



NORTHEAST NSS FESTIVAL 2022 at GOVT.KOLASIB COLLEGE, MIZORAM

Six PUC NSS volunteers (4 M and 2 F) participated in North East NSS Festival 2022 held at Govt. Kolasib College between 4th-8th November 2022. PUC NSS Volunteer C. Biakthansanga, 5th Semester, Philosophy Department bags first prize in the Extempore Speech Competition. More than 200 volunteers from eight (8) different states of North East India participated in this event.

The detailed report prepared by DOLLY MALSAWMTLUANGI is given below:

NAMES OF VOLUNTEERS PARTICIPATED

C.ZOTHANPUIA, 5th SEMESTER PHILOSOPHY
C.BIAKTHANSANGA, 5th SEMESTER PHILOSOPHY
DOLLY MALSAWMTLUANGI, 3rd SEMESTER BBA
JOSHUA LALRONGURA, 5th SEMESTER PHILOSOPHY
LALREMPUII, 5th SEMESTER HISTORY
REMRUATFELA, 3rd SEMESTER HISTORY

DAY 1

- Departed from College Campus around at 12:30 and arrived at the destination at around 4:30 pm.
- Interaction with SNO was held and we moved on to our main room.
- There was no programme on the first night.

DAY 2

Recapitulation of DAY 2

Date: 05 November 2022.

The Day 2 events started at 9:30 am and lasted till 7:00 pm.



The program began with an NSS clap led by Programme Officer Ms. Pramila Rai from Sikkim. Volunteers were informed that there will be four resource persons for the whole days programme. First Session was “Ice Breaking” which started at 9: 40AM. The resource person for Ice Breaking Session and Communication Skills was Ms. Lalrinsangi Nghinglova, Associate Professor, Government Zirtiri Residential Science College, Aizawl. Miss Rinsangi introduced herself and gave three pieces of self-introduction technique that is personal, professional and particular. Two volunteers from each State were called on the stage to give an introduction of themselves with an action and which states they were representing. Next, a

chit of paper containing words like fruits, animals, alphabets and famous persons, were given to each volunteer and those who got the same type of chits were told to sit in one place to break the barrier of confining in one group or states in this way the volunteers were acquainted with volunteers from other states of NEI. At 10:30 AM Miss Rinsangi ended her first session thereafter the audience dispersed for a short break till 11: 00am followed by the

Inaugural Function.

The Chief Guest of the Inaugural Programme was Mr. Robert Romawia Royte, Honourable Minister Sports and Youth Services Department, Government of Mizoram; the Chairman was Dr. Benjamin L Saitluanga. The event was also graced by the presence of the Programme Coordinator, NSS Cell, Mizoram University and other Programme Officers. The event was beautifully compered by Ms. H. Lalbiakkimi, Programme Officer, St. John's Higher Secondary School Kolasib. Welcome address was delivered by the Chairman. An overview of the festival was given by the State NSS Officer, Dr. Zirliangura. This was followed by Cultural Display from the states of Mizoram, Manipur and Assam organised by the Cultural Committee. Lunch was served at 12:40 PM. After the lunch break, Second Session started at 2:46 PM. Miss Rinsangi conducted an elaborate Communication skills Session. The Second Session ended at 4.00 PM. At 5.00 PM Cultural Programme was conducted wherein special items were presented by the states of Mizoram, Sikkim and Tripura. Dinner was served at 7.00 PM



DAY 3

Recapitulation of DAY 3

Date: 06 November 2022.

The Day started off at 6 am with everyone assembled at the college ground for Morning Yoga/exercise.

We reached the Kolasib stadium at 6:30 a.m. The Yoga session was led by two of the Volunteers from Tripura. After which all the Volunteers raced two rounds of walkathon in the stadium.

9:30am - 4:00 pm: Academic session by Mr. Sunny Mawlong, Managing Director, Hundred Academy, Shillong. The programme started with the Recapitulation of second day by Melamkordor NSS volunteer from Meghalaya. After which the State NSS officer Dr. Ziriliangura warmly welcomed the resource person for the day Mr. Sunny Mawlong, with all the volunteers on their feet applauding NSS clap in unison. The resource person Mr. Sunny Mawlong also humbly and energetically greeted the crowd (volunteers) and captivated them with his charismatic energy. He continued the session with two activities i.e. the Milkshake dance and Human autograph. After which he started his introduction on the topic "you are capable of greatness" with two lovely story, i.e. a rich gold diamond merchant and the two frogs. Both giving out the message of developing a rich mindset, encouraging the volunteers to apply growth mindset and ended the first session with the quote, "A rich mindset is to become more of a person God created you to be and doing the kind of things that God created you to do." Mr. Sunny Mawlong in the session focused on activities such as Choco latte, Simon says, Who am I?, Choir Ping Pong and interstate activity in order to break the ice and keep the volunteers active and fresh. He also talked about the three R's that a great leader must do i.e., Retire, replace and repeat. He ended the Academic Session by encouraging the Volunteers to Live a life of thankfulness and be Capable for greatness without any limit.

Day 3 Cultural programme

Compere: Volunteers from Nagaland and Mizoram, beautiful cultural items were performed by Mizoram, Manipur, Meghalaya and Arunachal Pradesh.



The day concluded with the additional item of Day 3: Blind hit, 3 boys and 3 girls from each state played under the in charge of MMC PO Manipur and Seven PO from Meghalaya

DAY 4

Recapitulation of DAY 4

Date: 07 November 2022.

Our day started by 6.30 am at college ground with 100 meters race among the volunteers under the guidance of the PO's followed by race of walkathon around the basketball court. This was followed by essay writing competition in which three volunteers, C.Biakthansanga, Dolly Malsawmtluangi and Joshua Lalrongura from our college participated.

The programme started with the recapitulation from Nagaland NSS Volunteers. Dr. Janet Zoremnghaki, Blood Bank Officer District Hospital, Kolasib gave the necessary information about the benefits of voluntary blood donation.

Dr Janet highlighted certain benefits such as-how blood donation helps in blood circulation, how it improves the skin and also how it boost our collagen and so on. The program ended by 12:15pm followed by our lunch. We had tea break till 1pm during this time us volunteers were given free time to run personal errands in the local market. By 1:15 all the volunteers dispersed for trekking from Kolasib College to Run Lui, Kolasib with the help of 3 buses and one camper truck (provided by PUC volunteer, Joshua Lalrongura). We reached Run Lui by 2:05 pm and our trekking ended at 4:30 and we returned to the college by 5:15pm. Dinner was served at 7 pm followed by Cultural Programme. Extempore Speech Competition was held along with the cultural program, two volunteers from our college, Joshua Lalrongura and C. Biakthansanga participated in this competition. C. Biakthansanga received the first prize. The Cultural Programme ended with *Chheihlam* performed by Mizoram NSS Volunteers in which every one of us danced in gaiety

DAY 5

Recapitulation of DAY 5

Date: 08 November 2022.



At 6.00 am all the NSS volunteers were told to pack their belonging. At 6.30 am the NSS programme officers from Mizoram gave duties to all the NSS volunteers from the eight north east states to clean the college campus, rooms and the campus surroundings. All volunteers were divided into groups and our college, Khawzawl HSS, Khawzawl college, Sakawrdai boys were assigned to clean the college meeting room and Principal's Office .

At 8.30 am breakfast was served. After finishing breakfast, we took quite a number of photos with our friends from different states and also as a group for remembrance.

Programme for closing function started at 11.00 am at Govt. Kolasib College Auditorium. Mr. John LT Sanga Deputy Commissioner was the Chief Guest, Mr. Lalmangaiha, Asst. Professor was the host for the programme. Mr. Zahmingliana, Govt. Kolasib College gave the welcome address speech. Special items cultural dance were performed by Sikkim, Arunachal Pradesh and Manipur. Dr.Zirlianggura, State NSS officer NSS cell Mizoram gave report and speech on NSS North East Festival Kolasib, 2022. NSS Volunteers from Meghalaya and Tripura gave feedback. The chief guest of this closing programme distributed certificates along with the prizes and mementos. Vote of thanks was proposed by Ms. Julie Zobiaknungi NSS programme officer.

After closing programme lunch was served at around 1.00 pm. After finishing lunch we bid goodbye to our new friends and we departed from Govt. Kolasib College around 2pm and reached Aizawl by 6pm.



*Cultural night with Mr.Dr.Zirlianggura,State NSS officer State NSS Cell
Mizoram*



Yoga/ morning exercise at Kolasib stadium



PUC NSS Six volunteers with PUC POs'



C.BIAKTHANSANGA, 1ST PRIZE WINNER AT EXTEMPORE SPEECH


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

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