

**Report on**  
**NSS festival 2023 @NEHU UNIVERSITY Shillong, Meghalaya**

**(19<sup>th</sup> June-23<sup>rd</sup> June)**

-Reported by NSS festival 2023 volunteers

**Name of volunteers**

- 1)C.Biakthansanga
- 2)Dolly Malsawmtluangi
- 3)Felisia Zodinpui
- 4)R.Malsawmsanga



**Recapitulation day 1**

Due to heavily landslides in Sonapur we were blocked and delay by 8 hours hence we reach Shillong, NEHU at 12:30am

**Recapitulation day 2**

Our day start off by morning yoga which was guided by one of the resource persons from Meghalaya yog samiti, we were taught several yoga techniques which was refreshing also fun for all of us, it was then followed by breakfast. After an ample time for our personal needs, so as to prep ourself for the function, state wise presentation was given by each of the volunteers from their respective state, and for our state it was given by C. Biakthansanga from Pachhunga University College. Our pre noon session was ended by number of enchanting performances from volunteers of Sikkim, Nagaland and various state. At night we have cultural programme

in which each of the volunteers including the PO shows up with our traditional attire, this programme includes culture dance, song and certain items depicting their traditions and culture, in which we have a wonderful cultural, ethnics exchange platform also helps in bonding between diverse culture, this programme was followed by dinner and then by 10.30 it was time for lights off.

### **Recapitulation day 3**

The 3rd Day of NSS festival was International Yoga Day. It was started with an extensive Yoga session held in the convocation hall in Nehu led by the Meghalaya Yog Committee in which 200 of participants took part. The programme of the day was followed by Yuva Samdava-India@2047 in which volunteers from each participating state talked about their vision of India at the attainment of hundred years of independence. Two of our student Dolly Malsawmtluangi 4th semester and C. Biakthansanga 6th semester had presented our state, on the given topic of Panch Prans. At noon Shri Depak Kumar introduced the student to the Y20 and G20 forums and their objective. And this was followed by an interaction session on Life Skills and its various components by Shri Sunil.K Basumatary who exhausted the student on developing personality to community involvement. In the evening there was a continuation of the cultural event of the previous evening. In this event volunteers of Mizoram had presented our state theme song (Aw nang kan Lal kan Pathian) and a dance (chheih). The enthusiastic programme was followed by dinner.

### **Recapitulation day 4**

As following a proper schedule, Dt.22.06.2023(Thursday) was the Timing of visiting the Sohara. At 7:30-8:30 the breakfast was taken and the volunteers were prepared for their trip, So the bus were leaved the guest house at 10: 00am. All states were given a respective bus, for their trip. Not only Sohara but also Mawsmai Falls, Nohkalikai Falls, Kynrem Falls, and certain park were visited and volunteers were enjoyed and captured their moments. Lunch was provided in Gov't Sohara Collage. The volunteers were arriving their places, event having their tea break. Even after having a trip the volunteers were attend the performance of the band at the multi-conventional hall. After the programme, the volunteers were provided dinner and went back in their places. After all the lights were went out at 10:00pm.

### **Recapitulation day 5**

It was the last day of festival (Dt.23.06.23) students were waken up at 5: 00am. Practicing karate which were conducted by All Meghalaya Karate Do Association, after the students were giving their personal time for preparing themselves. The breakfast were taken at 7:00-8:30am so after taking breakfast the programme were followed up by Youth And Entrepreneurial Skills Which were associated by Prime Hub Megh, in this programme the vouteers were devided into a sub group, and given a task for having better skill of an enterpreneurship idea. Tea break were having after this programme. Sharing feedback were followed up immediately R.Malsawmsanga, dept of philosophy, Pachhunga University Collage were delivered a feedback, from representing the Mizoram volunteers. After the feedback programme the volunteer were hang over their lunch. So, the programme of valedictory function was the last programme, events in this Programme the Organising committee and every state PO were delivered the valedictory speed, Miss Gospel Hmangaihthangi were representing Mizoram.

After all programme were completed, all states were leaving the venue and arriving their respective states.



20<sup>th</sup> June Cultural night with PUC volunteers & 22<sup>nd</sup> June Visiting Sohra



Presenting state anthem from Mizoram volunteers;

*Prof. Aizawl*  
Programme Officer, NSS  
F: chhunga University College  
Aizawl : Mizoram

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