



**REPORT**  
**7<sup>th</sup> NORTHEAST FESTIVAL, AGARTALA**  
**26-29.02.2024**

National Youth Festival is a programme organised by the Ministry of Youth Affairs & Sports in collaboration with the State Governments on various themes. Renowned speakers & the youth icons are invited to share their views, experiences and interact with a selected and invited group of NSS Volunteers drawn from different parts of the country. During this programme the volunteers not only get the opportunity to interact but they also are highly inspired & benefited from this programme.

The state of Tripura hosted the 7<sup>th</sup> Northeast Youth Festival at Agartala from the 26<sup>th</sup> – 29<sup>th</sup> February 2024. Under the motivating guidance of Dr. Laldinpuii, 17 students from PUC NSS represented the state of Mizoram as part of the NSS volunteer and state contingent groups.

**Day 0 – Travel**

We embarked on our journey on the **25<sup>th</sup> of February** from Aizawl, Mizoram by Sumo together with all the participants from Mizoram.



**Day 1 – 26<sup>th</sup> February 2024**

We reached the destination in the early morning of 26<sup>th</sup> and went ahead to register ourselves and join the event. Day 1 was packed with various events and activities including the youth rally from Rabindra Bhavan to Purbasha Complex, opening ceremony and exhibition of state cultural songs and dances.



### Day 2 – 27<sup>th</sup> February 2024

Day 2 began early morning at 6am with yoga where we were educated about the benefits of morning yoga for physical and mental well-being. We performed various asanas (postures) including the suryanamaskar, etc



Following breakfast, the NSS volunteer group attended the 'Suvichar' talk, whereas the State Contingent group went onto participate in various competitions.

Aditya Kumar, 4<sup>th</sup> semester, NSS PUC secured 3<sup>rd</sup> Prize in Clay Modelling competition on the topic of 'Save the Girl Child and Women Empowerment.'

Malsawmzuala, 4<sup>th</sup> semester, participated in the Photography Competition.

Lalthanzami, 6<sup>th</sup> semester, NSS PUC sharing feedback on Suvichar.



PUC NSS in One Act Play – ‘LALI’

Clay Model by Aditya Kumar

### **Day 3 – 28<sup>th</sup> February 2024**

Day 3 started with yoga followed by NSS suvichar with the theme ‘my bharat, viksit bharat’ highlighting the important role of youth in the making of a developed India. Later a tour programme to the Neermahal, Ujjayanta palace, Legislative Assembly was held along with various activities like trekking, kayaking, etc.

### **Day 4 – 29<sup>th</sup> February 2024**

The day started with yoga as usual followed by Suvichar and various other meetings. This was the last day of the event which was concluded with the Closing Ceremony at the Swami Vivekananda Maidan. We left for Aizawl on this day.

We thank NSS PUC for giving us this opportunity to represent Mizoram at the 7<sup>th</sup> Northeast Youth Festival at Agartala, Tripura. We received a lot of exposure and had a great experience interacting with new people and getting familiar with the unique cultures of various states of Northeast.

  
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