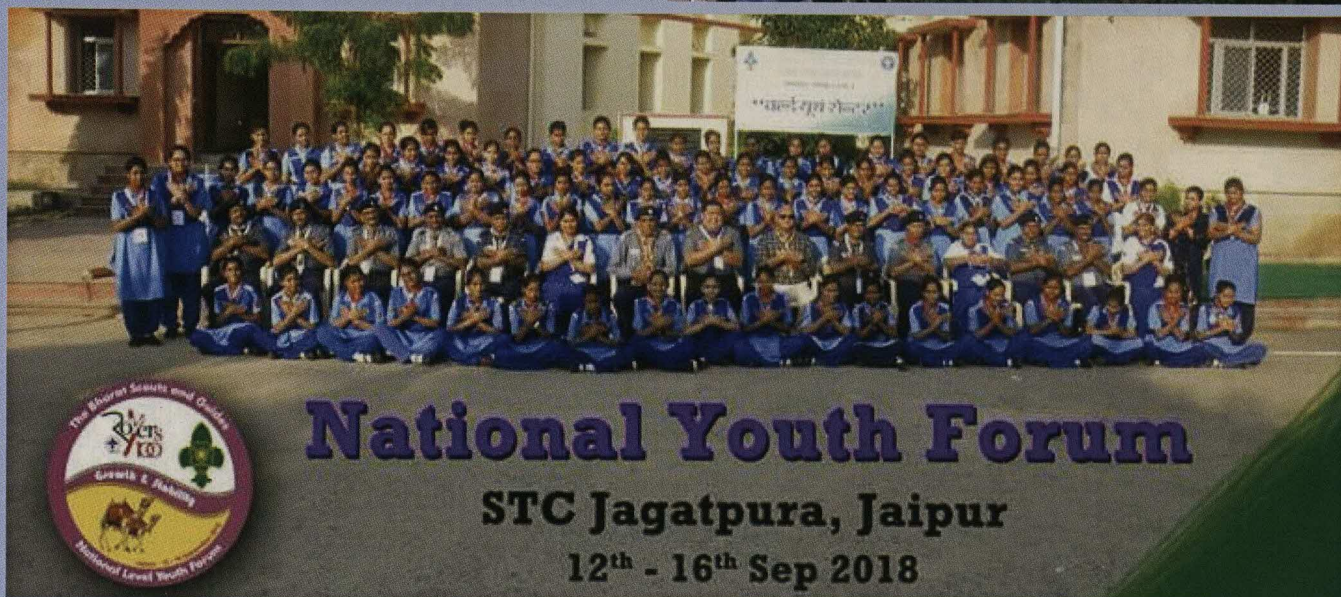


Nuns in the kitchen. The Rovers were busy cleaning the garden and the surroundings. The Rovers and Rangers were also given the opportunity to interact with the senior citizens. It was very touching to learn from them about their personal stories and experiences. We left Mother Teresa's House and hope to visit them again in the coming months.

Kyntiapmon Jyrwa, a ranger of Shillong College was selected to attend the national level youth forum at Jaipur Rajasthan from the 12<sup>th</sup> to 16<sup>th</sup> September 2018. She along with the other rangers participated actively in the youth forum. The forum opportunities to the young people to understand and learn about Messengers of Peace (MoP) and to enhance their skill in decision making.



Kyntiapmon Jyrwa, Jaipur  
Rajasthan, September 2018



Trip to Siloam on the 19th of September 2018



On the 19<sup>th</sup> of September 2018 the Rovers and Rangers of the College attended the youth outreach program at Siloam, Umbir . Father George conducted all the sessions which were informative

and lively. The sessions included communicative and life skills, leadership training etc. We enjoyed the sessions as well as the natural scenic beauty of Siloam overlooking the pictures que Wah Umiam.



21<sup>st</sup> September 2018 was the "International Day Of Peace". The Rangers and Rovers of the college along with other members of the movement observed the importance and significance of this day. The program at the state headquarters started with a prayer song followed by a speech from the chief guest.

The Raja Puraskar Rally was held on the 31<sup>st</sup> October 2018 Raj Bhavan Shillong hosted by the honourable Government of Meghalaya Shri. Tataghata Roy. Five Rovers of the Shillong College Rover and Rangers Team received the Rajya Puraskar Award (Governor's award). They are Arbisstar Kharkongor (BA 6<sup>th</sup> sem), Shen Roy Mynsong (BA 6<sup>th</sup> sem), Vum Joel Niehsiel. (BA 6<sup>th</sup> sem), Morningstar Lapasam (BSC 2<sup>nd</sup> sem) and Raplem Pohduna (Bsc 2<sup>nd</sup>). We are proud of them and we hope that with their hardwork and sincerity, they will achieve more success in the coming years.



**Rajya Puraskar Awardees (Governor's Award)**  
**Morningstar Lapasam**  
**Shenroy Mynsong**  
**Arbisstar Kharkongor**  
**Vum Joel Niehsiel**  
**Raplem Pohduna**

6 Rovers and 6 Rangers of the Shillong College Rover and Ranger team have been selected to represent the state in the 'National Level Rover Ranger Moot' hosted by the scouts and guides

Karnataka at Sri Sathyasai Institution, Sathyasai Nagar, Muddenahalli Karnataka from 1<sup>st</sup> to 4<sup>th</sup> November 2018. This event coincides with the celebration of Centenary Year of Rovering. Camp activities included group discussions, youth forum, cultural programme, adventure activities, state exhibition etc.



Lastly the team participated in the 'Gala Fiesta 2018' held on the 12<sup>th</sup> December 2018 at the State Headquarters. The team put up a food stall consisting mainly of traditional and ethnic cuisines. On the same day, the auditorium of the Meghalaya Bharat Scouts and Guides was also inaugurated by Dr. D. D Lapang. In the evening there was the 'Musical Winter Fusion' organized by the Meghalaya Scouts and Guides Fellowship.



In conclusion, as a team we have had a series of events and achievements which have encouraged each and every member and we will forever cherish these memorable moments.

**Smti. R. PYNGROPE.**  
*Convener, Rangers And Rover*  
*Shillong College*



# Report on the Free Employability Training cum Placement Drive

The Placement Cell, Shillong College, collaborated with TCS-BPS in conducting the TATA Affirmative Action Program (TAAP) for the underprivileged students of the College for the academic session 2018 - 19.

## **VISION OF THE PROGRAM:**

The TATA Affirmative Action Program (TAAP) believes that given the right opportunities and skills, even the socially and economically excluded youth from these sections of society will be able to uplift their families out of poverty, join the process of social inclusion and shall have a better dignified life. The TCS AA program aims at providing "Free Employability Training cum Placement Drive" for the SC/ST and extremely economically backward candidates from Minority and other social groups.

## **TARGET STUDENTS:**

Final Year Undergraduates and recently passed out BA, BSc and B.Com students are the prime target group. Recently passed out covers those students who have graduated within the last three academic years and are within 28 years of age.

## **WHAT THE TRAINING IS ALL ABOUT:**

The training focuses on enhancing and improving the confidence level of the participants and hones their communication skills in English and analytical reasoning. This 100 hours training comprises the following curriculum:

1. Communicative English
2. Corporate etiquette and soft skills
3. Resume building and Interview facing skills
4. Analytical skills
5. Computer skills - MS Office and Internet browsing

At the conclusion of the 100 hours training, they will receive a Certificate of completion & appreciation which will increase their employability in the corporate world. They will also have the opportunity to be selected by TCS and be part of this great corporate giant who has been awarded the Best Employer, and is one of the top five employers in the world !

## **IMPORTANT POINTS:**

- Preference is given to SC / ST; other students need to be from economically poor families (income of below 200,000 rupees per annum).
- In a batch, preferably, 70% of students must belong to SC/ST category and 30% may be the others, but, whose family income is less than Rs.200,000/- per annum.
- TCS sends the trainer and takes care of the trainer's travel and remuneration and also reimburses training related expenses such as photocopying of documents etc for the training purpose
- Training lasts for about 17 – 20 working days at 6 hours of training a day.
- The recruitment team, within 7 days of completion of training, shall complete the recruitment process.

## **Report on Batch 1**





The training for Batch 1 of students was conducted from the 5<sup>th</sup> of November 2018 - 24<sup>th</sup> of November 2018. The students who enrolled in this batch were the 6<sup>th</sup> semester students of BCom, BA (Sociology) and BA (Education), TCS deputed, Shri Sunil Baraily, as its trainer. A summary information about the first batch is presented in the table below :

### **Batch 1**

Name of the College/ Institution (Training Venue)	<b>Shillong College , Shillong</b>
Total Strength	<b>59</b>
1st Day Count	<b>52</b>
Last Day Count	<b>55</b>
Start Date	<b>5<sup>th</sup> November 2018</b>
End Date	<b>24<sup>th</sup> November 2018</b>
Batch Duration (Days)	<b>16 Days</b>
No. Of Training Hours	<b>100</b>



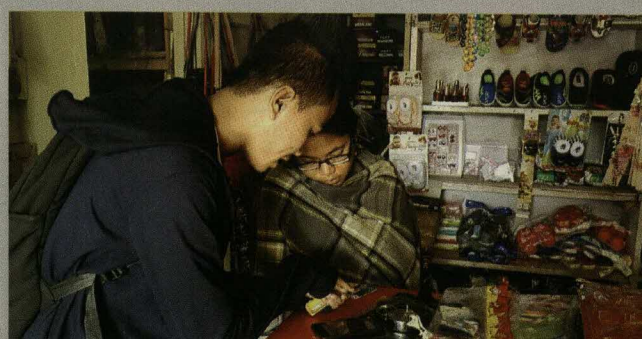
### **Sessions taken:**

Date	1st Half	Break	2nd Half
05-11-2018	8:30AM-10:45AM	10:45AM-11:00AM	11:00AM-1:30PM
06-11-2018	8:30AM-10:45AM	10:45AM-11:00AM	11:00AM-1:30PM
07-11-2018	Diwali		
08-11-2018	8:30AM-10:45AM	10:45AM-11:00AM	11:00AM-1:30PM
09-11-2018	10:00AM-1:30PM	1:30PM-2:00PM	2:00PM-4:00PM
10-11-2018	8:30AM-10:45AM	10:45AM-11:00AM	11:00AM-1:30PM
11-11-2018	SUNDAY		
12-11-2018	Local State Holiday		
13-11-2018	8:30AM-10:45AM	10:45AM-11:00AM	11:00AM-1:30PM
14-11-2018	8:30AM-10:45AM	10:45AM-11:00AM	11:00AM-1:30PM
15-11-2018	8:30AM-10:45AM	10:45AM-11:00AM	11:00AM-1:30PM
16-11-2018	9:00AM-12:45PM	12:45PM-1:15PM	1:15PM-4:30PM
17-11-2018	9:00AM-12:45PM	12:45PM-1:15PM	1:15PM-4:30PM
18-11-2018	SUNDAY		
19-11-2018	9:00AM-12:45PM	12:45PM-1:15PM	1:15PM-4:30PM
20-11-2018	9:00AM-12:45PM	12:45PM-1:15PM	1:15PM-4:30PM
21-11-2018	9:00AM-12:45PM	12:45PM-1:15PM	1:15PM-4:30PM
22-11-2018	9:00AM-12:45PM	12:45PM-1:15PM	1:15PM-4:30PM
23-11-2018	9:00AM-12:45PM	12:45PM-1:15PM	1:15PM-4:30PM
24-11-2018	9:00AM-12:45PM	12:45PM-1:15PM	1:15PM-4:30PM



# CSR REPORT ON THE FIELD WORK ON DIGITAL FINANCIAL INCLUSION

Location of training	Shillong College , Shillong , Meghalaya
Training dates: From / To	From: 5/11/2018 To: 24/11/2018
No. of candidates (Total)	57 ( present for CSR )
No. of candidates with Smartphone	55
No. of candidates downloaded any Digital Financial App	49 candidates have downloaded Apps like Airtel Bank, Amazon, Paytm, SBI Buddy, IRCTC, Flipkart, etc. In addition to the concept of online versions, the importance of having bank a/c s was made to understand to the trainees, so that they can educated their villagers accordingly.
No. of candidates who used it at least once	49 candidates used any one or more app like the respective online banking apps, Paytm, IRCTC, M PAISA, AMAZON, FLIPKART etc.
No. of villagers taught by the candidates	Attached Along
No. of villagers downloaded the app (as reported by the candidate)	Attached along
No. of villagers who used the app to make a transaction within the training period (as reported by the candidates)	Attached Along





### Placement Drive Details :

The Drive was conducted on the 27th of November 2018 at Shillong College. There were three rounds of interview and the following summarizes the interview results:

- Number of students who appeared for the written test : 59
- Number of students who cleared the written test : 44
- Number of students selected in HR round : 32
- Number of students selected in TR round : 30
- Number of students selected in MR round : 30
- Total number of selected candidates : 30





# Health Care Committee, Shillong College

## Report on

CAREER COUNSELLING PROGRAMME ORGANISED BY HEALTH CARE COMMITTEE, SHILLONG COLLEGE IN COLLABORATION WITH TECH MAHINDRA SMART ACADEMY FOR HEALTH CARE AND ICCO ON 23<sup>rd</sup> MARCH 2018

Time	Programme
2:00 - 2:20	Registration
2:20 - 2:25	Welcome Address- Dr. K. D Ramsiej, Principal, Shillong College
2:25- 2:45	Tech Mahindra Smart Academy Videos
2:45-2:55	Speech- Mr Alay Barah, Executive Director, ICCO
2:55-3:10	Introduction about tech Mahindra foundation and courses offered by Tech Mahindra Smart Academy for Health Care- Mr. Sajid Ali, Head –Direct Implementation programmes, Tech Mahindra Foundation
3:10-3:30	Views on Career prospects of youths in Shillong <ol style="list-style-type: none"><li>1. Mr. Joannes Lamare, Chairperson, Meghalaya Youth Foundation</li><li>2. Mr. Empower Warbah, Nongkrem, Youth Development Association</li><li>3. Mr. Santunu Ghosh, DGM, BSNL, Shillong</li><li>4. Mr. G. Daimei, Executive Director, NEICORD, Shillong</li></ol>
3:30-4:00	Interactive session( Question and answers)- Open to all
4:00-4:10	Vote of Thanks- Mr. Upen Saikia, Regional Coordinators, ICCO Vote of Thanks- Mrs. Mary Diengdoh, Shillong College

Health Care Committee of Shillong College was formed in 2009. This committee comprises of six members including a professional nurse. The main objective of the committee is to create health awareness to the entire college fraternity. By having the Health Care Committee, we want to make sure that different awareness programmes and career counselling programme should be organized from time to time keeping in mind the welfare of Staffs and Students of Shillong College

On 23<sup>rd</sup> March 2018, a Career counselling programme was organised by Health Care Committee, Shillong College in collaboration with Tech Mahindra Smart Academy for Healthcare and ICCO, New Delhi. Tech Mahindra Smart Academy for Healthcare is a training institute which offers different diploma courses and certificate courses especially in medical fields. Courses offered are

### Diploma Courses in

- Medical lab Technician
- Operation Theatre Technician
- Medical Record technology
- X-ray and Imaging technology
- Dialysis Technician

### Certificate Courses in

- Emergency Medical Technician
- General Duty Assistant
- Hospital Front Office and Billing Executive
- Home Health Aid and
- Japa Nurse

The fruitful programme was organised by the Health Care Committee Shillong College with an effective initiation by Mr. Upen Saikia, Regional Coordinators, ICCO. The eminent Mr Alay Barah, Executive Director, ICCO was present to deliver his valuable speech, briefing and highlighting us on the career prospects of the institute. Mr. Sajid Ali, Head–Direct Implementation programmes, Tech Mahindra Foundation, Mr Joannes Lamare, Chairperson, Meghalaya Youth Foundation, Mr. Empower Warbah, Nongkrem, Youth Development Association and Mr. Santunu Ghosh, DGM, BSNL, Shillong and Mr. G. Daimei, Executive Director, NEICORD, Shillong were also present.

Principal Dr. K. D Ramsiej, convener Mrs Mary Diengdoh and the Head of Microbiology department sir Zoliansanga was also present along with good numbers of professors and students of Shillong College. Good numbers of students and professors participated in the interactive session where queries were answered by the speakers.



# Report of Equal Opportunity Cell

According to the Equal Opportunity Cell report the Committee conducted a meeting which was held on the 28<sup>th</sup> February 2019 and issued letters to the different departments of the college to help identify students with some form of different types of disabilities. The Names and details of students with disabilities have been submitted from the following departments.

## DETAILS OF THE STUDENTS:

Sl no.	Name	Age	Gender	Class/ Semester	Department	Address	Contact number	Types of Disability
1	Wilky Star Thongni	21	Male	B.Sc/6 <sup>th</sup> Sem	Chemistry		8787753085	Locomotor (Dwarfism)
2.	Aibinsing Kharsati	22	Male	BA/2 <sup>nd</sup> Sem	Khasi	Mawber, Mawryngkneng, EKH District, Meghalaya 793015	7085416292	Visual impairment
3.	Risuklang	22	Female	BA/4 <sup>th</sup> Sem	Sociology	Nongrah, Dongktieh, Shillong-793016	6033041550 8414097740	Speech and Hearing impairment
4.	Jenita Ladia	21	Female	BBA/6 <sup>th</sup> Sem	Business Administration		9402112168	Low Vision (60% impairment)
5.	Chenna D. Momin	20	Female	BA/2 <sup>nd</sup> Sem	Education	Mawpat, Solar Office Shillong 793001	8794313218	Visual impairment

The same report indicated that the second meeting was held on 26<sup>th</sup> March, 2019. Further, the Committee has decided to include the above disabled Students, their parents and Smt. Larisa Hek (college nurse) as members of the Committee in order to address the needs of the students effectively. The Committee has decided to convene a meeting with the students and their parents at the earliest.

(Smti. P. KHARKRANG)  
CONVENER  
Equal Opportunity Cell



# SHILLONG COLLEGE: NCC (BOYS)

Shillong College NCC unit (Boys) is associated with 2<sup>nd</sup> Megh Bn. NCC, Shillong. The NCC cadets of the college have always been leaders in every field, have excelled in various fields and have set numerous examples for the other young students. They have stayed true to their motto which is 'Unity and Discipline.' The NCC provides the young cadets with various opportunities to showcase their various talents in many different fields such as sports, cultural, drill and personal development. The NCC works hand in hand with the authorities to help create a better society filled with trained and empowered youths that become productive and beneficial for the well being of the society.

Some of the various feats achieved by the cadets have brought not only laurel to them and their families but to the college as well.



Dennyson Kyrlian, East Zone Capsule 2017, 3<sup>rd</sup> place. East Zone Capsule 2018, 2<sup>nd</sup> place. National Shooting Championship 2018, Rank 24<sup>th</sup>. All India GV Malankar Championship 2018- Rank 15<sup>th</sup>. 1<sup>st</sup> Shillong Shooting Championship 2019- one bronze medal. 5<sup>th</sup> Meghalaya State Championship 2019 - 2 Gold Medals



Diosony Suchiang was the guard commander at the NER Directorate Shillong 2017 and receiving the Lt. Colonel Choudhary Award for the NER Directorate 2019.



Diosony Suchiang  
Commander for the  
NER directorate for the  
2018 PM Rally held in  
New Delhi Cariappa  
Ground, in which under  
his leadership the NER  
Directorate bagged the  
first position in both  
the drill competition  
and the PM Rally.



(left to right) Diosony Suchiang receiving the award for the NER Directorate for bagging the first place for the Drill competition and at the PM Rally held in New Delhi 2018. (down) the cadets visiting the Lotus Temple at Agra after the Republic Day Celebration 2018 in New Delhi.



The NCC also observes other programmes such as the 30<sup>th</sup> National Road Safety Week 2019 which was held at the college premises. The Principal, teachers, along with NCC cadets and students also attended the programme actively. The cadets and students were given awareness details and training by the In-charge and his team from Laitumkhrah Traffic Branch, Shillong on 10<sup>th</sup> Feb' 2019..





Perry B. Lyngwa was the placard bearer for the NER Directorate at the 2019 PM Rally held at New Delhi days after the Republic Day celebration.

The NCC apart from its regular military training and programmes also organises and takes part in socio welfare programmes conducted in the college such as blood donating camps which was organised by the NSS Unit of the college on the 21<sup>st</sup> August 2018.



(left) Nangiohbok Rymbai, Metikbor L. Mawnai, Medawanbitdor Maring and Daniel Nehsial participated in the Republic Day Celebration 2019 in the state.



(left) The NCC Cadets along with the NSS unit of the college observes the International Yoga Day which is observed on the 21<sup>st</sup> of June every year. Students, teachers, non teaching staff and the principal all take part in the International Yoga Day celebration 2019. (right) Nicheal Wyne Marbaniang was chosen as one of the guards at the Assam Rifles Public School at Laitkor for the visit of the Honble' Chief Minister of Meghalaya Shri. Conrad K. Sangma during the NER Trek held in Shillong on the 17<sup>th</sup> December 2018.



The Cadets of the NER Directorate under the leadership of Richie Rich Khongsit accompanied by the A. N. O. of the college Capt. B. P. Tripathi undertook the National Trek to the state of Uttarakhand which was held on November 2018. The NCC instils the love for nature and spirit of adventure through such programmes.





The NCC works for bettering the society by empowering the youths and training them in various fields and brings out the best in them. The NCC is a responsive, learning and continuously evolving organisation. Its activity is guided by certain core values that we endeavour to instil among all ranks of the NCC. These include the following:

1. A sense of patriotic commitment to encourage cadets to contribute to national development.
2. Respect for diversities in religion, language, culture, ethnicity, lifestyle and habitat to instil a sense of National unity and social cohesion.
3. Abiding commitment to learn and adhere to the norms and end values enshrined in the Indian Constitution.
4. Ability to participate in community development and other social programmes.
5. Inculcating habits of self-restrain and self-awareness.
6. Respect for knowledge, wisdom and power of ideas.

The NCC just like other organisations have several motives or goals which it continuously strives to achieve. They are:

1. To create a Human Resource of organised, trained and motivated youth. To provide leadership in all walks of life and be always available for the service of the Nation.
2. To provide a suitable environment to motivate the youth to take up a career in the armed forces.
3. To develop character, comradeship, discipline, leadership, secular outlook, spirit of adventure and ideals of selfless service amongst the youth of the country.

The NCC also works on four cardinal principles to which every cadet is expected to abide by:

1. To obey with a smile.
2. To be punctual.
3. To work hard without making a fuss.
4. To make no excuses and not tell lies.

(Capt.) Dr. B. P. TRIPATHI  
ANO, NCC, Shillong College,  
Shillong.





# A SHORT REPORT ON THE ANNUAL COLLEGE EXCURSION 2018-2019

The college had sponsored the students of the 6<sup>th</sup> semester (2018-2019 batch) to go for a study tour to Delhi, Jaipur and Jaisalmer. The number of students who were selected were 37 (18 boys and 19 girls) from different departments. The team was led by Ms. Omega Linda Syiemlieh of the Department of History and Sir Tobias Dkhar of the Department of Economics.

The team left Shillong on the 16<sup>th</sup> of January to board the train on the 17<sup>th</sup> morning to Delhi. On the 18<sup>th</sup> January 2019, the team reached Delhi and then moved to Jaipur for a two days stay. While in Jaipur the students were able to visit several historical sites. The team then moved to Jaisalmer again for a two days stay, one day a night camp in the sand dunes (Khuri) where students were able to go for a jeep safari and camel ride, and one day stay in the

city of Jaisalmer. Leaving Jaisalmer, the team once again moved to Delhi for a three days stay and it was a great privilege for a few students as they were able to attend the Republic Day Parade, while the rest enjoyed visits to a few historical sites and a bit of shopping. On the 29<sup>th</sup> of January the team boarded the train once again back to Guwahati and all of us reached home on the night of the 30<sup>th</sup> January.

On behalf of the team, I would like to thank the college and its management for their support and best wishes for the tour. It was really a memorable trip and journey where both the teachers in charge and the students got to learn a lot in our field of interest.

Shri TOBIAS DKHAR  
*Department of Economics.*









## Excursion 2019

Our 14 days journey start with excitement and I am very excited when we leave Shillong on the 16 January 2019 at about 10.30 AM. On reaching Guwahati we stay for one night. At 5.30 AM in the morning our train left for Delhi. From Delhi we took a bus to Jaipur, Rajasthan which took 7 hours to reach to its destination, the Pink City. We paid a visit to the beautiful architectural Jantar Mantar and the well known Palace of Rajasthan the Amber Fort. On the next day, we travelled to Jaisalmer which took 17 hours and on reaching there we stayed in beautiful tent houses at a village near Jaisalmer where we had an unforgettable experience which is

indescribable. Before coming to Shillong we made a final stop in Delhi for few sights seeing.

The Journey was memorable that has imprint in my heart. Besides these beautiful and mesmerized places of my country, it was the company of my fellow travelers of Shillong College that made this journey unforgettable and thus I will ever be grateful to Shillong College, including Our Principal and I am thankful to my two dear teachers who spare their valuable time for this Excursion.

RIAKOR THONGNI  
B.A 6<sup>TH</sup> Semester  
Dept of Pol. Sc

It was one of the best opportunity that I received from the college. It was conducted for students to learn, enjoy and experience the way of life of the people living all around the country. I'm immensely grateful to the college for giving us such a wonderful opportunity. I would like to thank Mrs O Syiemlieh

and Sir Tobias for guiding us throughout the trip. It was enjoyable and enriching for the students as we got so much from it. It was one of the most incredible trip I had ever experienced. Above all, I thank God for being with us throughout the Journey.

Anonymous

## Heaven in Desert

While on the trip to Rajasthan, Our Second destination was Jaisalmer. After visiting Jaipur, we headed to Khuri which is located in the outskirts of Jaisalmer, around 40 Km South west from the main city. Khuri is a small and beautiful village with a small population. It is famous for its beautiful desert. We had the taste of Rajasthan culture along with the adventures of desert safari

on the "Great Thar Desert". I must mention that Rajasthani food is delicious. Above all what makes these places beautiful are their people. This trip will stay in my heart forever and I want to thank my College for sponsoring such trip for us to have an experience of a lifetime and I am grateful my Two Responsible teachers who accompanied us to this Excursion.

B. Tariang.





The entire group at Mawlyngbna.

## Field Trip To Weiing Mawsynram

A field trip and its submission is part of the syllabus for 6<sup>th</sup> semester Zoology honours students. Hence on the 8<sup>th</sup> of December 2018, thirty 6<sup>th</sup> semester Zoology honours students and four teachers of the Department (Mrs. D. N. Shabong, Dr. S. Khongwir, Mr. B. Dohling and Dr. E. M. Pala) went for a two days and one night camping trip to Weiing in Mawsynram, East Khasi Hills District.

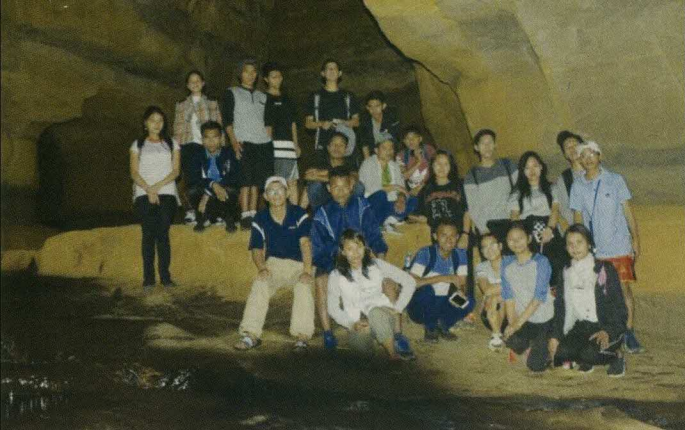
Our trip commenced at 8:00a.m from Shillong College and after a short tea break in between we reached our destination at around 2 in the afternoon. On reaching the camp the students were taken directly to the camp site which comprised of about twenty tents surrounded by trees where they could feel one with nature. They were briefed by the guides on what was expected of them and on the activities planned for their stay. They were informed that fishing and rafting were also available pastimes at the camp site thanks to the lake present there.

After a much awaited and satisfying lunch we all left for an educational trek with our efficient and well-informed guides. During the trek we were shown a place where people initially extracted and heated lime, limestone and coal. This extraction area was 20meters deep. We then trekked further to Phlangmawsyrpat Village to observe and study the

fossils present there. Most of the fossils observed embedded in the rocks were arthropods and echinoids. Ferns, grasses, cycads and trees were the most abundant vegetation observed around the village. We also encountered modern cement enclosed movable frame beehives. Interestingly, the beehives were enclosed in cement boxes to prevent damage to the frames due to the frequent rains. *Apis indica* were the bees reared in these hives.

Next our guides took us caving to Krem Mawpun which was well hidden from view by the dense forest surrounding it. This caving expedition was a first for most of us and we all were excited for the chance to explore it. Typically the cave was dark, cold and very slippery. On entering deep in the cave we observed that the upper surface of the cave glowed. Later it was learnt after going through literature that this luminous golden sparkle was in fact a magical looking combination of bacteria, water and light. With the help of a field instrument the students checked the different parameters (temperature, pH, conductivity, etc) of the water inside and outside the cave. In our very brief visit inside the cave the animals encountered were prawns (*Palaemon*), crabs (*Brachyura*) and bats (*Chiroptera*).





Inside Krem Mawpung.

After these activities we returned to camp where some of the students who still had the energy went for a swim in the lake at the camp site and some put on their life jackets and enjoyed rafting. Later after dinner a camp fire was started where students and teachers alike had fun singing songs and playing games.

Following a restful sleep and well appreciated Maggie breakfast we started our second day at the camp. We travelled to Mawlyngbna for our next activity which was canyoning along Wah Khakoi. River canyoning was an interesting exercise which involved wading and swimming along the river wearing life jackets under the watchful eye of the guides. This proved to be an especially valuable exercise for the students since they had to move down the river as a team; helping and guiding each other. I am quite sure it will be an experience and a bonding that will remain with them for a long time.

Coming to the last activity of our stay; the river rafting. Students on reaching Wah Khakoi in set of two or individually got in the rafts and enjoyed rafting along the length and breadth of the lake. This was indeed a welcomed activity under the warm sun after the cold that had set in with the previous activity.

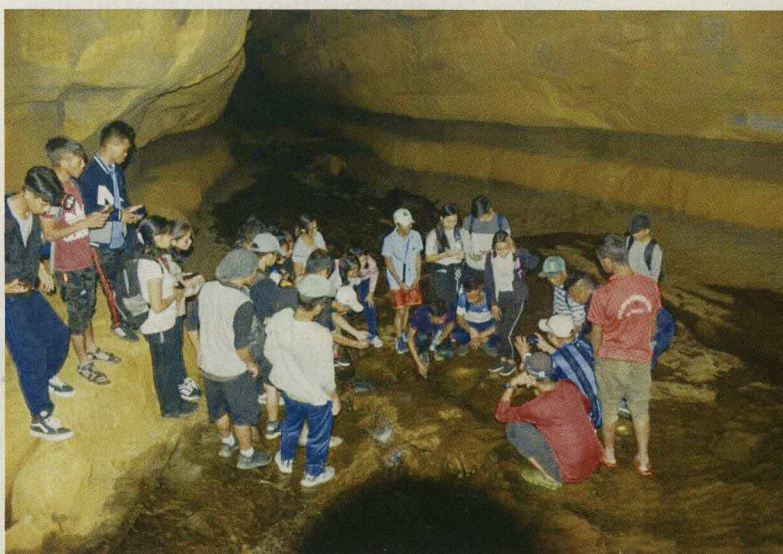
After all these activities we were taken back to our camp and after lunch the students got busy cleaning the camp site and packing the wastes generated during their stay. Then after bidding adieu to our wonderful and ever competent guides we started for home.

On the whole it was a very pleasant and informational field trip. It was interesting to note

that even though the driving distance between Shillong and Mawsynram is only around 60KM but the landscape is very different. The forests in Mawsynram are still full of trees; there are lush green hills and clean rivers. More so we were informed by the owner of the camp at Weiing that the locals are the ones who help in the maintenance of the camp and the trekking trails. They at times also act as guides for tourists who come in small groups. In fact this awareness and support by the locals is actually imperative in the maintenance of any natural environment and is actually one of the aims of environmental *in situ* conservation of nature as intended by the UN under its programme of Man and Biosphere (MAB).

In conclusion, I would like to reiterate what various camping associations have declared, that camping provides the students with diverse skills like social skills, independence skills, team building and development of leadership and decision making skills to name a few. Most importantly, for live science students this sort of camping teaches them to love and appreciate nature and in turn to take care of their surroundings and to educate others of the same.

Dr. E. M. PALA  
Deptt. of Zoology.



Students analysing the water parameters inside Krem Mawpung.



# A TRIP TO LAWBAH

The Department of Education is privileged to have had a one day study trip at Lawbah on the 17<sup>th</sup> of April 2019. Twenty nine students and two teachers (Dr H. langrai & Dr H. Diengdoh) took part. Prof S Kharrymba of Khasi Department also helped us to get appointment with the local authorities and joined our team. The team left for Lawbah at 7:30 AM and reached Lawbah at 11:00 AM, then back at Shillong College at 7:00 PM. It was a memorable day, where we learnt team spirit, group work, and learning from one another. It is an open way to learn, to analyze, and to present a collective view on the findings. A brief report is as follows:



had a wonderful interaction with the teachers and students of the school. From the discussion and other activities we learn:

## 1. Physical features:

- (i) Lawbah is about 75 kilometer away from Shillong. There is a variation in landscape. We could proceed from the high land, to the lowland, and from the low land to the rocky slope.
- (ii) Lawbah is full of rock, and the Umkhakoi, an artificial lake holds the water on the hilltop. It is an imaginative idea and with the imagination it has transformed to a piece of wonder and economy. Many tourists enjoyed boating, swimming and walking around. Another interesting spot in Lawbah is the spring that gushes out of the rock and local people of the locality do their cloth washing, cleaning, bathing etc. it's really another wonder where the water gushes up and not on the side of a rock.
- (iii) Flora: different types of endemic flowers were found blooming which are not found anywhere. It is a bio diversity spot. We would urge the concerned people and department to preserve, conserve, and promote.

## 2. Educational features: The team visited the Mawdon District Presbyterian Higher Secondary School. The teachers and students

- (a) The school was established 75 years ago and this year is the platinum year. Various activities are underway. At the time we visited, we could see students and teachers involved in the cleaning drive because of the previous night concert.
- (b) Social work: we observed students being involved in both academic as well as extracurricular activities by lending their hands, to clean the school, the locality and in beautifying the environment, in spite of having their regular social work and cleaning drives.
- (c) Occupation: the majority of the people (50 % of the parents of the girl students & 57% of the parents of the boy students) are engaged as daily labourers, farming and cultivating. An insignificant number of the parents are engaged in Government or semi government jobs. Hence, the economic life of the people is very difficult. It can be seen that the school fees have remained the same for quite many years. The question of increasing the school fees will affect the children's education and some of them have dropped their schooling due to economic constraints.



- (d) Books: though a majority of the students can afford to buy school books but some of them around 25% of the girl students and 42.31% of the boy students do not have proper study materials or sufficient books.
- (e) Fees paid: some students are yet to clear their school fees. It may be pointed out that school fees are usually paid at the beginning of the session but due to financial constraints, about 30 percent of the girls and 30.77 percent of the boys are yet to clear their school fees.
- (f) Attendance: students are to attend classes regularly, but due to some problems like finance, sickness etc, few students (5% in case of girls and 11.54% in case of boys) fail to attend their regular classes.
- (g) Subject: students' performance is average, and among all the subjects taught to them; their dislike for Mathematics is yet to be ascertained. It may be pointed that a sizeable number of them (25% in case of girls and 30.77% in case of boys) showed their dislike for the subject.
- (h) Social relationship: majority of the students found no problem in meeting and interacting with their teachers on any problem. Only about 100% in the case of girls and 96.15% in the case of boys responded or interacted with the teachers.

- (i) Playground: there is an open area in front of the School for various physical and sport activities. The students utilize this area for their physical activities, sports and games during their break and last period. They are actively involved in football, cricket and other such activities. But they also complained that the ground needs to be properly improved and equipped.
- (j) Library and Laboratory: The students reported that the school has no Library and Laboratory for Science facilities. Of course, a computer lab is available for their computer learning. Hence, we strongly urge the authorities to make these facilities available for the students' welfare and learning.

Conclusion: the students showed that they have a strong desire for higher achievements in life or a very high aim for their future but the means to achieve the aims need to be ascertained. It may be concluded that an environment may be created to enable the students to get motivated in the academic realm, to strive for a better life and to see that they can contribute to their welfare and the society at large.

By Dr. H. IANGRAI  
Associate Prof. Education  
Department, Shillong College

Students of Education  
Department on their study trip to  
Lawbah on the 17<sup>th</sup> April 2019





# ENTREPRENEURSHIP DEVELOPMENT CELL: FORGING AHEAD TO BRING CHANGE.

The Entrepreneurship Development Cell, Shillong College is striving ahead in its endeavor to contribute to the creation of entrepreneurial dynamism in the State, the North Eastern region of the country and the country as a whole. The cell through the UGC Sponsored Certificate Course on Entrepreneurship Development and other programmes continues to train and build the capacity of the educated youth with entrepreneurial competencies. The entrepreneurial competencies inculcated and developed in them gives empowerment and freedom -through more knowledge. This in turns gives them the confidence to take up the challenge of becoming "job – creators" and not "job seekers". The highlights of the activities of the Cell for the year 2018-19 are briefly given as follows:

## UGC SPONSORED THREE MONTHS CERTIFICATE COURSE ON ENTREPRENEURSHIP DEVELOPMENT (6<sup>th</sup> Batch, 2018)

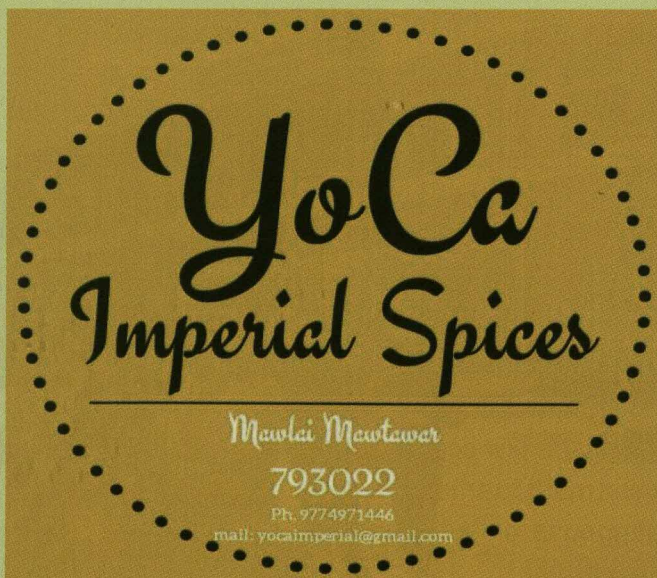
The cell conducted the UGC Sponsored Certificate Course on Entrepreneurship Development (2019) for the 6<sup>th</sup> batch and twenty six participants completed the course.

The course, this year, included lectures, presentations & interaction sessions from various recourse persons, institutions, line departments of the govt. and local entrepreneurs. The participants were able to attend a one day field trip to District Commerce & Industries Centre, Polo and visited registered units viz. Unique Sweets unit, Fab Steel Unit, Marpna Industries and Synod Sepngi Training Institute cum Production Centre. The participants were also able to visit the office of 1917 iTEAMs of the Department of Agriculture, Govt. of Meghalaya which is more than a call

centre in connecting farmers to markets - as an exposure trip. Additionally, the participants were also able to attend Conferences, Business Show, Exhibitions, etc. like the Export-Import & Global Trade Conference organised by the Indian Chamber of Commerce – which is a part of the 5<sup>th</sup> Act East Business Show 2018, the Young Leaders Connect Conference on the theme Made in Northeast, Mushroom Festival, 2018, etc. apart from these the participants also attended a two day Residential Workshop in RRTC, Umran where they had hands-on training on food-processing, bee-keeping, etc.

## BATCH 2018: MILESTONES ACHIEVED

**Afu Jana:** Afu, with the support of his family has registered as a one person company with the Ministry of Corporate Affairs, GOI under the company name "*YoCa Imperial Spices*". He has also registered GST under the company's name and currently YoCa imperial Spices is supplying spices in bulk to hotels and restaurant chains in the city and also to local retailers. He has also been selected for the Master class conducted by the Meghalaya Institute of Entrepreneurship & Indian Entrepreneurship Foundation.







**Benjamin Blah:** Benjamin has opened a grocery shop in Jaiaw Langsning. This shop was once owned by his late father and later was closed down. During the course, Benjamin learned many things and was capable of identifying a business opportunity in his locality. There was not a single grocery shop there, so he decided to revive his father's enterprise with the support of his family and started a grocery shop in his locality - Jaiaw Langsning. Today the business is doing well and Benjamin is determined to expand his business and provide more services to his customers.

#### BATCH 2015: MILESTONES ACHIEVED

Mr. Dondor Kharmalki our 2015 batch participant has extended his business and has opened another Men's Salon in Pynthorumkhrah, Shillong. His earlier venture is a Men's Salon – "Slick Salon" at Mawlai Mawroh, Shillong.

#### PROGRAMME ORGANISED

The Ministry of DoNER in collaboration with the

Department of Industrial Policy and the State Government organized a VAN STOP programme in Shillong College on the 13<sup>th</sup> February, 2019 as part of the "Startup India Meghalaya Yatra". The Entrepreneurship Development Cell facilitated the VAN STOP. The objective of this programme was to provide a platform for budding entrepreneurs to realise their Start-Up dream by getting incubated at excellent facilities and taking their ideas to the next level.

Four students viz. Mamata Upadhyaya (B.Com 6<sup>th</sup> Semester), Chongneivah Lunkim (B. Com 6<sup>th</sup> Semester), Sapana Fullel (BCA 6<sup>th</sup> Semester) and Sanijaijai Khyriem (B.Com 2<sup>nd</sup> Semester) attended the *Boot Camp* which was held at North Eastern Hill University on the 16<sup>th</sup> February, 2019 where they presented their business ideas. One of the students – Sanijaijai Khyriem (B.Com 2<sup>nd</sup> Semester) was shortlisted for attending the "*Acceleration Programme*" which was held at Indian Institute of Management Shillong on the 22<sup>nd</sup> February, 2019 and won a cash prize of Rs 20,000/- from the State Government for her innovative business idea.

#### TRAINERS' TRAINING – A CONTINUOUS PROCESS:

Faculty members of the Cell have been facilitated for training in entrepreneurship and are continuously participating in diverse areas of entrepreneurship development programmes organized by the Government and other institutions. Some of these programmes are as follows:

The course coordinator accompanied the 6<sup>th</sup> Batch participants to the Export-Import & Global Trade Conference organised by the Indian Chamber of Commerce – which is a part of the 5<sup>th</sup> Act East Business Show 2018 held on the 26<sup>th</sup> July, 2019 at State Convention Centre, Shillong..

Two faculty members; Mrs. P. Khonglah and Mrs I.S. Khyriem; accompanied the EDC participants to the Young Leaders Connect Conference on the theme Made in Northeast, held on 27<sup>th</sup> October, 2018.



Faculty member, Mrs. P Khonglah, accompanied the 5<sup>th</sup> Semester B.Com students and EDC 6<sup>th</sup> batch participants to an interactive session with Mr. Sharad Vivek Sagar, CEO, Dexterity Global organised by Meghalaya Institute of Entrepreneurship, Government of Meghalaya held on 20<sup>th</sup> June, 2019.

#### FUTURE PROGRAMMES:



The Cell in collaboration with Meghalaya Institute of Entrepreneurship, Government of Meghalaya is conducting the 7<sup>th</sup> batch of the UGC Sponsored Three Months Certificate Course on Entrepreneurship which will commence on 23<sup>rd</sup> July, 2019.

The Entrepreneurship Development Cell, Shillong College as a facilitator is forging ahead to impart and inculcate better knowledge, guidance, skill development and other necessary trainings to persons with entrepreneurial aspirations thereby contributing to the development and economy of the state and the country.

**Mrs. I S KHYRIEM**

*Jt. Convener & Course Co-ordinator (2018)  
Entrepreneurship Development Cell.*





2010  
March 2019 -

# SHILLONG COLLEGE

## Language and Skill Development Lab-An Initiative



In yet another milestone in the annals of this college, a Language and Skill Development Laboratory, partly funded by RUSA under the Equity Initiative Programme was inaugurated on the 24<sup>th</sup> of August 2018 by Shri Prestone Tynsong, Deputy Chief Minister, Government of Meghalaya, in the presence of Prof. Henry Lamin, Pro Vice-Chancellor, NEHU, Shillong. This ICT-enabled lab is the first of its kind in the state. Except for a few such centres in Assam, no other north eastern state has such state-of-the-art laboratory. This lab represents the latest innovations in the field of learning and education, replete with audio-visual, multimedia and teleconferencing facilities. Here, various skills will be imparted, monitored and measured.

Shillong College, (which has a large proportion of students from economically weaker sections of society,) will now be able to provide even better services and resources with this hi-tech laboratory. Students will be offered relevant courses in soft as well as hard skills and other add-on courses in various areas and disciplines of their choice, skills that will hone, enhance and provide them with that extra edge much needed in today's competitive world.

Immediately following the inauguration of the facility by Deputy CM of Meghalaya Shri. Prestone Tynsong, a Personality Enhancement Programme organized by the Personality Enhancement Committee, Shillong College and which was

sponsored by the Rashtriya Uchchatar Shiksha Abhiyan (RUSA) under the Equity Assurance Plan Implementation was conducted in the Lab. This 20 day programme (24-07-18 to 10-08-18) was enthusiastically attended by students of various streams.

The programme had been divided into three section i.e. 1200 to 1300 Hrs. (1<sup>st</sup> batch) 1300 to 1430 Hrs. (2<sup>nd</sup> batch) and 1500 to 1600 Hrs. (3<sup>rd</sup> batch), each batch comprising 20 students.

Ms. Apporva Mahival (Instrumental & control Engineer, writer, reader, innovative explorer and venturesous freelancer), was the key resource person, whose experience and knowledge in the field was evident in the response of the students. This programme, aimed at helping the students to improve public speaking, building confidence, overcoming stage fright (presentation), team work, time management, stress management, tips on appearing in personal interviews, self-actualization, self-motivation and more, was a resounding success.

It is hoped that this initiative will go a long way in bringing quality hi-tech learning to deserving students who would otherwise not have been able to access such training due to their weak economic backgrounds.

**Dr. (Mrs.) H. DIENGDOH**  
Convener

Language and Skill Development Lab



# REPORT ON *World Environment Day 2019*

On the occasion of World Environment Day 2019, Shillong College Academic Society in association with Shillong College, Shillong organized a number of Environmental awareness programme in collaboration with State Council of Science, Technology & Environment (SCSTE) and sponsored by State Council of Science, Technology & Environment (SCSTE), Government of Meghalaya, Indian Overseas Bank (IOB), Meghalaya Rural Bank (MRB) & Social Forestry, Govt. of Meghalaya. The programme kicked start with the plantation of ornamental plants, shrubs etc. donated by the Department of Forest, Govt. of Meghalaya in the Botanical Garden of the College Campus on 4<sup>th</sup> of June 2019. The Principal, Dr. M. Dey, Vice principal of professional courses, Shri K. D. Roy, teaching faculty and students were presented on that day.

On the second day, a programme was held on the 6<sup>th</sup> of June 2019 on the THEME: "AIR POLLUTION" which was inaugurated at 10.00 A.M by Shri. C. P. Marak, IFS, Principal Chief Conservator of Forests

& HoFF, Govt. of Meghalaya, Shillong who was the Chief Guest for this occasion. A number of Students' oriented programme, like Quiz, Debate, Elocution, Extempore Speech, Poster Competition, Sit and Draw, etc. were conducted. All these programmes were exclusively related to the Environment. All together there were 26 schools in and around Shillong participated in the programme and a total of about 450 students along with teachers were present. The Chief Guest in his speech talked about the carbon footprint and informed the audience that Meghalaya has the lowest carbon footprint in the country. He also thanks the SCAS for conducting such kind of student's related programme.

The Prize distribution function for all competitions was held on the same day 6<sup>th</sup> June 2019 at the college Conference Hall, Shillong. Shri. C.P. Syiem, programme officer of State Council of Science, Technology and Environment (SCSTE), Govt. of Meghalaya, Shillong graced the occasion as chief guest and distributed the prizes.



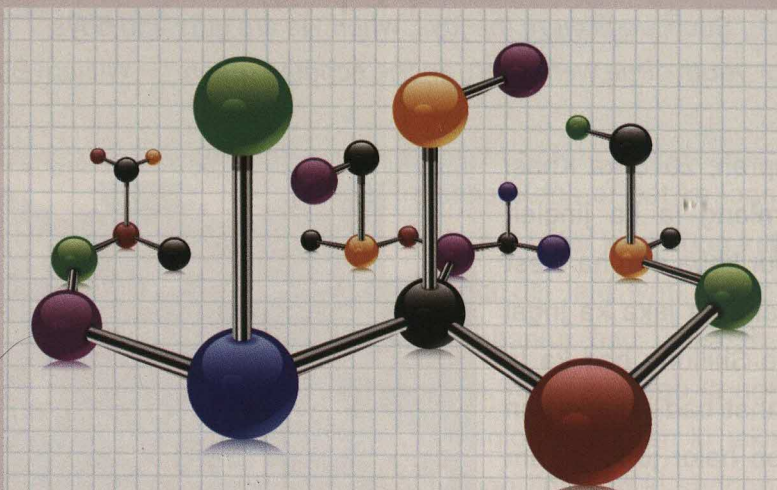


# Departmental Study Tour Conducted by the Department of Chemistry, Shillong College on 6<sup>th</sup> December 2018

The Department of Chemistry Shillong College conducted a one day study tour to Umlyngka Primary Milk Producing Co-operative Society and to Meghalaya Pollution Control Board on the 6<sup>th</sup> December 2018.

The objective of the trip was to enable the students to have a first hand information as to the functioning and operation of these two enterprises. The students and faculty set out early morning and headed to Umlyngka, Upper Shillong where the Umlyngka Primary Milk Producing Co-operative Society is located. This Society is the primary unit which is responsible for dispensing quality milk to the town under the brand name, "Megha Milk", which has been recently renamed "Na Ri". The students were given insights as to the different processes involved in mass milk production. These included collection, storage, quality tests and final disbursal. The students also met with several dairy farmers who were happy to share their experiences with the students. It was an eye opening and informative meeting that drew the attention of the students to the challenges and accomplishments of the society.

The faculty and students also paid a visit to the Meghalaya State Pollution Control Board situated at Lum Pyngngad, Shillong. The primary objective of The Meghalaya State pollution Control Board is to prevent, control and abate air and water pollution. The Board ensures protection of the environment to prevent calamities that might pose a threat to



life and property. The students were given a well guided tour of the different laboratories that are engaged in Water analysis, Air quality Monitoring, Soil sediment and Soil Waste Monitoring among others. The scientists in the institution

enlightened the students on the various projects undertaken by the Board in different regions of the state. The laboratories are well equipped with a number of sophisticated instruments like Atomic absorption Spectrophotometer, B.O.D Incubator, Flame Photometer, Gas Chromatograph, UV-Spectrophotometer to name a few. The Scientists in the different laboratories explained through detailed demonstration about the functioning of the instruments and the kinds of tests performed. A few of the instruments were familiar to the students and the visit provided them with a good opportunity to see the instruments first hand.

The study tour went off well and concluded with students well exhausted but also well informed. They gathered a renewed appreciation on the quality of milk production by the Umlyngka Primary Milk Producing Co-operative Society which is now produced on a bigger scale under the brand name 'Na Ri'. The visit to Meghalaya State Pollution Control Board, Lum Pyngngad enabled them to gain knowledge on the various techniques to check, control and maintain air, water and soil quality in the State.



## KHASI DEPARTMENT KA KAIPHOT HALOR KA JINGLEIT JNGOH ĪA KA MAWPHANLUR

Da (1) Lynda Mary Rynjah (6<sup>th</sup> Sem)

(2) Phyrnaishen Khongwet (4<sup>th</sup> Sem)

*"Such, such were the joys, when we are girls and boys,  
In our youth-time were seen, on the echoing green." – William Blake*

Ha ka 13 tarik u Nohprah, 2018 ka Khasi department ka la pynlong ĩa ka jingleit jngoh ĩa ka Mawphanlur kaba don ha West Khasi Hills District. Kane ka jaka ka jngai kumba 75 kilometer na Shillong bad ka la long ka jaka kaba itynnat bad ithiang ban leit jngoh ĩa ka; ka don halor jong u Lum Mawthadraishan. Kane ka jaka ka long kaba itynnad, kaba khring ĩa ki nongjngoh kai pyrthei bad kaba pynĭapbiej ban ĩohi ĩa ka jingithiang ka mariang. Kawei kaba la ktah ĩa ka jingmut jingpyrkhat jong ngi ki khynnah pule ka long ba halor jong une u lum ka don ka pung kaba heh bad baitynnat. ĩa kane ka jaka la pyniaid da ka *Mawphanlur Integrated Village Cooperative Society Ltd.*

Kumba 140 ngut ki samla pule ryngkat bad hynriew ngut ki nonghikai ngi la ĩamih na Shillong ha ka por 7:00 mynstep bad ngi la ĩapoi ha Mawphanlur ha ka por 10:00 mynstep. Haba ngi la ĩapoi ha Mawphanlur baroh na ngi ngi la ĩathngan bad ngi la ĩaplied la ki jong ki pla ja song. Ka long kaei kaei kaba sngewmuja haduh katta katta ban ĩoh bam ja halor ki lum kiba beh ka lyer pyngngad hir hir, ha ryngkat bad la ki paralok kiba ngi ieit thep mynsiem iwei ĩa iwei pat. Kaba kum kane ka khyllip mat ka ĩaibat sah kynmaw slem slem ha ka bor kynmaw jong ngi.







Hadien ba ngi la dep bam ja ngi la i'akrih sha ki sawdong sawkun bad ki rud ki kiar kiba don sawdong i'a une u lum. Ngì i'iaid kai halor ki sharing lum, ngi da i'akiew bad kynthih de halor ki mawlong kiba don ha sawdong kane ka jaka. Ha syndah kine ki lum ki don lai tylli ki nan kiba la tih bad pynwandur itynnat bha. Ka jingdon jong kine ki pung um ka da khring itynnat shisha i'a kane ka jaka, ha kine ki pung ngi i'oh lad ruh ban shong lieng sngewtynnat. Hadien ka jingiaid kai, shonglieng, ngi la i'ashong lang khruì shi jaka ban i'aleh kai lang baroh. Shaw shi shaw ngi i'arkhie, i'athap kti namar ka jingsngew muja. ynda haba ka sngi ka la sdang noh ngi la i'ashong lang khruì ban i'adih sha lang.

Ka jingwan jngoh i'a ka Mawphanlur ka la pyni'oh i'a shibun ki mat puson ban pyrkhat halor ki phang ki bapher bapher. Kawei kaba ktik eh i'a ngi ka dei ka jingitynnat jong ka mariang kaba don ha sawdong kine ki lum. Kane ka pynkynmaw i'a ka jingkhraw jong u Blei ba u la ai ha ka jaitbynriew jong ngi i'a ka jaka bad ka mariang kaba itynnat

shisha. Kaba ar pat ka long ka jing'oh lum jingtip jong ngi halor ki shnong ki thaw ki bapher bapher ba ngi dei i'aid lynti, khamtam eh ia ka shnong Mawphanlur bad i'a ka thain Markasa hi baroh kawei. Kane ka i'arap i'a ngi ban sngewthuh halor ka jinglong jingman ki jaka (topography) bad ka jinglong jingman ki shnong ki thaw kumjuh i'a ka rukom im jong ki briew jong ngi ha kito ki dong bad kito ki thain. Shisha ngi lap ba kaba leit ban peit hi da la ki khmat ka pher shibun na kaei kaba ngi tip bad i'ohsngew.

Ym lah ruh ban khlem da kdew shikyntien arkyntien halor kane ka jaka jngoh kai ha Mawphanlur, khlem artatien kane ka jaka ka long kaba itynnat na ka jingdon ki lum ki wah bad ki pung um ruh. Kane ka jaka ka la long ruh ka jingkyrkhu i'a kito ki nongshong shnong kiba la i'oh lad ban trei ha kane ka jaka. Kaba kum kane ka plie lad plie lynti ia ki khun samla ba kin i'oh kam i'oh jam. Hynrei kawei kaba lam pyndiaw i'a ka jingmut jingpyrkhat jong ngi ka long ba ka don ka jingpyrshang jong ki nongshong shnong ban thaw i'ing hajan kine ki jaka jngoh kai, lada ki bor ba dei peit i'a kane ka jaka jngoh kai ki shah i'a kaba kum kane, khlempep, suki suki ka jingitynnat jong kane ka jaka kan duh noh. Hynrei ngi kyrmen skhem ba kan ym long satia kumta, ngi angnud ba kane ka jaka kan nang itynnat bad nang iphuh iphieng na kawei ka por sha kawei pat ka por.



# Beckoning Change

## An attempt to Make More Space in Academia

The Post Graduate section of the Department of English of Shillong College (NAAC Accredited 'A') commenced in 2018 with a maximum capacity of 20 students. At present, there are 17 students who were carefully selected through a two-tiered entrance test.

These students are taught and mentored by four faculty members;

- Dr. Dhira Bhowmick,
- Dr. G. Janet Dkhar,
- Dr. Persara Lyngdoh,
- Ms. Evangelene Carina Nongkhaw

These faculty members specialise in contemporary literature and theory such as Feminism, Indian Writing in English, Ottoman Literature, Post colonialism and Gothic Literature besides participating in research oriented activities from time to time.

Apart from imparting University level education, the Masters Programme aims at providing holistic molding of students' minds by opening them up to a myriad of facilities such as

- ICT enabled PG classrooms,
- A fully fledged Library (PG Enclosure) with books carefully curated for the PG student to avail and make use of,
- Guest Lectures,
- Language Laboratory,
- Specialised Mentors,
- Creative Corner

The above facilities are designed to create a wholesome experience for the student who pursue a Masters Programme at the College.



The Department aims at promoting research culture for the PG students so that they may seamlessly step into the Research Arena. To do so, the Department has plans of organising regional and national seminars of interest and benefit for the students of the college and the region as a whole. Foregrounding the students by involving them in the overall organisation of these seminars will ensure the success of the endeavour.

A biennial journal is also in the offing. This journal will be brought out by the Department of English and will have rotational student editors from both the Post Graduate and Undergraduate sections.

The Department of English is hopeful about the PG Section since it can cater to more students in the State who long to opt for further studies in English without necessarily having to move outside the state.

**Dr. DHIRA BHOWMICK**  
*HOD, Department of English*



# SHORT MESSAGE ON THE RETIREMENT OF FORMER PRINCIPAL, Dr. K. D. RAMSIEJ



Dr. K. D. Ramsiej, Former Principal, Shillong College joined the College in the year 1987 as a teacher in the also been the President, MCTA, Shillong College Unit for many years, he is also actively involved with NSS, Shillong College Unit. Dr. Ramsiej is also involved with other organizations for social activities. He took over as Principal of the College in the year 2011 and had a short tenure of 7 years as Principal; he had retired from the college in December 2018. It was during his tenure that the College was awarded A- grade in the Re-Accreditation by NAAC in 2016. Undoubtedly, Dr Ramsiej was instrumental in the introduction of new courses, add-on courses and development of infrastructure etc by his abled leadership. Besides these, the College owes much to his introduction of the Social Security Maintenance Scheme which is the only Scheme provided by any institution of our State. This scheme started way back in 2011 with an aim to secure some retirement benefits from the college. The Contribution was made by all teachers at that point of time and a corpus fund was managed

from the college as a source of fund flow and Dr. Ramsiej was the manager of the scheme. However, due to some unforeseen limitations of the scheme, the manager of the scheme, Dr. Ramsiej himself had to dissolve and wind up the scheme on December 2018 before his retirement.

We, the members of the scheme, however, wish to convey our heartfelt appreciation and gratitude for all his initiatives that he has taken for the welfare of the staff and students. As he was retiring in December 2018, a small but formal programme was organized by the members of the scheme on his retirement and it was held on the 18<sup>th</sup> December 2018. The members presented him a ring with a mark SSMS on it as a token of gratitude and appreciation of his unflinching support for the welfare of the teachers.

**MEMBERS, SSMS**  
*Shillong College*



# Memorable Experiences DOWN THE LANE

**W**alking down memory lanes are those memorable experiences that will not fade in my life. About 45 years back when my late father was working in Pynursla, we, as a family were coming back home after vacation ended and he was driving the car when suddenly we met another car at the blind turn of Riat Rngain, a place where many cars had fallen into a deep ravine. Our car was on the edge of the road about to turn turtle down, my father almost lost his presence of mind may be due to some state of shock that instead of applying the reverse gear, he applied the fourth gear when the car crushed the stone wall that completely broke and some pedestrians on the road were just watching that our car will roll down. It was indeed a providential escape that there was just a small stone that stop the tyre of the car from moving forward, I believe this is God's hand that held the tyre of the car. This incident happened on 4<sup>th</sup> August 1974. We did not suffer from any injuries but we were in a state of shock on that day. On the same day on 4<sup>th</sup> August 2018, just about 2 months after my father passed away, I was driving home from Umpling and at around 6.40 pm, I reached the bridge and was in total black out when I entered the bridge that I hit one local cab and a labourer boy

who was crossing the bridge. At that moment I lost control of the car until I heard the sound that I had banged the car and the bridge. Immediately I was back to my senses and parked the car. I was alone at that time so I prayed and after that I took the boy in my car, driving him to the hospital for treatment, after few days he was discharged. I negotiated with the cab driver for the damage. This is another providential escape in my life and the life of the boy that will not be forgotten. The boy was treated and was discharged from the hospital after 2 weeks. In the meantime the police from Rynjah Police station contacted me and seized my car, about 3 days in the police station, which I had no say. Surprisingly, the police asked me to do a medical checkup at Civil Hospital, Shillong 3 days after the incident took place. I know this is a formality on their part but it does not make sense at all as the report obviously will show normal readings only, I raised my voice and told the police that this should have been done on the day that I met the accident; anyway, the police said it is a formality. The message to all readers is that at any point of time accidents can happen but we need to stay calm and not panicky, also to have the presence of mind of what we should decide to do at that time.

Dr. D. L. BUAM  
Department of Chemistry  
Shillong College





# A RESPECTFUL HOMAGE

The College is deeply shocked at the sad and untimely demise of one of its member, Late. Shri Phrangsngi Pyrtuh, Lecturer, Department of Economics, Shillong College. Late. Shri. Phrangsngi Pyrtuh left for his heavenly abode on the 27<sup>th</sup> January 2019 because of ill-health in which he was hospitalised for months in Delhi and Shillong.

Late Shri. Phrangsngi Pyrtuh was a young excellent teacher, academician who was waiting for his Doctoral Degree Award from Jawaharlal Nehru University, Delhi. He was also an active columnist and a key activist of Thma U Rangli-Juki (TUR) whose contribution to RAIOT a webzine, is well appreciated. His future at a glance was a bright one but God has another plan for him and called him to Himself. Late Shri. Phrangsngi Pyrtuh was an active member and a contributor to The Annual Shillong College Magazine whose contribution will be forever engraved on the Archives of the Magazine.

Principal-In-Charge, Vice Principal, Vice Principal (Professional Course), Principal (Higher Secondary School), members of the Teaching and Non teaching staff and Students express their deep shock and bereavement at the passing away of Late Shri. Phrangsngi Pyrtuh and convey a heartfelt condolences to the members of the bereaved family.

We pray to the Almighty for eternal peace of the departed soul.







#### **SC DUTTA MEMORIAL AWARD (1<sup>ST</sup> CLASS 1<sup>ST</sup> POSITION)**

- SUSHMITA LIMBU (HINDI)
- KYRSHANSKHEM LATING (EDUCATION)
- RISIAN BHA RANI (MICROBIOLOGY)

#### **RANK HOLDERS FROM DIFFERENT DEPARTMENTS OTHER THAN PROFESSIONAL COURSES**

- KYRSHANSKHEM LATING 1<sup>ST</sup> CLASS 1<sup>ST</sup> POSITION (EDUCATION)
- SUSHMITA LIMBU 1<sup>ST</sup> CLASS 1<sup>ST</sup> POSITION (HINDI)
- GENMINLUN 1<sup>ST</sup> CLASS 4<sup>TH</sup> POSITION (POL. SC)
- STEWARD MARBOH 1<sup>ST</sup> CLASS 4<sup>TH</sup> POSITION (KHASI)
- NEHA PAUL 1<sup>ST</sup> CLASS 6<sup>TH</sup> POSITION (EDUCATION)
- WANBHA KHONGSDAM 1<sup>ST</sup> CLASS 10<sup>TH</sup> POSITION (ECONOMICS)
- ELIZABETH AMYRYNSONG 1<sup>ST</sup> CLASS 7<sup>TH</sup> POSITION (STATISTICS)
- PYNSUKLANG SYIEMLIEH 1<sup>ST</sup> CLASS 8<sup>TH</sup> POSITION (STATISTICS)
- EDDY OSMON DIENGDOH 1<sup>ST</sup> CLASS 9<sup>TH</sup> POSITION (STATISTICS)
- NINGYAP NINGSHEN 1<sup>ST</sup> CLASS 3<sup>RD</sup> POSITION (COMPUTER SCIENCE)
- TH. DAYANANDA MEITEI 1<sup>ST</sup> CLASS 6<sup>TH</sup> POSITION (ZOOLOGY)

#### **RANK HOLDERS FROM PROFESSIONAL COURSES**

- KITBORLANG SKHEMBILL 1<sup>ST</sup> CLASS 2<sup>ND</sup> POSITION (BCA)
- JAMESTAR KURBAH 1<sup>ST</sup> CLASS 5<sup>TH</sup> POSITION (BCA)
- GIFTY GRACE NONGDHAR 1<sup>ST</sup> CLASS 7<sup>TH</sup> POSITION (BCA)
- JAIHUNLANG LYNGDOH NONGLAIT 1<sup>ST</sup> CLASS 7<sup>TH</sup> POSITION (BCA)
- ASHULI EMEO 1<sup>ST</sup> CLASS 8<sup>TH</sup> POSITION (BCA)
- RISIANBA RANI 1<sup>ST</sup> CLASS 1<sup>ST</sup> POSITION (MICROBIOLOGY)
- SHAPKUPAR KHARBANI 1<sup>ST</sup> CLASS 2<sup>ND</sup> POSITION (MICROBIOLOGY)
- DEITIBIANG SHISHA LISMOND 1<sup>ST</sup> CLASS 3<sup>RD</sup> POSITION (MICROBIOLOGY)
- SHANBORLANG THONGNI 1<sup>ST</sup> CLASS 3<sup>RD</sup> POSITION (MICROBIOLOGY)
- PHIRAKORDOR WANNIANG 1<sup>ST</sup> CLASS 4<sup>TH</sup> POSITION (MICROBIOLOGY)
- MEBANJOP LYNGDOH 1<sup>ST</sup> CLASS 5<sup>TH</sup> POSITION (MICROBIOLOGY)
- DONBOKLANG KHARBANI 1<sup>ST</sup> CLASS 6<sup>TH</sup> POSITION (MICROBIOLOGY)
- SAIRIN TARIANG 1<sup>ST</sup> CLASS 7<sup>TH</sup> POSITION (MICROBIOLOGY)
- PYNSHAI NONGTDU 1<sup>ST</sup> CLASS 8<sup>TH</sup> POSITION (MICROBIOLOGY)
- MALSAWMTLUANGI 1<sup>ST</sup> CLASS 9<sup>TH</sup> POSITION (MICROBIOLOGY)
- ALEXANDER RYNJAH 1<sup>ST</sup> CLASS 10<sup>TH</sup> POSITION (MICROBIOLOGY)

#### **N.K SARKAR AWARD (HIGHEST MARKS IN ENGLISH)**

- SACHIWATKI LALOO

#### **D. MUKHERJEE AWARD (HIGHEST MARKS IN PHYSICS)**

- SHAIHUNLANG KHARKONGOR



**REKHA DEVI AWARD (HIGHEST MARKS IN ZOOLOGY)**

- TH. DAYANANDA MEITEI

**T. J. KHARBHIH MEMORIAL AWARD 2018**

- SUSSANA KELIN MUCHIANG (CHEMISTRY)
- DORATHY MYRKHAP (CHEMISTRY)
- KIM BIATECHING (CHEMISTRY)

**T. J. KHARBHIH MEMORIAL AWARD 2018**

- FREDDY GASHNGA (B.Sc 6<sup>th</sup> SEMESTER)
- LEBINSON LYNDOH (B.Sc 6<sup>th</sup> SEMESTER)
- CHESTER NONGPLUH (B.Sc 6<sup>th</sup> SEMESTER)

**JAYA BHATTACHARJEE MEMORIAL AWARD (HIGHEST MARKS IN COMMERCE)**

- W. NONGKYNRIH (B.Com)

**AWARD FOR ACADEMIC EXCELLENCE IN THE HIGHER SECONDARY SECTION**

- ANDY ROBERT KHONGSNGI (XII ARTS)
- GRACE MARY WARBAH (XII COMMERCE)
- DAKMENSISHA KURKALANG (XII SCIENCE)

**NSS AWARD**

- WELBOKSTAR LYNKGHOI (BA 6<sup>TH</sup> Sem)
- IBANSARA NONGSIEJ (BA)

**NCC AWARD**

- ERIE JYRWA (B.COM 2<sup>ND</sup> SEM)
- AIBANDAPLANG MYLLIEMNGAP, REPUBLIC DAY CAMP (BA 4<sup>TH</sup> SEMESTER)

**ROVERS AND RANGERS**

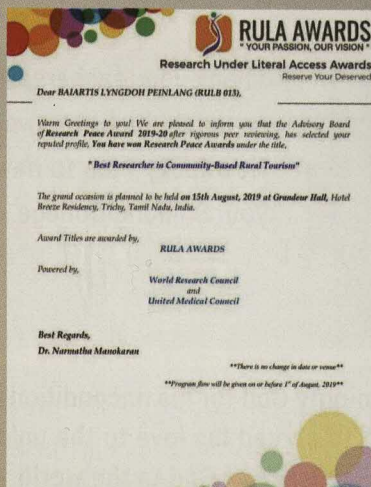
- ARBISSTAR KHARKONGOR (BA 6<sup>TH</sup> Sem)
- SHEMROI MYNSONG (BA 6<sup>TH</sup> Sem)
- RAPLEM POHDUNA (BSC 1<sup>ST</sup> SEMESTER)
- MORNINGSTAR LAPASAM (BSC 1<sup>ST</sup> SEMESTER)



**NANGIOHBOK RYMBAI, SHILLONG COLLEGE, 2<sup>ND</sup> PRIZE, INTER DEBATE COMPETITION ORGANISED BY SHILLONG COMMERCE COLLEGE**



**STEPHYRNAI KHARPEIN, DEPARTMENT OF ZOOLOGY, SHILLONG COLLEGE, SECOND PRIZE KICKBOXING CHAMPION**



**BAIARTIS LYNDOH PEINLANG, RECIPIENT OF BEST RESEACHER IN COMMUNITY BASED RURAL TOURISM, RULA AWARDS,**



**EUGENE LYNKHOI, DEPARTMENT OF ZOOLOGY, SHILLONG COLLEGE, FIRST PRIZE WINNER OF POSTER PRESENTATION ORGANISED BY DEPARTMENT OF ZOOLOGY, LADY KEANE COLLEGE**



**Marbamonlang Rani, First Prize Winner at The 8<sup>th</sup> Meghalaya Poetry Competition**





# WORDS FROM THE TOPPERS 2019



**BANDAPHIRA LYNGDOH NONGBRI**  
Department of Microbiology  
(1<sup>st</sup> Class 8<sup>th</sup> POSITION)

The key of of success is going to fill a large part of our life and the only way to be truly satisfied is, we need hard work in silence and let the success make a noise. People behind my success are my parents and teachers who have always encourage me from time to time. Thank you all and thank you Shillong College.

I am very grateful to my college and especially to my teachers who have helped me in everything and anything that I need to succeed in my life. I just have to say this to all that please do not learn by heart but try to understand what your teacher is explaining, because the things you learn today are what you will need to apply tomorrow.



**JOYFUL MUKHIM**  
DEPARTMENT OF MICROBIOLOGY  
(1<sup>st</sup> CLASS 9<sup>th</sup> POSITION)



**LALNUNDIKA**  
DEPARTMENT OF MICROBIOLOGY  
(1<sup>ST</sup> CLASS 1<sup>st</sup> POSITION)

Thank you teachers, you have been a friend , guide and mentor whom I trusted so much. Its bittersweet to leave a place where Blue Mondays aren't really blue. How lucky I am to have something that makes saying goodbye so hard. Thank you Shillong College.

First of all I thank the Almighty God for his unconditional love. He has called me and chosen me among many to spread his love to the unloved, to care for the neglected and above all to give the message of God to the world. I am very happy to extend my love and gratitude to my Principal, teachers, non teaching staff and friends for being with me during three years of stay in the Shillong college. I expressed my sincere love and gratitude towards my subject teacher Dr (Mrs) S. Panday who took care of as a mother would do to her daughter by walking along with me in my struggle, in my happiness and success. Thank you Mam.



**SISTER SANGITA LAKRA**  
DEPARTMENT OF HINDI  
1<sup>st</sup> CLASS 1<sup>st</sup> POSITION



**BATLAIKYNTI KHARHUJON**  
DEPARTMENT OF MICROBIOLOGY  
(1<sup>st</sup> CLASS 4<sup>th</sup> POSITION)

"The key to realizing a dream is to focus not on success but significance and then even the small steps and little victories along your path will take on greater meaning". Thank you Shillong college especially to the department of microbiology for your hard work, good advice and encourage me all the time,. Long live Shillong College.



# WORDS FROM THE TOPPERS 2019



**PHIDARISHA WARSHONG**  
DEPARTMENT OF MICROBIOLOGY  
(1<sup>ST</sup> CLASS 10<sup>TH</sup> POSITION)

Understanding our potential, working hard, believing in ourselves and always putting God first are the key components towards achieving our goals and most importantly, the efforts of our teachers who always try to impart best knowledge, guidance on us. Moreover, Shillong College has played an important role in creating a better version of us.

For everything there is a season, a time for every purpose. A time to plant and a time to pluck up what has been planted. So I guess it ends here. Leaving Shillong College means leaving behind friends who inspire me and teachers who constantly shape my life. Thank you for helping me grow and guiding me into the right path of life. I am forever grateful. Every degree of my victory and success I owe to God, my family, my teachers and my friends. Nothing in this world is easily handed to us, we need to constantly work hard and work smart.



**ELISNORA KHONGSDIER**  
DEPARTMENT OF MICROBIOLOGY  
(1<sup>ST</sup> CLASS 5<sup>TH</sup> POSITION HOLDER)

I thank God who has been with me throughout my life, I also thank my parents, teachers, and all my friends who have helped me and have been with me through their prayers. Success is not the destination its a part of the journey. To all my juniors I would like to say "Don't postpone your studies".



**EUGENE LYNGKHOI**  
DEPARTMENT OF ZOOLOGY  
1<sup>ST</sup> CLASS 5<sup>TH</sup> POSITION

First of all, I thank the Almighty who has been with me throughout my life and for all the Blessings. I would like to thank my parents, my teachers, my friends for constantly encouraging and supporting me. As from my part, in order to achieve the goal, I would systematically planned my study where my aim was to spent at least three days to study for one unit of a paper. At the beginning of each semester I would study the topics which were difficult to understand followed by the easy ones and thus I found that disciplining and planning in studying are the steps to achieve my goal.



**JOSHUA KSHIAR**  
DEPARTMENT OF ZOOLOGY  
1<sup>ST</sup> CLASS 2<sup>ND</sup> POSITION



**FREDDY GASHNGA**  
DEPARTMENT OF CHEMISTRY  
1<sup>ST</sup> CLASS 9<sup>TH</sup> POSITION

First and foremost I would like to thank all the teachers of the Department of Chemistry who had been guiding, encouraging me as a student of Chemistry. I joined Shillong College in the year 2016, I am fortunate to get admission this College to have met the wonderful teachers of Chemistry Department. The teachers have been guiding me not only in knowing the subject but also caring about our future, wanting us to do the best in our careers, they are always available to guide us whether at the personal level or as a group. My special message to all is that if you really have a clear target or goal, you can definitely achieve it no matter what the situation is, there is nothing impossible if you really want to make it. My thanks also goes to all the Science teachers of Shillong College who had been teaching me since I joined as a student of the College



OUR HEARTIEST CONGRATULATIONS TO  
THE FOLLOWING TEACHERS WHO HAVE REACH ANOTHER  
MILESTONE OF THEIR CAREER



Dr. G. Janet Dkhar (Department of English) was awarded Ph.D Degree by NEHU on her thesis entitled "Contextualising the 'Female Imagination': A study of Shashi Deshpande's short Fiction," under the supervision of Dr. Mala Renganathan, Department of English, NEHU.

*Aug. Jan 2018*  
Dr. Donna Rica Diengdoh (Department Of Sociology) was awarded Ph.D Degree by by NEHU on her thesis entitled " A Study of Women Workers in Eri Silk Handloom Industry in Ri-Bhoi District of Meghalaya" in the Department of Adult & Continuing Education under the supervision of Dr. Jemino Mawthoh.



Dr. Persara Lyngdoh (Department of English) was awarded Ph.D Degree by NEHU on her thesis entitled "Text and Intertext in the Selected Novels of Orhan Pamuk" under the supervision of Dr. Sukalpa Bhattacharjee, Department of English, NEHU.



# List of Teaching Staff

Principal (2018) : **Dr. K. D. Ramsiej**

Vice –Principal (2018) : **Dr. M.Dey**

Principal In-Charge (2019) : **Dr. M.Dey**

Vice-Principal (Professional Courses): **Shri. K. Dutta Roy**

Principal (Higher Secondary School): **Shri. L. Pathaw**

Vice-Principal (Higher Secondary School): **Smti. I. Kharkrang**

## DEPARTMENT OF ENGLISH

- Dr. D. Bhowmick
- Smti. B. Wanniang
- Smti. I. S. Warjri
- Shri L. M. Pariat
- Smti. A. Basaiawmoit
- Dr. G. J. Dkhar
- Shri. G. R. Rumnong
- Smti. B. Kharchandy
- Dr. P. Lyngdoh
- Smti. E. Nongkhlaw (PG)

## DEPARTMENT OF HISTORY

- Smti. J. Chowdhury
- Smti. N. Lytand
- Smti. V. C. S. Dkhar
- Smti . O. L. Syiemlieh
- Smti. B. Marpna

## DEPARTMENT OF PHILOSOPHY

- Dr. J. P. Biswas
- Dr. B. P. Tripathi
- Smti. K. Lartang
- Smti. E. Kurkalang
- Smti. I. M. Umlong

## DEPARTMENT OF KHASI

- Shri. H. Marwein
- Dr. A. Nongbri
- Shri . S. Kharrymba
- Shri. P. Shabong
- Shri. K. Diengdoh
- Smt. B. Syiemlieh
- Shri. R. Kharshing
- Smt. C. Khongwir
- Smt. A. Khongngain

## DEPARTMENT OF POLITICAL SCIENCE

- Smti. V. R. Solomon
- Smti R. Pyngrope
- Smti. A. Marbaniang
- Smti. R.Tham
- Shri. R. P. Marbaniang (Part time)

## DEPARTMENT OF GARO

- Smti. L. D. Marak
- Ms. J. M Sangma (Part Time)

## DEPARTMENT OF HINDI

- Dr. (Mrs) S. Pandey
- Smt. D. Kharsati (Part Time)

## DEPARTMENT OF COMMERCE

- Shri. A. Khanduri
- Shri. B. K. Saha
- Dr. S. Sarma
- Smti. P. Khonglah
- Smti. C Kharsyntiew
- Smti. I. Kharkrang

## DEPARTMENT OF MANAGEMENT

- Smti. W.C.K. Sohliya
- Shri. P. Kipgen
- Smti. A. Diengdoh
- Shri. T. L.Tiewsoh
- Smti. I. Diengdoh

## DEPARTMENT OF EDUCATION

- Dr. R. Dkhar
- Dr. H. langrai
- Dr. H .Diengdoh
- Smti . B. M. Wanswet
- Smt. K.G Nengnong

## DEPARTMENT OF MATHEMATICS

- Shri. D. Shadap
- Shri. M. W. Synrem
- Shri. S. Kharchandy
- Smti. R. Gidon
- Shri. B. Nongbri
- Shri. E. Niang
- Smti. C. Syiem



#### DEPARTMENT OF ECONOMICS

- Shri.B. Syiem
- Dr. E. Kharkongor
- Shri. S. O. Lyngskor
- Smti. I .S. Kharkongor
- Smti. S. Kharumnuid
- Smti. I. Warjri (Part time)
- Smti. P. Laso (Part time)

#### DEPARTMENT OF PHYSICS

- Smti. E .N. Dkhar
- Shri. S. Lato
- Shri. M. Rynjah
- Shri. A. Dkhar
- Shri. L. Khongiang
- Smti. L. Langstieh
- Shri. S. Lyngdoh Mawphlang

#### DEPARTMENT OF MICROBIOLOGY

- Shri. Zoliangsanga
- Smti. P. Kharkrang
- Smti. M. Diengdoh
- Dr. (Ms) I. Lyngdoh
- Smti. W. Lytand

#### DEPARTMENT OF BOTANY

- Shri. S. K. Roy
- Smti. D. Kharshandi
- Smti. M. V. T. Marwein
- Smti. D. Lyngdoh
- Dr. Aroma Lyngdoh
- Smti. D. L. Kharmon

#### DEPARTMENT OF ENVIRONMENTAL STUDIES

- Dr. M. B. Lynser
- Shri. B. J. Mawrie
- Shri. B. H. Diengdoh
- Smti. T. Lyngdoh Nonglait

#### DEPARTMENT OF SOCIOLOGY

- Dr. S. Khyriemujat
- Smti. S. R. J. Khongwar
- Dr. D. R . Diengdoh
- Smti. S. P.M. Kharbhih
- Smti. K. Sohtun

#### DEPARTMENT OF CHEMISTRY

- Dr. D. L. Buam
- Shri . K. Umdor
- Dr. C. Masharing
- Dr. B. M. Laloo
- Dr. B. Wahlang
- Smti. L. Pathaw
- Shri. M. Dkhar (on Study leave)
- Dr. S. Basu Masharing (Leave vacancy)
- Dr. I. Syiemlieh (Part time)

#### DEPARTMENT OF ZOOLOGY

- Smti. D. N. Shabong
- Dr. E.M. Pala
- Dr. L. M . Jyrwa
- Dr. S. Khongwir
- Shri. B. Dohling
- Shri. B.Kharbishnop (Part time)

#### DEPARTMENT OF COMPUTER SCIENCE

- Smti. A .Mitri
- Shri. B. Mukhim
- Smti. I. Sun
- Shri. T. S. Warjri
- Shri. P. N. Jyrwa
- Smti. I. G. Kharmawphlang
- Shri. N. D. J. Thabah
- Shri. R. Hoojon
- Shri . J. P. Swer
- Smt. M. S.Umwi
- Shri. J. R. Kharkrang

#### DEPARTMENT OF STATISTICS

- Shri. D.M. Syiem
- Smti. I. S Khyriem
- Smti. J.K Mishra
- Shri. D. R. Mawkhlien
- Shri. R. E Kurbah

#### DEPARTMENT OF PHYSICAL EDUCATION

- Shri. E. Syiemlieh
- Shri. C. Syiemlieh

#### LIBRARIAN

- Smti. B. Lyngdoh



# Nonteaching Staff

## NON-TEACHING STAFF (GRADE-III)

- Smt. R.Khongwir, Head Assistant
- Shri. A. D. Jyrwa, Accountant
- Shri. M. Lyngdoh L.D.A.
- Shri. A. Khriam L.D.A.
- Shri. D. R. Kharmujai L.D.A.
- Smt. D. Kharlukhi L.D.A
- Smt. A. Lyngdoh L.D.A
- Shri. M. Niangti, Asstt. Librarian

## NONTEACHING STAFF (GRADE-IV)

- Shri. P. Sharma
- Smt. F. Kharlukhi
- Shri. R. Kharkongor
- Shri. T. R. Fullel
- Shri. C. S. Khamary
- Smt. A. Rymbai
- Smt. K. Warjri
- Shri. S. K. Wahlang
- Smt. W. Basaiawmoit
- Shri. E. Pyrtuh
- Shri. A. F. K. Sawian
- Smt. A. Khongwir
- Shri. R. Kharumnuid
- Shri. L. Kharkongor
- Shri. S. Myrthong
- Shri. C. N Areng
- Smt. J. M. Lyngdoh
- Shri. Lamjanai Dkhar

## NON TEACHING STAFF: COLLEGE POST (GRADE-IV)

- Shri. A. Khannal
- Smt. P. Songthiang
- Smt. P. Mawlieh
- Shri. W. B. Kharrngi
- Smt. I.S. Ramsiej
- Shri. A. Khriam
- Shri. S. Lyngkhoi
- Smt. B. Khongwir
- Smt. A. Syngai
- Shri. K. Kharlyngdoh
- Smt. B. Ryntathiang
- Smt. T. Umdor
- Shri. S. Sohphoh
- Smt D. G. Kharbani
- Smt. F. Lyngkhoi
- Shri. S. Sawian
- Smt. I. Lyngkhoi
- Shri. P. Moksha
- Shri. B. Nongrang



## SHILLONG COLLEGE STUDENTS UNION OFFICE BEARERS 2017-2018

DESIGNATION	NAME
Vice President	Daryll Khongwir
General Secretary	Pynshngainlang Khongwir
Asst General Secretary	Nangiohbok Rymbai
Music Secretary	Elisnora Khongsdier
Asst Music Secretary	Deigratia Kharbyngar
Sports Secretary	Rinambiangki Thangkhiew
Asst Sports Secretary	Barrister Kharsahnoh
Debate Secretary	Cammillia B Syiem
Asst Debate Secretary	Maphisha Hadem
Discipline Secretary (BOY)	Benezer Wanchand
Discipline Secretary (GIRL)	Jessica Nongbri
Editor	Arrisson Marboh

## SHILLONG COLLEGE STUDENTS UNION OFFICE BEARERS 2018-2019

DESIGNATION	NAME
Vice President	Pynshngainlang Khongwir
General Secretary	Basankupar Dhar
Asst General Secretary	Jessica Nongbri
Music Secretary	Perfectly Suting
Asst Music Secretary	Elis Nora Khongsdier
Sports Secretary	Dame Chen
Asst Sports Secretary	Rinambiangki Thangkhiew
Debate Secretary	Ronnie Khongsni
Asst Debate Secretary	Shruti Hajong
	Maphisha Hadem
Discipline Secretary (BOY)	Dentist
Discipline Secretary (GIRL)	Cheryl Mawlieh



# A GLIMPSE ON THE THREE RETIRED TEACHERS

Shillong College, Shillong saw retirement of three teachers during the year 2016 – 2018 wherein one retirement party for all the three was held. The three teachers are

1. Dr. Manabendra N Bhattacharjee  
HOD Chemistry Department
2. Dr. (Mrs) Dakamon Mawroh  
HOD Khasi Department
3. Smti. Lana P Shadap  
HOD Political Science

Dr. Manabendra N Bhattacharjee, is a very proficient and dedicated teacher that Shillong College ever had. He joined this esteemed institution on the 29<sup>th</sup> day of July, 1985 as a lecturer in the department of Chemistry of the College. Dr. Manab (as he is dotingly called by his friends and colleagues) was a very dynamic and adept teacher who contributed towards the all round growth and development; He is well respect and loved by all which includes students, teachers and staff of the College.

He has been a member and proactive office bearer of many associations, organisations etc. while he was in service. His indefatigable and efforts toward the Meghalaya College Teachers' Association was undeniable as he served for the welfare of the teaching community through the Association at various capacity assigned to him.

Dr. Manab, in his capacity as Co-ordinator of Internal Quality Assurance Cell of the College, encourages and inspires different academic departments in the college to organise and conduct workshops, seminars, conferences etc at various levels. That is, state level, regional, national and international level respectively. Besides, he himself was involved in Shillong College Academic Society, Shillong College mutual benefit co-operative society, various committees of the college, he also implement in proper documentation of Shillong College Employees Welfare Scheme, 1995, Shillong College Employees Social Maintenance Scheme (this scheme is no longer functional since Dec. 2018), and the Article of Association of Shillong

College Educational Society, Shillong; all these documents can avail from the college on payment.

He retired from service as the Head of Chemistry Department on the 30<sup>th</sup> day of June, 2016 after serving the college for 31 (Thirty one) years. Dr. Manab also served as the Vice principal of Shillong College Higher Secondary section for a very short period of time.



Photo: From the Left- Smt L. P. Shadap, Smt. Dakamon Mawroh, Dr. Manab Bhattacharjee, Principal- Dr K.D Ramsiej, Vice Principal- Dr Malay Dey





Dr. (Mrs) Dakamon Mawroh was a very efficient and considerate teacher of Shillong College, Shillong. She joined her service as a lecturer in the Khasi Department on the 1<sup>st</sup> day of September, year 1994. In her tenure of service, she involved herself in many form of activities of the college. Apart from the normal duty as a teacher she also took responsibility in various committees as Convener, Joint Convener and member. Such committees were constituted by the college authority for the smooth functioning and all round development of the college.

Dr. (Mrs) Dakamon Mawroh, during her stint a teacher of Shillong College, she published one of her illustrious work titled "Representation of Women in Khasi Literature" in the year 2008. This publication earns her a doctoral degree in the year 1990. She is an avid reader and a serene listener who command respect and admiration from all those associated with her at different levels.

Smti. Lana P. Shadap, a very jovial, ever smiling and a well received teacher by her novices joined the Department of Political Science of Shillong College, Shillong as a lecturer in the year 1984. She started her career in this College from 31<sup>st</sup> day of October, year 1984. Smti. L. P. Shadap is equally poised with all her colleagues and always been in the company of teachers and students. In whatever responsibility assigned to her, she will never hesitate but accept

wholeheartedly to take the lead. Like any other senior teacher she also had involved herself in many committees of the college at different capacity. At one point of time she has been the Vice President of MCTA, Shillong College Unit. Prof. Shadap was very approachable especially when it comes to matters of her students.

Smti. L. P. Shadap retired on the 30<sup>th</sup> day of September, year 2018 after completion of 24 years of service.

Meghalaya College Teachers Association, Shillong College Unit organised a farewell function in honour of the three retired staff Dr. Manabendra N Bhattacharjee, Dr. (Mrs) Dakamon Mawroh and Smti. Lana P Shadap on the 1<sup>st</sup> day of October, year 2018 in the conference hall of the college. The function was attended by the Principal of the College, Prof. (Dr). K. D. Ramsiej, the two Vice Principals Prof. (Dr). M. Dey (General Course), Prof. K. D. Roy (Professional Course), staff and students of Shillong College.

Teachers, Staff and students of Shillong College wish the three retired teachers a very happy, healthy blessed life ahead on their retirement from service.





# Farewell Kong Flo!



Kong Florida Kharlukhi has joined Shillong College as a laboratory Attendant in the Department of Zoology on the 5<sup>th</sup> July 1985. She was in this department for 18 years where she was then shifted to department of Botany in 2003 and has been in this department till her retirement on the 30<sup>th</sup> April 2019. Kong Flo as we called her has mastered in both fields of these two departments. Besides attending to the requirements of the Degree practical she would also lend a helping hand to assist the biology practical classes of Class XI and Class XII. She has never say no whenever duty calls. Her work and contribution did not go unnoticed but is an example for others to follow. The College appreciates her work ethics as we bid her farewell.



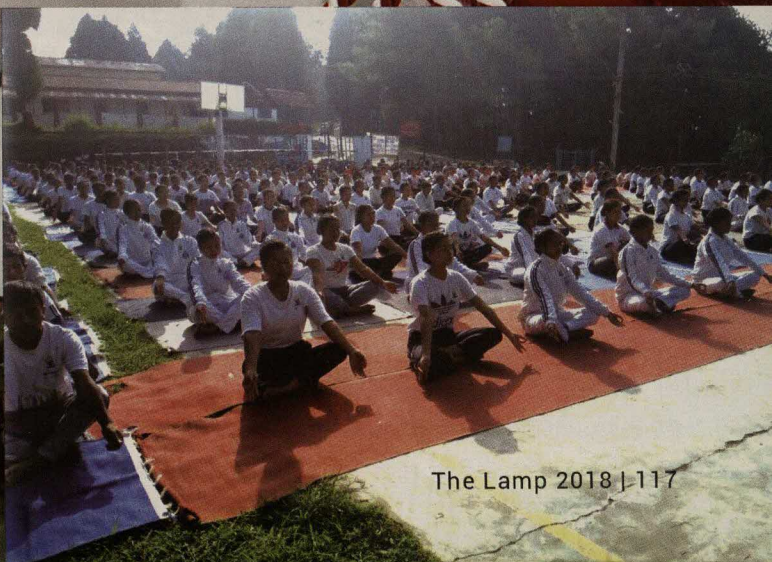


# INAUGURATION OF THE NEW BUILDING, SHILLONG COLLEGE





# Combined Annual Training Camp at ARPS, Laitkor





## Felicitation of ANOs and cadets by the ADG, NCC NER on Nov 27, 2018



## *Gandhi Jayanti*

As part of the 149<sup>th</sup> birth anniversary celebration of the Father of the Nation, Gandhi the NCC Shillong Group organised a social awareness programme at Marba Hub, Police Bazar. The programme which was graced by His Excellency the Governor of Meghalaya, Shri Tatagatha was participated by cadets drawn from various colleges of the city including Shillong College. As part of the program a realistic street play was also shown





# *Independence Day, 2018*



# *Vijay Diwas*





**Aiban Myllemngap of Shillong College receiving the best cadet award for 2017 from Shillong Group Commander during CATC at ARPS, Laitkor**



## **Military Hospital Attachment Camp**



## **NCC Classes**

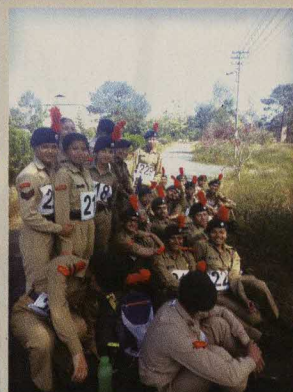




## RD cadets of Shillong College in New Delhi



## SAINIK CAMP





## Joining Hands: Together we can make Gandhi's dream of a clean India a reality



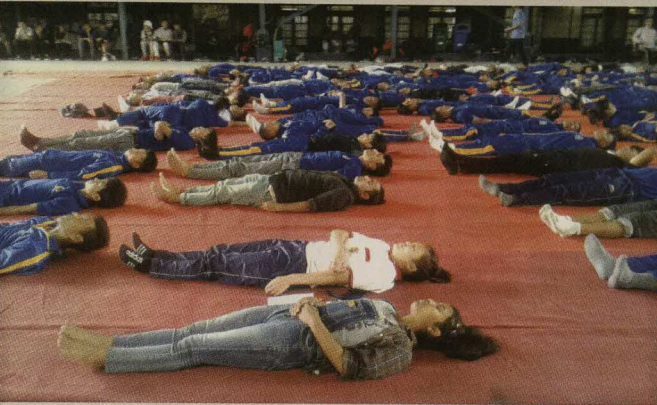
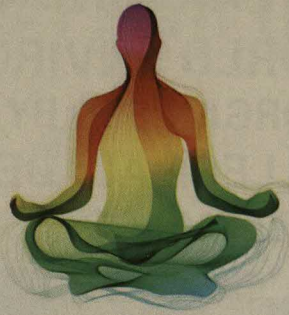
As part of the Swachta Pakhwada the NCC cadets of Shillong College and St. Anthony's College belonging to 61 Meghalaya Girls NCC Bn conducted a cleaning drive of the statue of Kiang Nangbah at

the Civil Hospital Junction on the 20<sup>th</sup> of September, 2018. This programme was taken part by around 40 girl cadets.





# International Yoga Day, 2018





**KIDS FROM VARIOUS SCHOOLS PARTICIPATED IN  
DRAWING AND PAINTING COMPETITION  
TO COMMEMORATE WORLD ENVIRONMENT DAY 2018  
ORGANISED BY  
SHILLONG COLLEGE ACADEMIC SOCIETY  
SHILLONG COLLEGE**





## RELEASE OF THE COLLEGE JOURNAL **Echoes From the Hills**

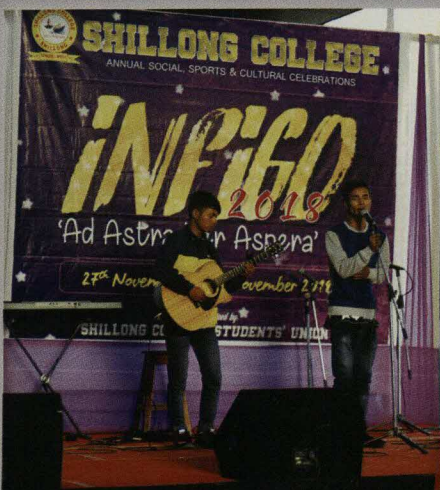
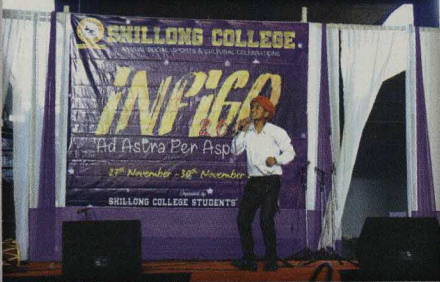
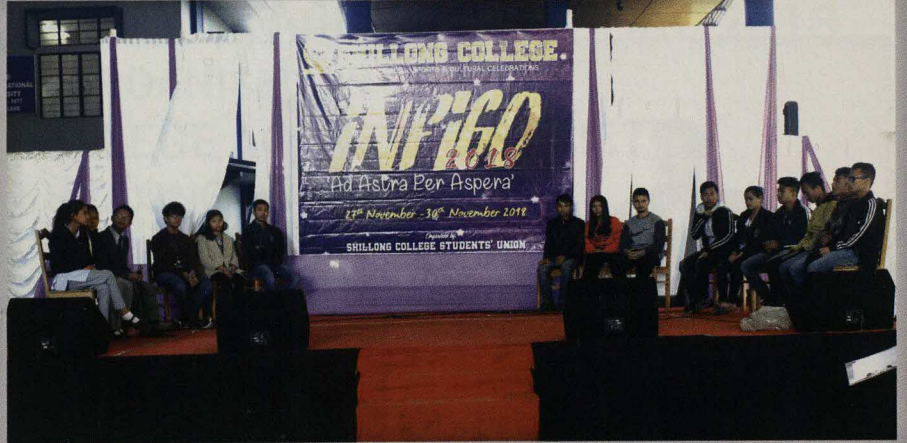


## **A TALK ON MENTORING**

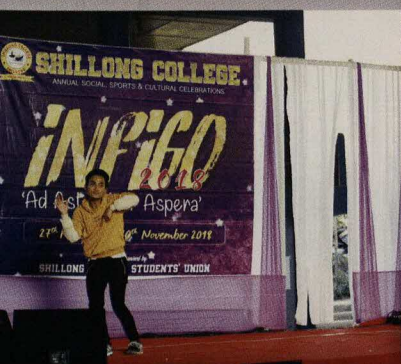
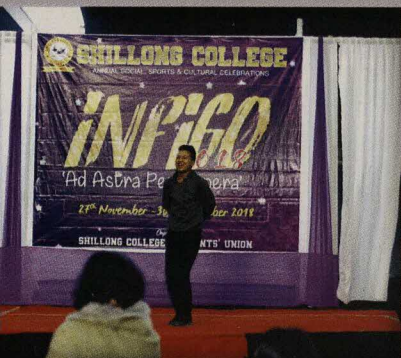
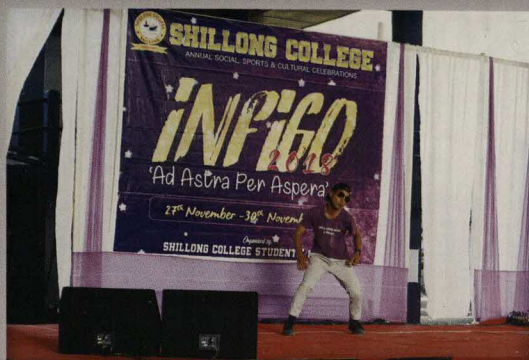




# SCSU CULTURAL

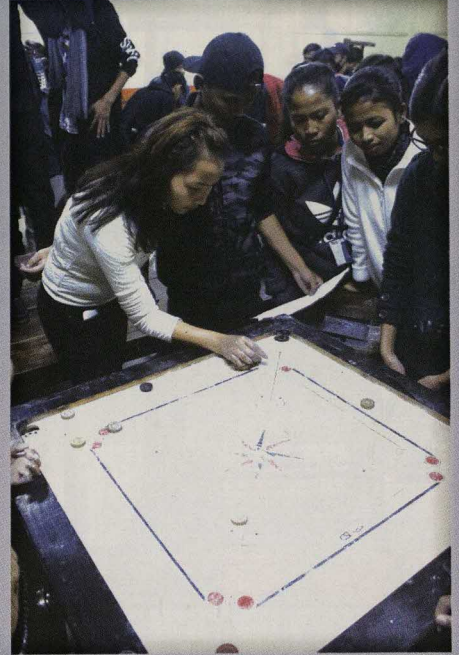








# SCSU SPORTS

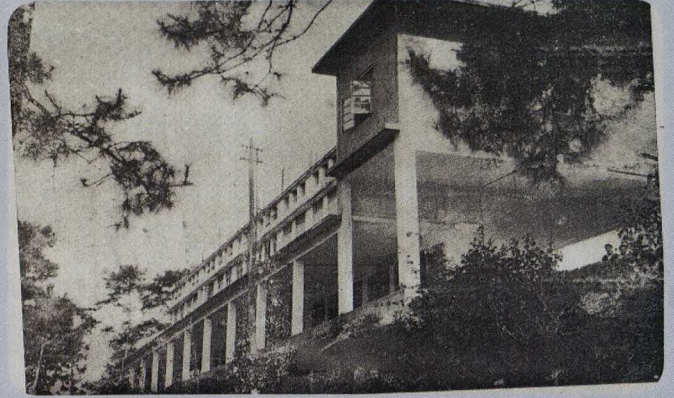




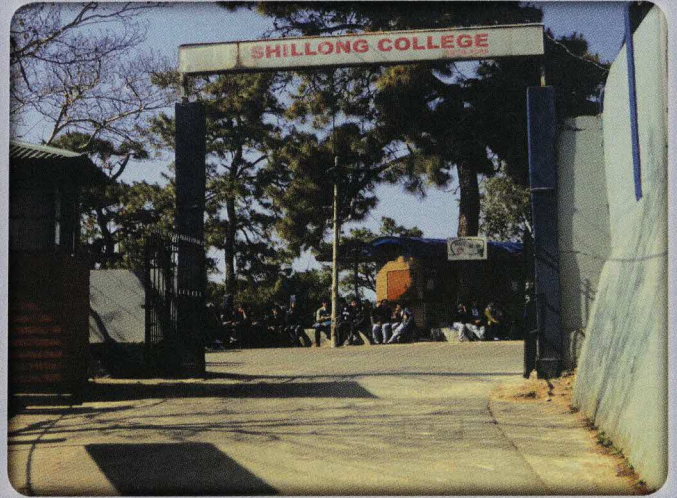




## FROM WHERE IT BEGUN



## TO WHERE IT IS NOW





# AND TO WHERE IT IS YET TO BE



**A view of the Extended campus**



**Boys' Hostel in the extended campus**



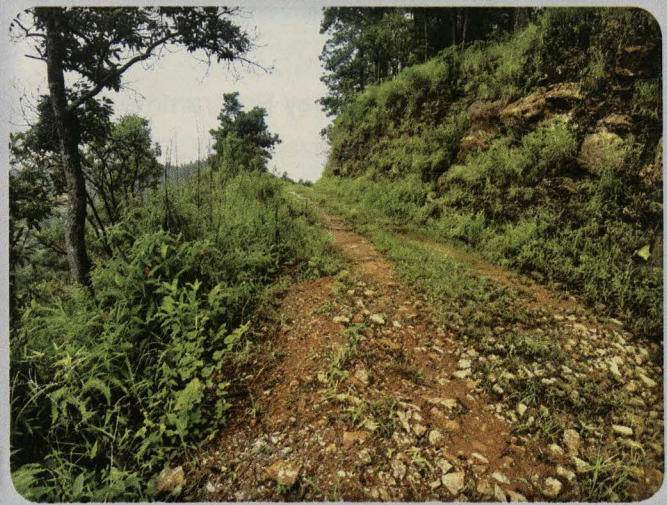
**Gate to the extended campus**



**Swimming pool**



**View of the extended campus**



**Way to the campus**



# LIST OF EVENTS FROM JULY 2018-JULY 2019

1. Release of Diamond Jubilee Souvenir of Shillong College held on 24<sup>th</sup> July 2018.
2. Release of Inter disciplinary Journal "Echoes from the Hills" on 24<sup>th</sup> July 2018.
3. Official Launch of Language cum Skill Development Lab contributed by Shillong College in Convergence with RUSA fund on the 24<sup>th</sup> July 2018.
4. Two-day National Conference on NAAC Revised Accreditation Framework: Challenges and Opportunities with special reference to North Eastern Region organized by IQAC Shillong College on 23<sup>rd</sup> and 24<sup>th</sup> August 2018.
5. International Conference on Bridging the Digital Divide: Role of Libraries and Information Centres with special reference to North Eastern Region organized by Shillong College Central Library in collaboration with IQAC, Shillong College on the 5<sup>th</sup> and 6<sup>th</sup> September 2018.
6. Seminar on Changing Landscape in Skill Ecosystem for Employability and Career Growth organized by SCAS in collaboration with Tata Institute of Social Sciences on 26<sup>th</sup> March 2019.
7. World Environment Day Programme 2019 on "Air Pollution" organized by SCAS on the 4<sup>th</sup> and 6<sup>th</sup> June 2019.
8. Interactive Programme on Role of ICSSR in promoting research and publication organized by Research, Innovation and Publication Cell, Shillong College in collaboration with IQAC , Shillong College on 26<sup>th</sup> April 2019.
9. Talk on Mentoring organized by Department of English on 20<sup>th</sup> May 2019.
10. Orientation Programme for 1<sup>st</sup> year Degree Arts, Science and Commerce organized by Information and career Guidance (ICGC) Shillong College on 17<sup>th</sup> June 2019.
11. Training Programme on Teaching through ICT organized by department of Computer Science, Shillong College from 29<sup>th</sup> April to 2<sup>nd</sup> May 2019.
12. Book entitled "Ka Buit Pyndonkam U Leslie Hardinge Pde ha ka Nobel U Mooiong" authored by Dr. A. Nongbri released on 11<sup>th</sup> June 2019.
13. International Yoga Day organized by NSS and NCC, Shillong College on 21<sup>st</sup> June 2019.
14. Three-day State Level Workshop on Mathematics for Upper Primary School teachers organized by Department of Mathematics from 26<sup>th</sup> June - 28<sup>th</sup> June 2019.
15. Add-on Course organized by Khasi Traditional Music Society-Khasi Traditional Music Certificate course from 4<sup>th</sup> July–December 2019.



