



REPORT
NSS FESTIVAL DIBRUGARH, ASSAM
12-16th MARCH 2024

Name of volunteers who participated-

1. Dolly Malsawmtluangi, BBA, 6th Semester, Rol No 2101BBA012.
2. Lalchhanhimi, Psychology, 4th Semester, Roll No 2201BA186.
3. Lalhriattlingi, English 4th Semester, Rol No 2201BA207.
4. Lalropuii, English, 4th Semester, Rol No 2201BA269.
5. Sarah Malsawmzuali, Psychology, 4th Semester Rol No 2201BA396.
6. Neeraj Singh Rawat, EVS, 4th Semester, Roll No 2201BS152.
7. Lalchhanchhuahi, English, 4th Semester, Roll No 2201BA181.
8. C. Lalnunthara, Education, 4th Semester, Roll No 2201BA037.
9. Vanlaldampuii, Geography, 4th Semester, Rol No 2201BA425.:
10. Lalrinthangi Khiangte, English, 4th Semester, Rol No 2201BA264.
11. Lalmuanlala, Philosophy, 6th Semester, Roll No 2101BA287.
12. Thomas Vanukliana, Chemistry, 4th Semester, Rol No 2201B\$195.
13. Lalmangaihzuala, Chemistry, 4th Semester, Rol No 2201BS090.
14. B Luson Chakma ,Physics, 4th Semester ,Rol No 2201BS013

Detailed Report Presented by-
Dolly
Lalchhanhimi
Lalmangaihzuala
Sarah
Thomas

DAY 1 12/03/24

Our journey began from our college i.e. Sunday (10.03.24) night to Tuesday (12.03.24) morning and we reached Dibrugarh university at 7am in the morning. Right after we settled, we got our registration done following with distribution of volunteer's kit which include a file, notepad and a pen. Then we got our lunch at the food court. By evening the inaugural function was held at the auditorium where we were guided how our programme will be held throughout the week. The afternoon session was mainly reserved for the preparation of cultural night where our team practiced "Chhei lam" and "Sarlamkai" for cultural program. The night session was held between 6:00 -8:30 pm, our state item was scheduled for the other night so we got the golden opportunity to become the audience the whole night which in fact fills our eyes with glitters of wonders and amused by different state's culture





DAY-2 13/03/24

We started the day with yoga practice session at 6:30am till 7:30am. After the yoga practice session, we proceeded towards the food court to have our breakfast at 8:30am to 9:30. The food they provided was very nutritious.

On 9:30am till 11:00am we had our first session which titled “Role of NSS in Nation Building” by attending the conference call of “India’s Techade: Chips for Vikshit Bharat”. It is the launching program of Semi-Conductor Foundation Industry Plan by TATA in three different places in India: Sanand, Dholera, and Morigaon. Morigaon is a place in Assam. The Chief Minister of Assam thanked TATA for breaking the geographical barrier as it has always been considered that development for India is impossible from North-East. However, TATA has launched one of the Semi-Conductor Industry Plan in Assam.

We continued with Session II: Vikshit Bharat and the Role of Youth at 11:00am. We started the session by rewarding Mr. Tariang from Digboi College. He has produced three national awardees. There are three NSS units in his college. He gave presentation about garbage managements. He and his students have made an Eco brick by filling up plastic bottles with plastic wastes like chips package. They use it to construct utilities such as public dustbin. The Digboi college has adopted Patkai village. In order to improve their economic situation, they have developed Patkai Vemi and they also earned a few sum of money by becoming tourist guides. We had our lunch during 12:30pm to 1:30pm.



We had Session-II: “Ethics, Moral Values & Social Etiquette” from 1:30pm. From our resource person we learned three important things. Firstly, everything is a gift and all gifts are because of enormous sacrifice of others. One should appreciate the givers and their intentions. Secondly, appreciation is the biggest etiquette. In gratitude we appreciate the good things in life. Sometimes the world may be cruel and not be fair but we can appreciate the good things in life. Lastly, kindness is the biggest source of etiquette. One should try to understand others from their point of view. At 4:30pm to 5:00pm we have our evening tea. From 5:00pm to 6:00pm we prepared ourselves for the cultural programme. The cultural programme started at 6:00pm. The Mizoram Contingent performed Chheih lam and a group song. For the group song we sang the Mizoram State Song ‘Ro min relsak ang che’ by Pu Rokunga. We cordially thank Mr. Vanlalduata, a student in Dibrugarh University for lending us his guitar for our performance. On 8:30pm we had our dinner and went to the dorm to sleep and rest.

DAY-3 14/03/24



We started the day with Yoga Practice Session at 6:30am and ended the session at 7:30am. We proceeded to the food court to have our breakfast at 8:30am.

We began Session IV: “Indian Knowledge System: An Overview” at 9:30am. Presentation was given by Dr. Mukul Chandra Bora. He talked about the necessities of looking at the research papers for gaining knowledge. He also talked about Bharatiya Gyan Parampara, Cowboy Economics and so on. His presentation was very interesting. On 11:00am we continued with Session V: “Mental Health Concerning the Youth”. We had a great resource person Dr. Dhurba Jyoti Bhuryan. He talked about the ‘Unequal World’. He stated that the mind is the sum total of the different functions executed by the different parts of our heart. He also talked about the mental health issues, biopsychosocial model, stress, causes of stress and stages of suicide.



At 12:30pm to 1:30pm we have our lunch.

During 1:20pm to 2:15pm we had Slogan writing competition. Five volunteers from Mizoram Contingent namely: Sarah Malsawmzuali, Dolly Malsawmtluangi, Anna Malsawmtluangi, Mannghaihawi and Lalmuanlala have participated in the competition.



From 2:30pm till 4:30pm we had group discussion. Neeraj Singh Rawat, B. Luson Chakma, Thomas Vanukliana, Lalmangaihzuala and Lalchhanhimi from Mizoram Contingent had participated in the competition. B Luson Chakma secured third place in the competition. From 4:30pm to 5:00 we had our evening tea. Then we proceeded to practice for cultural programme. At 6:00pm the cultural began. The Mizoram Contingent performed chheih lam and sarlamkai together. We are very thankful Mr. H Laldawnga and his family for arranging khuang for our performance. We had our dinner at 8:30pm. We proceeded towards our dorm to take rest and sleep.



DAY-4 15/03/24

The day started off at 6:30 am as all the volunteers assembled at the college ground for morning yoga and exercise. After that, at 8:30 we all gathered at the food court for breakfast. From 9:30 am onwards, we started to gather at our respective buses for sightseeing. Each state was assigned their own bus. We first visited Brahmaputra River and then we headed to Jagganath Temple. After lunch, we had a quick Technical Session at the auditorium till 3:30pm which was followed by a Dibrugarh University Campus Visit where we visited the campus park. From 6:30 till dinner we had a cultural programme. Various states performed their cultural dances, sung songs and it was a very joyful experience. Dinner was served from 8:30 till 9:30 and since some programme performances were still due, the program continued on for around 30 minutes after dinner. The night ended on a good note and we all got to learn heaps about each other's culture.

DAY-5 16/03/24

The last day started off at 8:30 am we all gathered at the food court for breakfast. From 9:30 am onwards we gathered for a technical session by Madam talking about Life skills and Motivation. After that special Item (Bihu Dance) performed by Assam and all the Programme Officers and we had great fun watching them dance, which was quite memorable and fun as well. After that we had Cultural rally (with traditional costumes/dress), which was followed by our lunch. After lunch we had valedictory session (inauguration of PG unit magazine, prize distribution, Certificate distribution).

The NSS North East Festival Dibrugarh 2024 ended with peace, joy, and was great and wonderful.

At 5:30 pm, we left Dibrugarh University and headed to the train station and by 7:55pm the train started our head back journey. On 17/03/24 Morning at 7:30 am we reached Guwahati. From Guwahati we took Capital Bus at 3pm and reached Aizawl by 12:30 safely, which completed our journey.



Cultural night



'Chhei lam' was performed on the second night of cultural event



'Sarlamkai' was performed on the third night of cultural event



NSS theme song sang by one representative from each state



*Group discussion which was held on 14th of March 2024 where one of our college volunteer **Luson Chakma** won the 3rd prize*



Email: nss@pucollege.edu.in



Cultural rally held on 16th march of 2024



14 volunteers from Pachhunga University College

Melvin
Programme Officer, NSS
Pachhunga University College
Aizawl : Mizoram

Signature of Programme Officer with seal
Programme Officer
NSS Unit, Pachhunga University College