2018

Shillong Commerce College

Internal quality Assurance Cell (IQAC)

[ANNUAL REPORT 2018]

Programmes and events of shillong commerce college during the year 2018

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STUDENT FINANCIAL ASSISTANCE 2018

The College has been providing Financial Assistance to students through

1. The Shillong Commerce Micro-Finance Society
2. The Shillong Commerce Performance Reward Grant 2018-19

   The details of recipient of these benefits for the year 2018-19 are as follows:

YEAR	**TITLE OF SCHEME**	NAME OF STUDENT	Amount in Rupees
2018-19	MICRO FINANCE	Miss Ibansara Mynsong (BCOM 5th Sem)	18,990/-
2018-19	PERFORMANCE REWARD GRANT	Mr. Joysingstar Synrem (BCOM 1st Sem)	17,655/-
		Miss Ksiarbanylla Mawnai	17,655/-
		Miss Anupama Das	17,655/-

ACTIVITIES OF THE COLLEGE

MEMBERS OF DIFFERENT COMMITTEES FOR COLLEGE DEVELOPMENT FOR THE YEAR 2017

1	**Debate Committee**		9	**Committee for Academic Calendar**	
	Convener	Dr. S. Sen		**Convener**	Principal
	Members	Mrs. S. Khongwir		**Members**	Dr. S. Sen (Secretary)
		Ms. M. Blah			Md S. Barbhuiya
		Ms. Ibakordor Nongkhlaw			Mrs. B. Pakyntien
2	**Cultural Committee**		**10**	**Disciplinary Committee**	
	Convener	**Mrs. A. Kharmawphlang**		**Convener**	**Dr. S. Sen**
	Members	**Ms. M. Blah**		**Members**	**Mr. D. Sawkmie**
		Mr. W. Dkhar			**Mr. B.R. Upadhya**
		Ms. P. Kharkhyr			
		Mrs. P. Marbaniang			
		Ms. Ibakordor Nongkhlaw			
3	**Career Counselling & Placement Committee**		11	**Social Work Committee**	
	Convener	Mr. D. Sawkmie		**Convener**	Mr. B.R. Upadhya
	Members	Dr. S. Sen		**Members**	Mr. D.M. Syiem
		Mr. B.R. Upadhya			Mr. Anthony Rynjah
		Ms. Anjana Singh			Mr. W. Dkhar
					Ms. Ailad L. Mawphlang
					Ms. B.S. Challam
					Mr. K. Agarwal.
4	**Sports & Recreation Committee**		**12**	**Grievances Redressal Cell**	
	Convener	**Mr. D.M. Syiem**		**Convener**	**Mr. D. Mukhim**
	Members	**Mrs. A. Kharmawphlang**		**Members**	**Mrs. Anjana Singh**
		Mrs. J. Kyndiah			**Mrs. M. Sarkar**
		Mr. D. Mukhim			**President Students Union SCC**
		Mr. Anthony Rynjah			
5	**Publication & Literary Committee**		13	**Disaster Management Committee**	
	Convener	Mrs. S. Khongwir		**Convener**	Mr. D. Mukhim
	Members	Mrs. S. Sen		**Members**	Mr. Anthony Rynjah
		Ms. M. Blah			Ms. Ailad L. Mawphlang
					Mrs. P. Kharkhyr
6	**Library Advisor Committee**		**14**	**Canteen Committee**	
		Mr. B.R. Upadhya		**Convener**	**Mrs. J.C. Blah**
		Dr. S. Sen		**Members**	**Mr. B.R. Upadhya**
		Mr. Anthony Rynjah			**Palma Marwein**
		Mrs. J.C. Blah			
		Mrs. Regina Mawrie			
		Mrs. P.S. Syiem			
7	**Seminar/Workshop Committee**		15	**Value Education Cell -**	
	Convener	Mr. W. Dkhar		**Convener**	Mr. D. Sawkmie
	Members	Mr. Anthony Rynjah		**Members**	Dr S. Sen
		Mr. D. Mukhim			Mrs. S. Khongwir
		Mrs. M. Blah			Ms. Palma Marwein
8	**Alumni Committee**		**16**	**Women's' Cell**	
	Convener	**Mrs. M. Wankhar**		**Convener**	**Mrs. J.C. Blah**
	Members	**Mrs. M. Sutradhar**		**Members**	**Dr. S. Sen**
		Mrs. J.C. Blah			**Mrs. S. Khongwir**
		Mr. D. Sawkmie			
		Mrs. P. Marbaniang			
		Ms. Ibakordor Nongkhlaw			

REPORT ON CANCER AWARENESS RUN

A Cancer Awareness Run and Cancer Awareness Program was organized by Shillong Commerce College in collaboration with Manbha Foundation, Tata Trust and supported by the Department of Surgical Oncology, NEIGRIHMS on the 13th March 2018. The route for the run was from Shillong Commerce College to Khyndai Lad (Police Bazaar) and back. The run was flagged off by the Principal of the college Shri J.B.Massar and Dr. Zulfikar Hazarika, ENT Surgeon, Bethany Hospital at 6:30am. There were around 300 who participated in the run which included Doctors from NEIGRIHMS, Students, Teachers, general public, CRPF personnel, etc. There were about 500 who attended the Awareness programme.

The event was a part of 'Run and Ride Against Cancer', organized by Tata Trusts and Cachar Cancer Hospital which covered several cities of the North East to spread cancer awareness in the region. The Run was followed by an Awareness Program which was graced by Shri Pravin Bakshi, IAS, Secretary, Health Department, Government of Meghalaya as the Chief Guest. He spoke of the various efforts of the government in halting the spread of non-communicable diseases and how tobacco-related diseases not only harm the individual, but also negatively impacts the economy of the state. Dr. Caleb Harris, HOD I/c Surgical Oncology, NEIGRIHMS, stressed that Shunning of tobacco, alcohol and betel nut (kwai) can reduce the cancer burden in Meghalaya, and Dr. R. Ravi Kannan, Director, Cachar Cancer Hospital exhorted everyone to fight against tobacco use and administered a pledge against tobacco. A Cancer Survivor shared his testimony about how he was cured of cancer after being treated at NEIGRIHMS.

The program was chaired by Associate Prof. Shri. D. Sawkmie and Dr. Rica Lamar, Secretary, Manbha Foundation gave the vote of thanks.

At the end of the Awareness program, bikers (Silchar Thumpers Enfield Club) were flagged off by the Chief Guest for their onward journey to Guwahati for the next leg of their pan North-East Awareness Program.

Submitted by
B. R. UPADHYA
Associate Professor

REPORT ON THE IQAC WORKSHOP

Held on the 4th of April 2018

The workshop was chaired by Associate Professor D. Sawkmie with the Welcome Addressed by the Principal Prof. J. B. Massar. The workshop was attended by members of the teaching and non teaching staff.

In order to ensure adherence to the NAAC guidelines on assessment and accreditation, Shillong Commerce College organized a one day workshop on the 4th of April 2018 on the topic Revised Assessment and Accreditation (A&A) Framework and the resource person for the workshop is Dr. B. R. Lyndem NAAC Peer Team Member.

He discussed about the new process that is ICT enabled, objective, transparent, scalable and robust. He emphasize on the NAAC motive that Quality Assessment (QA) can better be done through self-evaluation. He also discuss about QUALITY INDICATOR FRAMEWORK (QIF) and the seven criteria that serve as basis for assessment of HEIs.

The workshop ended with a vote of thanks from the Chair.

Submitted by
Palma C. Marwein
Assistant Professor

PARENT-TEACHER MEET

Shillong Commerce College
Shillong
June 23, 2018

The meeting was opened by Mr Dominick Sawkmie, Associate Professor of the Department of Economics, who was also the Chairperson of the Meeting. Mr Sawkmie welcomed all the parents for attending the meeting because this interaction would help the college in meeting the needs of the students. He further mentioned that being a father himself, he realised that Shillong Commerce College is one outstanding college which would organise such meetings frequently in order to enable the college and its faculty to give their best to the students.

The Principal of the college, Mr J M Massar, delivered the welcome address. The Principal thanked especially the parents who made an effort to attend the meeting because, according to him, this gesture on their part indicated that they really cared for their children. He mentioned about the sad situation that some parents do not care for their children. Ironically, they love their children but do not care about them. This is the attitude that is not good. In this college, according to him, 70 percent of the students do not have fathers. In such a situation, mothers or the guardians were expected to attend such meetings to communicate to the college about the difficulties that their children are going through. The college would like to know about the behaviour of the children at home. "Are they responsible? Are they serious with their studies?" These are some of the concerns that should not be taken for granted. As a matter of fact, in this day and age, it is very difficult to raise up children. The easy access to social media is a threat to the children's welfare. This complicated situation has necessitated the Principal to be more sensitive towards the students that he has become their 'father' in the college. His door is always opened to them and in the course of time he has learned so much especially from the students who are regular absentees. Discipline is an essence of the college. Absentism of three days in a row, according to the rule of the college, makes it mandatory for students to meet the Principal with proper explanation for absentism though provision of a medical certificate is not essential. This meeting was essential for parents especially to interact openly with the college authorities and faculty. The Principal also informed the parents about the provision of extra teaching on GST, Tally and a plan for a Certificate Course on Tourism in order to help students be employable. The college has proudly produced many successful professionals including the Registrar General of the High Court, Lawyers, Meghalaya Civil Services Officers, Probationary Officers, Professors and Lecturers to name a few. Parents were also informed about the daily availability of free medical treatment provided by a doctor and a nurse. Apart from this, the college provides Mentoring and a Counsellor is specially employed to cater to the students' psychological needs. The holistic development of the students is the concern of the college and therefore awareness programmes on relevant issues are also being held on a regular basis. The Principal concluded his speech by encouraging parents to communicate with him or the faculty regarding any issue related to their children or to write a complaint and put it in the complaint box because according to him, "In the college we have no power but we can influence life".

The next speaker was Mr Shanbor Kharmawphlang, Parents' Representative and IQAC member of Shillong Commerce College. Mr Kharmawphlang felt that this meeting was organised at the right time because this was the time when the sessions started. To him, as well as other parents, it is a privilege to have children study in this college because, as the Principal had mentioned that, the college provides not only educational qualifications but is also concerned about the welfare of the children and the community at large.

Parents appreciated the college management for organising this meeting and appreciated the faculty for meeting the intellectual needs of their children. They also spoke about their concern for their respective children when it comes to attendance and discipline. Another parent suggested that college students should not be treated as children but as adults to enable them to be responsible and mature human beings

Mr D M Syiem wrapped up the meeting by requesting the parents to co-operate with the teachers by encouraging their children to study on a regular basis and not only for passing the examination so that there will be overall development in the professional life of the students.

Dr (Mrs) Sen, the Vice-Principal of the college delivered the vote of thanks with the concluding remarks: "To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, to live gratitude is to touch heaven".

Submitted by
Christina Wanniang
Assistant Professor

REPORT ON STUDY TOUR TO KOLKATA

3rd JULY TO 9th JULY 2018

The Principal Sir Shri J.B. Massar had selected 21 students with good percentage from both boys and girls and two escorts Mrs Regina Mawrie and Mr Jerry Mawrie for the study tour to Metro City, Kolkata.

There were 15 girls and 6 Boys. We started the trip from Shillong on the 3rd of July 2018 at 6:30 AM from Don Bosco Square, Shillong by 3 tourist Sumos. We stop at Nongpoh for breakfast wherein we reached Guwahati Railway Station at 11 AM. The departure time for Howrah by Saraighat was 12:30 PM. We all rushed to platform No.2 and got in train No. 12345 S1 in which the students were instructed to checked their seat numbers to settle down and relax. We reached Howrah Railway Station the next morning that is on the 4th July 2018 around 5:30 AM. A bus from Meghalaya House Kolkata was arranged to picked us up from the railway Station and we reached Meghalaya House at around 6:30AM. We went straight to the reception Counter to enquire the rooms which were pre-booked by the Principal wherein the staff showed the students to their rooms. After we were all freshen up, we took the students for lunch in the canteen of Meghalaya House itself. After lunch we had arranged a bus that took us to Science City. The students got to see the different types of Aquariums and were also guided to the Planetarium , Humanity Space, Science Exploration Hall, etc. We came out of Science City through Rope Way. On the same day in the evening we asked the bus driver to drop us to New Market for some shopping and returned back to Meghalaya House at 10:30 PM.

On the 5th July , we had arranged a bus to Sundarban Tiger Reserve at 5:30 AM. On reaching Sundarbana at 11:30 we had lunch before proceeding further and then a Guide took us by steamers to the Tiger National Park where we felt cool breezes and sounds of nature. The Sundarban spreads over 10,000 sq m surrounded on both sides of the rivers by beautiful forest which sheltered monkeys, crocodiles, turtles, birds and the famous Bengal Tigers. The boat stopped at Tiger National Park and we all got down and walked around the Park where we saw huge lizards, snakes, crocodiles, etc. We came out of the park at around 5 PM and we reached Meghalaya House around 11 PM.

On the 6th of July, we had again arranged a bus for the trip to Mandar Moni Beach (Digha Beach) at 5 AM. It was a 5 hours journey from Kolkata Kosba and we reached the beach at 10:30 AM. There we all had a great time. The students swam and played with the waves, played hand ball, clicked snaps and had the time of their lives. We return back at around 4:30 PM and reached Meghalaya House at about 10 PM.

On the 7th of July we took the students to Aquatica by the Bus arranged from Meghalaya House, Kosba. There students enjoyed playing the different types of rides in the water kingdom

and thereafter we had our lunch and then the bus took us to Acropolis Mall for 1 hour for shopping and then we again took the students for shopping at New Market. We took the students to Sree Leather where students enjoyed purchasing leathered goods like suitcase, bags, shoes, belts etc. We had dinner and then we called the bus driver to pick us up from the market at 9.30 P.M . We reached Meghalaya House at 10.40 P.M and instructed the students to do their packing during night time so that no work is left behind in the morning.

On the 8th of July we woke up in the morning and got ready to go back to our home town Shillong. At 8.30 P.M we all came out from the rooms , went and pay all the dues at the reception of Meghalaya House Kosba and we had our Breakfast then at 10 A.M sharp we got into the bus where we took the students to Mother Teresa House in Lingh Road ,we dropped in and saw Mother Teresa's Tomb, her rooms , museum and Church. Students were very happy they got to visit her place. We then came out from there again we got into the bus and took the students to Victoria Memorial we went into the park, click some snaps and within half an hour we came back to the bus again then we proceed to Howrah Railway Station, and we reached there at 12.45 P.M. Our Departure time was 3.45 P.M. then we took all the students to the waiting room and we break for lunch then after that we relax for one hour, and at 2.30 P.M we started from waiting room and hurriedly rushed to platform no 9 where only 45 minutes left with us to reach there. Our train is Saraighat and the train No is 12346 S2. We had a tuff time reaching S2 but somehow managed to get into the train on time where we again instructed the students to search for their own seat nos. After finding our seats, exactly at 3.45 P.M the train departed from Howrah To Guwahati. We had snacks and dinner and the students played and sang songs.

On the 9th of July 2018 we reached Guwahati at 10.15 A.M ,we went straight to the bus station and finally we got one small bus and we started from there around 11 A.M and had our lunch and tea at Nongpoh. Finally, we reached Shillong at 3 P.M. where all students were pick up by their own parents and relatives.

The students were all well behaved with good conduct and discipline. Our gratitude goes to Our Principal Mr J.B. Massar, Shillong Commerce College ,Shillong. GOD BLESSED YOU.

Escorts:-1. MRS. REGINA MAWRIE

2. MR. JERRY MAWRIE

Submitted by:
Mrs Regina Mawrie
Librarian

REPORT ON THE NATIONAL SEMINAR

The National Seminar was held on the 7th & 8th of September 2018 at Brookdene Shillong wherein Shri Metbah Lyngdoh Minister of Tourism Government of Meghalaya was the Chief Guest and Shri. S.S. Debbarma Regional Director North East Region, Ministry of Tourism was the Guest of Honour. The the IQAC of Shillong Commerce College had taken the initiative to organize the Seminar and this Seminar was sponsored by Planning Department. The College received an amount of Rs.5,00,000/- from the Planning Department.Prof(Dr) S. Babu, Tourism & Director IITTM(Goa), Dr(Prof) Sandeep Kulshreshtra & Prof(Dr) Chanda Goswami, Head Dept of Tourism, Tezpur University were the keynote speakers. There were 7 other Resource Persons who were invited to the Seminar.

Submitted by

Mrs S. Khongwir

Associate Professor

TALLY WITH GST TRAINING PROGRAM

SYNOPSIS OF THE PROGRAM

The program was designed to provide Professional training course on Tally ERP9 to the Final Year Students of Shillong Commerce College. The program started on the 11th of June till the 14th of July 2018.There were 25 students who had participated in the training session. The duration of the course was for 4 weeks (30 days approx) and each session was for 2 hours.

The objective of the program was to help students develop competencies and capabilities. It enables the students to learn and acquire the skills needed to hone their professional Skill. The topics that were delivered were targeted at their level and focused on their need to acquire employability in different industries. The duration of the course was for 4 weeks (30 days approx) and each session was for 2 hours.

ASSESSMENT

Post completion of the training programmed, an assessment was conducted by the trainer to grade the students individually. The assessment was divided into two verticals PRACTICAL and WRITTEN.

The written assessment was a set of questions based on the topics that were covered. And the PRACTICAL assessment was based on the Problems which were given during practical classes. Moreover, a set of questions were given as a Final Project to each students. Each student were asked to take up both the assessments. The grades were then tallied in the score card. These grades were mentioned on the certificates.

CERTIFICATION DAY

On this day there was a small function to distribute the certificates of the students. The program was as follows:

Opening Speech: There was an opening speech by the Principal of the college, followed by the HOD and the Vice Principal.

Special Program: There was a special program conducted by the students of the batch.

Feedback Session: Most of the students were asked to give their feedback of the training program individually on stage.

Certificate Distribution: The certificates were then distributed by the Principal together with the Trainer.

Thank you Speech: The Executive Director had given a thank you speech followed by refreshments and pictures.

SHILLONG COMMERCE COLLEGE
RUSA MEGHALAYA

SOFT KILLS TRAINING PROGRAMME

Submitted by: Polaris Solutions Enterprise

SYNOPSIS OF THE PROGRAM

The program was designed to provide Soft skills training to the 6th Semester B.Com Students 2019 of Shillong Commerce College. There were 142 students who had participated in the training session and were divided into Morning and Afternoon batch. The objective of the program was to help students develop competencies and capabilities. It enables the students to learn and acquire the skills needed to hone their personality. The topics that were delivered were targeted at their level and focused on their need to acquire employability in different industries. The duration of the course was for approx 4 weeks (21st Jan to 15th Feb 2019) and each session was for 2 hours 30 minutes.

REPORT ON THE WORKSHOP ON WOMEN IN THE WORKPLACE

Dated: 28th July 2018
Venue: Conference Hall, Shillong Commerce College
Organized by the IQAC, Shillong Commerce College

The "University Grants Commission (Prevention, Prohibition and Redressal of Sexual Harassment of Women Employees and Students in Higher Educational Institutions) Regulations 2015" describes the responsibilities of higher educational institutions in taking measures for prevention of sexual harassment at the workplace. UGC Regulations are statutory in nature, and hence all universities and colleges are bound by it. With this objective in mind the college had organized this programme to educate the participants not only about the challenges that women faced in the workplace but what discrimination and harassment is, explains legal definitions, discusses prevention, shows how to handle complaints and how to create a healthy environment for oneself. The Programme was attended by students and Teacher, both male and female.

Session:1

ISSUES DISCRIMINATION AND CHALLENGES FACED BY WOMEN IN THE WORK PLACE WITH SPECIAL REFERENCE TO LEGAL REDRESSAL
Resource Person: Smti. A. M Pariat, Secretary, District Legal Services Authority, Government of Meghalaya

There are several issues and problems that women face today. Sometimes, they are not treated equally in their workplace and are considered as inferior to their male co-workers and in some cases they do not get the same benefits as that of a male employee. The major issues and problems that women face at their work place includes unequal pay, security, sexual harassment, lack of proper family support, deficient maternity leave, etc. However, there is a difference between bullying and harassment and the phenomenon is not country specific but universal. Workplace bullying is gender agnostic (non-believer) and can be perpetrated by both male and even a female boss. Sexual harassment in workplace is a serious factor that renders women's involvement in work place unsafe and affects right to work with dignity.

National Commission for Women Act, 1990 (Act of Parliament): Creates a National Commission for Women to review existing statutory protection of women; prepare periodic reports to the Central Government on matters relating to safeguards for women's rights; investigate complaints relating to the deprivation of these rights; and financially assist in the litigation of issues affecting women. Therefore all the rights of women have to be respected, protected and fulfilled, be it right to property, right to health, education and life with dignity. The law and order has to look into these crimes specifically and effectively curb them with an iron hand. Lack of safety prevents women from fully participating in the public life. Thus

providing safety or finding solutions also need to be observed within a framework of rights. Only then can women access the full range of rights of being a true citizen.

Submitted by:

Mrs. Palma C. Marwein
Assistant Professor

Session: 2

"EMPOWERING WOMEN IN THE WORKPLACE THROUGH EDUCATION ".
Resource Person: Smti. Arlene Sangma (Retd. IAS), Political Adviser & Secretary to Chief Minister, Government of Meghalaya, Shillong. Ex-Deputy Commissioner of Baghmara, Ex-Chairman of the Legal Commission

We know that until children, especially girls, are educated, societies won't change. Education is the antidote for ignorance, poverty and war. Empowering women is extremely important in this plan. Only a society that educates, empowers and respects its women can become an advanced society.
Education is versatile and mentoring is vital. Embarking on a new job is challenging. Adaptation and preparation to learn and strive will enable us to achieve our goals. We must build self confidence and,thus, the more knowledge we acquire, the more the self confidence. We should never procrastinate but set a time to complete tasks. Ambience and relationships will matter in any place we work.
We should strive to succeed and the price of success is dedication, devotion and hard work. The session was a lively and innovative one and it ended on a positive note with a vote of thanks from the Chairperson, Mrs. J. C. Blah, Coordinator of Women Cell.

Submitted by:

Mrs. J. C. Blah
Associate Professor

Session 3:

"EMPOWERING WOMEN IN THE WORKPLACE THROUGH EDUCATION ".
Resource Person: Mr. P. Marbaniang (Retd. Managing Director of MIDC).

The session was chaired by Mrs. A.S.Singhania and the resource person was Mr. P. Marbaniang (Retd. Managing Director of MIDC). He highlighted on the growing importance of entrepreneurship and enlightened the students by focusing on the entrepreneurial skills required for starting an enterprise. He suggested on the various ways of how to start a small business and the schemes available through MIDC for financial help. The session ended with a two way discussion with an equally participative audience.

Submitted by:

Mrs. Anjana. S.Singhania
Assistant Professor

REPORT ON TALK ON "GANDHIAN PHILOSOPHY IN TODAY'S WORLD" HELD ON THE 2ND OF OCTOBER 2018

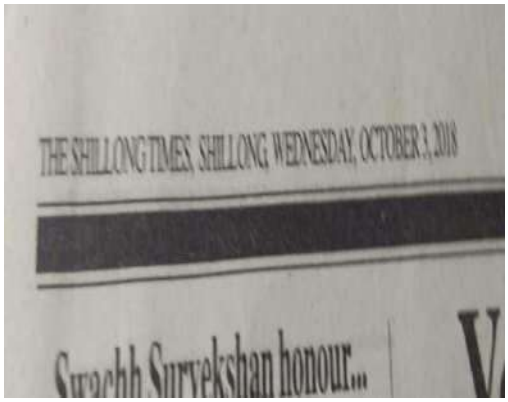
Chairperson: Prof D Sawkmie

Welcome Address: Principal Prof. J. B. Massar

Resourse Person: Prof. Prasenjit Biswas The workshop was chaired by Associate Professor D. Sawkmie with the Welcome Addressed by the Principal Prof. J. B. Massar. The workshop was attended by Students, members of the teaching and non teaching staff.

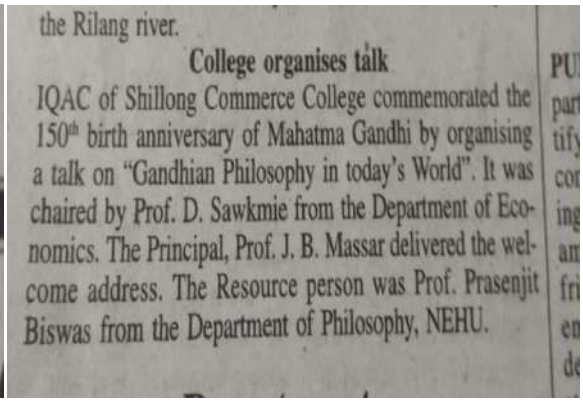
In order to commemorate the 150th anniversary of Mahatma Gandhi the Shillong Commerce College organized a Talk on "Gandhian Philosophy in today's world" held on the 2nd of October 2018 and the resource person for the program is Prof. Prasenjit Biswas from the Department of Philosophy, Nehu. He discussed about the Gandhi Philosophy of truth and nonviolence and its relevant in today's modern socity.

The workshop ended with a vote of thanks from the Chair.



THE SHILLONG TIMES, SHILLONG, WEDNESDAY, OCTOBER 3, 2018

Swachh Survekshan honour...



the Rilang river.

College organises talk

IQAC of Shillong Commerce College commemorated the 150th birth anniversary of Mahatma Gandhi by organising a talk on "Gandhian Philosophy in today's World". It was chaired by Prof. D. Sawkmie from the Department of Economics. The Principal, Prof. J. B. Massar delivered the welcome address. The Resource person was Prof. Prasenjit Biswas from the Department of Philosophy, NEHU.

Submitted by

Mrs S. Khongwir

Associate Professor

COLLEGE WEEK 2018

REPORT OF SINGING COMPETITION, 2018

The Singing Competition was held on the 1st November 2018, during the College Week which was held from the 27th October to 3rd November 2018. A good number of students both boys and girls participated in the competition. The competition was held in two categories :

1. Traditional Singing – Solo and Group
2. Western Singing – Solo and Group

The judges for the competition were Assistant Prof. Anthony Rynjah, Assistant Prof. Pynbiang Marbaniang and Assistant Prof. Christina Wanniang. The contestants were judged on four aspects namely Clarity, Pitch, Timing and Presentation.

The winners of the competition were:

Category	First	Second	Third
Traditional Solo	Marbahunlang Kurbah of B.Com 1st Sem.	Rudolf Rani of B.Com 6th Sem.	Gideon Marbaniang
Traditional Group	1.Ibansuklin talang 2.Josephine Lyngdoh 3.Raksheng	1.Rudolf Rani 2.Hamelahunlang 3.Safinee Kharsohnoh	1.Dimora Khonglam 2.Gloria L Nonglait 3.Baiahun Lyngdoh

	Sangma 4.Gilbert M Umlong 5.Nehskhemlang Nongrum	4.Onialisha Marbaniang 5.Mayaripa Lamin 6.Sukherlang Wahlang	
Western Solo	Nehskhemlang Nongrum	Ibansuklin Talang	Onestar June Nohwir
Western Group	1.Careen Livia Nongsiej 2.Anastacia Muktieh 3.Romika Kharsyntiew 4.Rhesa M Nonglang 5.Baplielad Riahtam 6.Perlysha Josephine 7.Swettysha Lyngdoh 8.Maryda Kharlyngdoh 9.Baphiralang Wahlang	1.Fernando Mawlong 2.Dino Ranee 3.Dawanmi Papang 4.Nangteilang Kurbah 5.Emika Thabah 6.Ramdinwami Khawzawl	1.Lakerlang Kapu 2.Rilajuban Kharsyntiew

REPORT OF DANCING COMPETITION, 2018

The Dancing Competition was held on the 2nd November 2018 during the College Week which was held from 27th October 2018 to 3rd November 2018.The competition was held in two categories Solo Dancing and Group Dancing. Both boys and girls participated in the competition with great enthusiasm.

Ms. Regina Mawrie, Ms. Alyssa Swer and Asst. Prof.Marybell Wankhar were present in the panel of judges. The participants were judged on five aspects namely Choreography, Synchronizing, Flexibility, Expression and Total Presentation.

The winners of the Competition were:

Category	First	Second	Third
Solo	Ranks Kurbah	Ananta Das	Ornella Pyngrope
Group	1.Ornella Pyngrope 2.Iahunlang Warjri 3.Nancydora Kharlaphuber 4.Marysha Khongwir	1.Careen L Nongsiej 2.Baphiralang Wahlang 3.Maryda Kharlyngdoh 4.Anastacia Passah 5.Perlysha G Lamin 6.Sweetysha Lyngdoh 7.Rhesa M Nonglang 8.Romika Kharsyntiew	Favourite ‘ 5 ‘ Group

REPORT OF MR. AND MISS SHILLONG COMMERCE COLLEGE COMPETITION, 2018

The Mr. and Miss Shillong Commerce College Competition was held on the 3rdNovember 2018 the concluding day of the College week. The Chief Guest for the occasion wasDr. M.AmpareenLyngdoh, Member of Legislative Assembly. A befitting end to a fun filled week, the atmosphere was lit up with all the students in their formal best. Their faces were filled with excitement of receiving prizes and the anticipation of witnessing the main event of the day, the

Miss and Mr.Shillong Commerce College Pageant. To spice up the show, the best of the performers of the singing and dancing competitions dazzled the audience with heart stopping performances.

The formal session began with a welcome speech by the President of the Shillong Commerce College Students Union. This was followed by a welcome song by NehskhemlangNongrum. However the noise meter shot up when the contestants took to the ramp for the first round of the Mr.& Miss Shillong Commerce College. This round was the Casual Round. Contestants showcased the latest trends in the fashion wardrobe. We were fortunate to have Miss Tani Marak a Professional Model, Miss Centhia Dkhar a Professional Make-up Artist and Mr. Hilarius Kharbihkhiew Khasi film Producer, Actor and Director, to be in the panel of judges.This was followed by a dance by Ornella and group.

The second round was the Bollywood round where one could see the contestants displaying their favourite Bollywood outfit.

A break was given and food packets were distributed to all students. The beginning of the Second half was marked by the arrival of the Chief Guest. A presentation of the bouquet was made by the students.The principal welcomed the Chief Guest and delivered his speech. Although the Chief Guest missed the First and Second Rounds of the pageant, she thoroughly enjoyed the Third Round, the Formal round.The girls looked graceful and the boys glowed in their suits. After the Final Round the Chief Guest gave her speech. In her speech the Chief Guest urged the students to be job creators rather than job seekers.She also helped in handling

out the prizes to the winners of the various competitions held during the week.Before the announcement of the resultsIban and grouppresented a song.

The hall erupted at the announcement of the winners of the pageant. The grand finale came to an end with the vote of thanks by Associate Professor B.R. Upadhya and the College Anthem resounded throughout the hall.

The Winners of the Competition were

TITLE	**NAMES OF WINNERS**
Mr.& Miss Shillong Commerce College,2018	Mr.WanpynshngainKharbani & Miss BaphiralangWahlang
First Runners – Up	Mr.BrightstarwellThangkhiew & Miss Anjali Singh
TITLE	NAMES OF WINNERS
Second Runners - Up	Mr.VangieLyngdoh & Miss VareeniaRapsang
Best Smile, 2018	Mr.BrightstarwellThangkhiew
Best Bollywood Dress, 2018	Miss BaphiralangWahlang
Best Personality, 2018	Miss Vareenia Rapsang

Prepared by

A. Kharmawphlang

Associate Professor

Convener Cultural Committee.

REPORT ON INTER CLASS DEBATE, EXTEMPORE & QUIZ COMPETITION- 2018)

To commemorate the 150th Birth Anniversary of Mahatma Gandhi, an inter class Debate, Extempore and Quiz Competition was held during the College Week Celebration 2018. These competitions were held on 1st November 2018.

In the Debate Competition, the motion was "Tourism Industry is the only hope of Employment in the State."

The judges comprised members of the faculty, namely Smti. J.C.Blah, HOD, Dept. of Economics, Shri B.R. Upadhya, HOD, Dept of Commerce and Smti A. Kharmawphlang, HOD, Dept of Mathematics. Smti S. Khongwir, Dept. of English officiated as the Speaker.

Both the Treasury and the Opposition put their arguments across convincingly and in a very articulate manner. Given the fact that Meghalaya has so much potential for marketing its tourist hotspots, it was a foregone conclusion that the motion was supported by the House itself by a voice vote.

The best speaker award went to Ashmi Gurung from B.Com 3rd Semester (Morning). She spoke for the motion. The second best speaker award went to Bapynkmenlang Marbaniang from B.Com 3rd Semester (Day). He spoke against the motion. The most humourous speaker award went to Ananta Das from B.Com 1st Semester (Day).

In the Extempore competition, participants spoke on a varied range of topics which were both lively and interesting. The panel of judges comprised Smti. J.C.Blah, HOD, Dept. of Economics, Shri B.R. Upadhya, HOD, Dept of Commerce and Smti A. Kharmawphlang, HOD, Dept of Mathematics. The winner of the Extempore competition include Remdor Passah from B.Com 1st Semester (Day)in the first position, Bapynkmenlang Marbaniang from B.Com 3rd Semester (Day) in the second position and Ananta Das from B.Com 1st Semester (Day) in the third position.

The Quiz Competition evoked avid enthusiasm from the participants as well as the audience. Smti S. Khongwir was the Quiz Mistress. The Winners of the Quiz Competition had B.Com 1st Semester (Morning) in the first position. The second place went to B.Com 3rd Semester (Day). The third place went to B.Com 1st Semester (Day).

The programme was a huge success with all round participation from everyone.

Prepared by: Ms. Sonita Khongwir,

Associate Professor & Member, Debate Committee.

REPORT OF THE COLLEGE WEEK ACTIVITIES (SPORTS- OUTDOOR)- 2018

Details of the outcomes of the matches (outdoor games- Football, Cricket and Basketball and Arm wrestling)

Football: In football matches 6th semester (morning section) emerged as the winner by defeating the 6th semester (Day section) by a margin of 4-2 in a tie- breaker shoot out.
Cricket: In cricket matches, 6th semester (m/s) defeated the 4th semester (m/s) in a very close and even contest.
Basketball: (Boys) — 6th semester (M) winner →class 12 (M) runners up
(Girls) —3rd semester (D) winner → 2nd semester (M) runners up
Arm wrestling: Arm wrestling tournament was conducted in the college campus for both boys and girls.

Girls category was divided into two; 50kg below and 60 kgs above. In 50 kgs below, Miss Ridahun Bina of 2nd Semester emerged the winner and in 60kgs above, Batakor Swer of 6th semester (Day) became the winner.

Boys category was divided into three; 50kgs below with Dorsing L. Mawnai 4th Semester (M) as winner; 60kgs below with Bonny Chyne of 6th semester (D) as winner ; 60 kgs above with Mangkyrpang M. Syiem of 4th Semester (D) as winner.

Over the top-champion of champions (Boys and Girls) —

1. Mangkyrpang M. Syiem(4th sem Day)
2. Batakor Swer (6th sem Day)

REPORT OF THE COLLEGE WEEK ACTIVITIES (SPORTS- INDOOR)- 2018

Details of the outcomes of the matches (Indoor games)

REPORT ON TABLE TENNIS AND CARROM BOARD (MEN) ORGANISED DURING THE COLLEGE WEEK 2018

The following are the names of the participant who were declared as winners and runners up in these two indoor games organized during the college week at the college premises.

1. **Table Tennis(Single)**
   Winner: Robert Nongsiej of B.Com 2nd semester (Day)
   Runners up: Winningson S Jyrwa of B.Com 6th semester(Morning)

2. **Table Tennis(Doubles)**
   Winners: Wankitboklang Kharsati and Rommel S Jyrwa of B.Com 6th semester (Morning)
   Runners up: Aiborlang Nongsiej and Winningson Marbaniang of B.Com 2nd semester (Day)

3. **Table Tennis , Women (Singles)**
   1st Prize : Ms. Baiahun Lyngdoh (2nd Semester)
   2nd Prize : Ms Ornella M. Pyngrope (6th Semester)
   3 rd Prize : Ms Phibalarishisha Kharrawswai

4. **Table Tennis Women (Doubles)**
   1st Prize : Ms Dapbiang Lyngshiang and Ms Damaphi Mawlong (6th semester)
   2nd Prize : Ms Baiahun Lyngdoh and Ms Merrylyne Kharsyntiew (2nd Semester)

5. **Carrom Board (Single)**
   Winner: Love Son Gurung of B.Com 4th semester (Morning)
   Runners up: Robertstar Myrthong of class XII (Day)
   3rd place: Pitom Gayang of B.Com 4th semester (Morning)

6. **Carrom Board (Doubles)**
   Winners: Rommel S Jyrwa and Wankitboklang Kharsati of B.Com 6th semester (Morning)
   Runners up: Mebankyrshaw Syiemlieh and Pynkhraw Bor Marthong of class XII (Day)
   3rd place: Paul Raymond M Kharbhalang and Fedrick Lyngdoh of B.Com 6th semester(Day)

7. **Winners of Carrom Board , Women (Singles)**
   1st prize : Dapbiang Lyngshiang (6th semester)

2nd Prize : Ms. Baiahun Lyngdoh (2nd Semester)
3rd Prize Bekom Dkhar (6th semester)

8. **Carrom Board Women (Doubles)**
1st prize : Ms Ornella Pyngrope and Ms Damaphi Mawlong (6th semester)
2nd prize :Ms Dapbiang Lyngshiang and Ms Bekom Dkhar (6th semester)

Teachers In charge (Boy)

1. Mr. B.R. Upadhaya
2. Mr. K. Agarwal

Teacher In charge (Girls)

3. Mrs. J. Kyndiah ,
4. Mrs P.Kharkhyr,
5. Mrs Anjana Singh

REPORT ON CHESS COMPETITION ORGANISED DURING THE COLLEGE WEEK 2018

Women: Winner (Christina Pariat) B.Com 3rd Semester Day
Runners up (Anastacia Muktieh) B.Com 5th Semester Day

Men: WInner (Aiborlang Nonglait) B.Com 3rd Semester Day
Runner up (Joey Walarpih) B.Com 3rd Semester Morning-

Teachers In charge

1. Mr. W Dkhar
2. Mrs. C. Wanniang

REPORT ON THE 6TH REV. JJM NICHOLS ROY MEMORIAL INTER- COLLEGE DEBATE, 2018

The 6th Rev. JJM Nichols Roy Memorial Inter- College Debate Competition organized by IQAC, Shillong Commerce College was held on the 17th November 2018. The topic for the debate was "Social Media Promotes Critical Thinking Among Young People."

Mr. Wanlambor Synrem, Financial Adviser to the North Eastern Council graced the occasion as the Chief Guest.

The Speaker for the debate was Dr. S.L. Marbaniang, Retd. Professor of Mathematics, North Eastern Hill University.

The esteemed panel of judges for the competition comprised:

1. Dr. B. Lyngdoh, MIT University, Shillong
2. Mr. Derek Pariat, Program Executive, Doordarshan Kendra Shillong
3. Mr. Ian A. Lyngdoh, Entrepreneur in Residence at Living Roots, Treks & Tours.

The programme was chaired by Ms. Sonita Khongwir, Member, Debate Committee. The programme started with the felicitation of the Chief Guest, Speaker and panel of judges. The Principal, Prof. J.B. Massar delivered the Welcome Address.

After the Welcome Speech, the Chairperson handed over the proceedings to the Speaker of the competition. A draw of lots to determine the speaking order of the debaters was initiated by the Speaker. The Colleges who took part in the competition comprise St. Anthony's College, St Edmund's College, St. Mary's College, Martin Luther Christian University, Shillong College, Women's College and Shillong Commerce College.

The following were declared winners:

1. The Best Speaker Award went to Rangdajied Phyllei from MLCU, Shillong. The Second Best Speaker Award went to Nangiohbok Rymbai from Shillong College.
2. The awards for Most Promising Speaker and Most Humorous Speaker went to Rangdajied Phyllei from MLCU.
3. The Second Best Team Award went to St. Anthony's College and the team from St. Mary's college won the coveted Best Team Award.
4. The programme ended with the vote of thanks delivered by Prof. A.R. Rynjah and the singing of the College Anthem.

Submitted by:

Mrs. Sonita Khongwir,

Associate Professor & Member, Debate Committee.

TREASURY BENCH
SPEAKER

Chief Guest:

INTER-COLLEGE DEBATE COMPETITION:

The college has also participated in other Inter-college Debate competition organized by various colleges in the state

WINNERS OF DEBATE COMPETITION

DATE	NAME OF STUDENTS	AWARDED	EVENT	CONDUCTED BY
11th/08/2018	BANTEILANG D. MALNGIANG	BEST SPEAKER	DEBATE	St. Anthony's College, Shillong.
8th/09/2018	BANTEILANG D. MALNGIANG and ARKIN SANBHALANG MYNSONG	WINNING TEAM	DEBATE	Women's College, Shillong.

Submitted by:

Dr.(Mrs) S. Sen

Associate Professor & Convener, Debate Committee.

TALK ON "DEMOCRACY CANNOT SURVIVE WITHOUT HUMAN RIGHTS"

Resource Person: Mr Dino D.G. Dympep, Chairman of the Meghalaya People's Human Rights Council.

Date: 21st November 2018

The IQAC, Shillong Commerce College in collaboration with the Human Rights Cell organized a talk on "Democracy Cannot Survive Without human Rights."

The resource person for the programme is the Chairman of the Meghalaya People's Human Rights Council, Mr Dino D.G. Dympep.

The programme chaired by Ms. Sonita Khongwir, began with the felicitation of the Resource Person.

Teachers and students from the 6th Semester attended the programme.

The Principal. Prof. J.B.Massar delivered the Welcome Speech.

The Resource Person spoke at length about the meaning and scope of human rights. He stressed that the protection of basic human rights is necessary for survival. Human rights is a fundamental right and is enshrined in the Indian Constitution. If international peace is to be achieved, then human rights must be upheld in every part of the world. Democracy is vital for the promotion of human rights.

Mr. Dympep also underlined the challenges faced in upholding of basic human rights. There is the challenge of prevention, poverty and relief for victims of human rights abuse. Peaceful coexistence is possible if we respect every individual's human rights. Each individual has a role to play in ensuring that basic human rights is enjoyed by each and every person in society.

The programme ended with a vote of thanks from Prof. A.M. Rynjah.

Prepared by:

Ms. Sonita Khongwir

Associate Professor

REPORT OF COUNSELLING DEPARTMENT, SHILLONG COMMERCE COLLEGE.

During 2018, many more students have come for counselling sessions on their own initiative.

They begin to understand the need for sharing out their problems to somebody they can talk to.

Most diagnosis are Anxiety neurosis, loneliness, Depression, Self- esteem issues, passive aggressive with schizophrenia and obsessive love disorder.

Some students also came to seek career counselling and guidance.

Counselling Techniques during counselling sessions include: Talking Therapy and Cognitive Behavioural Therapy. Cognitive Behavioural Therapy is most commonly used and is based on behaviour modification. It focuses on educating students regarding the inappropriateness of their behaviour.

On 19th November 2018, a presentation on value education on the topic "FINDING YOUR WAY OUT OF THE DARK" was done for the 6th semester students.

Submitted by
Batrity Ryngnga
Counsellor

REPORT FROM CANTEEN COMMITTEE

The Canteen Committee is responsible for looking into the functioning of the canteen for the benefit of all in the college. It conducts regular visits and inspections. Serving good, clean and healthy food is the motto.

Clean good food is being served, but there are a number of shortcomings regarding room space and food items.

The proprietor is also requested to not allow students to sit and chat in the canteen during class hours. Maintaining cleanliness and decorum must be strictly adhered to.

Submitted by

REPORT OF THE GRIEVANCE CELL

Complaints have been received from the students of the college stating their grievances regarding:

1. Hall is too small for student event and activity on 20/03/2018.
2. Change variety of food in canteen on 12/04/2018.

A meeting has been held by the Grievances Committee of the college consisting of :

a. Dr. S. Sen – Convener
b. Prof. A.S. Singhania – Member
c. Prof. M.Sutradhar - Member

0n 18/04/2018 at 3 PM in vice Principal's Chamber.

Regarding the first problem it may be mentioned here that a new building is coming up with a bigger hall and the students should bear with this temporary problem.
Regarding the second problem it was unanimously decided that the college canteen manager should keep variety of items which suits the students and she was accordingly advised.

Submitted by:

Dr (Mrs) S.Sen - Convener
Prof. A.S. Singhania – Member
Prof. M. Sutradhar – Member

REPORT ON THE HANDING OF OLD COMPUTER TO MOTHARAPUR PRESBYTERIAN ENGLISH SCHOOL

On the 25th August 2018 the President of the college Mr. T. Mark along with the Principal of the Shillong Commerce College donated five old computer of the college to the Headmistress of the Motharapur Presbyterian English School for helping the rural children of the school in learning of computer education.

Mothurapur Presbyterian English School
P.O.Jibongram – 788114
Cachar District,Assam

Ref.No.MPES/MC/2018 Date.25-08-2018

We the undersigned having received the 5 (five) Computers on the 25th August 2018 from the Principal, Shillong Commerce College placed on record our gratitude and thankfulness to the College Management for this valuable gift to the school.

This will go a long way to equip the rural children in learning computer education which is very needed these days.

Once again we thank the college authorities.

Mr.T.Mark
Chairman
Managing Committee

Mr.P.Kharbamon
Secretary
Managing Committee

Ms.D.Marbaniang
Headmistress
MPE School, Assam

Submitted by

Mrs S. Sen

Vice-Principal

NCC ACTIVITIES

REPORT ON INTERNATIONAL DAY ON DRUG ABUSE AND ILLICIT TRAFFICKING

DATE: 26TH JUNE 2018

The Shillong Commerce College NCC Wing in collaboration with the 61 Meghalaya Girls Battalion NCC had observed the above said programme with around 200 SW,SD, JW and JD cadets from different schools and colleges in Shillong.

The First Session starts with The Principal welcoming all the Guests- Resource Person from Volunteering Health Association of Meghalaya (VHAM), Staffs from the Unit, ANO's and Cadets from the various institution who were present for the programme.

Mrs Iohun Dhar (Program Manager-VHAM) gave a detailed Lecture on drug abuse and its consequences. The Resource person talks about the various types of Drugs , Drug Abuse and the various situation where one usually come in contact with drugs, the Withdrawal, the problems and the Consequences of Drugs. The resource person has also share the Various Services that are being offered by their organization, so that all can be made aware about how and what type of Help is available in case if its needed.

From the Lecture, we were made aware that the Number of drug addict in Meghalaya is increasing in alarmingly rate. The statistic about the total no of drug user is collected from those who had come out in the open. Most of the cases were left hidden, because of the Social taboo and the because of the discrimination and the judgment that we made on Drug user.

The Second Session starts with a Rally from Shillong Commerce College to the Unit Headquarter, Laitumkhrah. The cadets carried different placard and slogan raising their voices against Drugs and Drugs Users.

Refreshment were served to all the cadets in the Unit, extra Refreshment were served to the SW cadets of the College after they had returned from the Rally

Rakhe ka Shillong Commerce College ia ka IDADA&IT

Shillong, 27 Jylliew:

Ha kaba rakhe iaka sngi International Day Against Drug Abuse and Illicit Trafficking, ka NCC jong ka Shillong Commerce College ha ryngkat ka jingiatreilang bad ka 61 Meghalaya Girls Battalion NCC ki la pynlong da ka jingai jingkren halor ka jingktah jong ka jingpyndonkam bakla ia u drok.

Hadien katei ka jingiakren halor ka jingsniew jong u drok bad kiwei pat ki jingsniew ba mih na kaba pyndonkam ia utei u jingdih, la bud sa ka jingia iaid paidbah na katei ka College sha Laitumkhrah sha headquarter jong ka Unit.

Ha katei ka jingia iaid la shim bynta ruh da ki ANO na ki jaka pule bapher bapher bad kumba 200 ngut ki Senior Wing (SW) bad Senior Division (SD) na ki skul bad ki college bapher jong ka Shillong ki la wan ban iashim bynta lang.

Ha kane ka sngi u Prof. J.B. Massar jong ka Shillong Commerce College, u la long kum u kongsan.

NEWSPAPER CUTTING

REPORT ON SWACCH BHARAT ABHIYAN PROGRAMME (FOR THE MONTH OF JULY 2018)

Conducted By: Shillong Commerce College Senior Wing (SW)

TOTAL NUMBER OF CADETS PRESENT:

The SW cadets of the college along with the SD cadets had carry out few activities with respect to the Swach Bharat Abhiyan campaign. The activities were conducted during the month of July.

Activity 1:

The cadets had carry out a Cleaning drive with in the College Campus and the college Entrance. The activity were carried out for a period of approximately 3 hrs during the NCC class. Both the SW and SD cadets were rigourously involved in cleaning the various corners of the College Campus.

Activity 2:

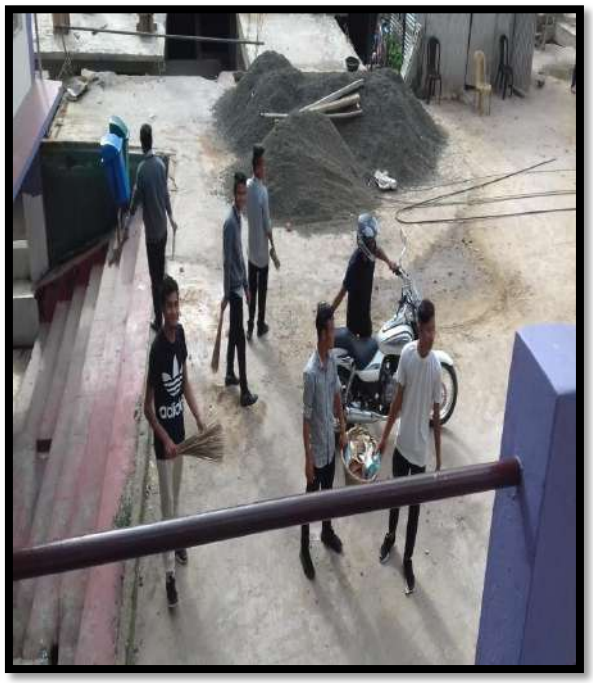
The cadets had invited Dr B.Challam ,professor from the environment department to give a presentation on topic related to Swach Bharat. Dr Challam had gracefully help the cadets in understand the importance of having a FREE-PLASTIC environment, impact and the disadvantage of using and throwing the Plastic in the environment.

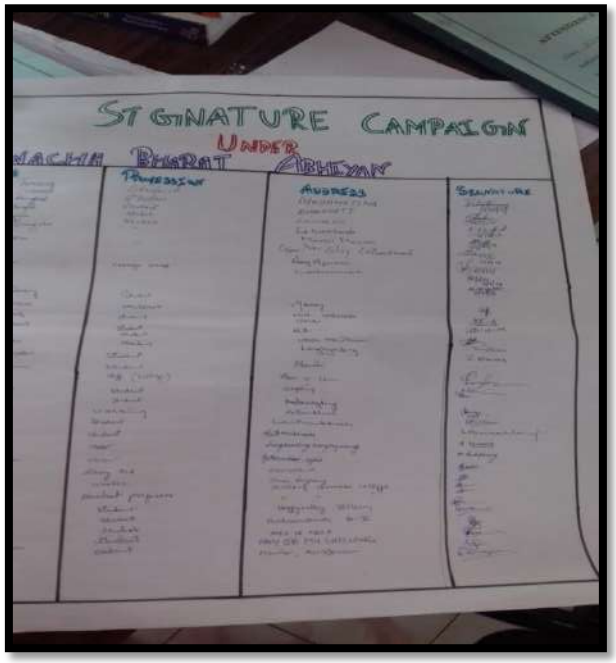
Activity 3:

The cadets from the College had conducted a cleaning drive of the "Boyce-Road Locality" under the cleaning of locality theme, in order to create and awareness to the community and the surrounding area as well about the importance of hygiene and cleanliness.

Activity 4:

Signature Campaign was carried out by Cadets in and around of the College campus, where Students and all the passerby were made to take an oath on the theme " Swach Bharat starts with a change in your habit, Stop Littering, Keep your Surrounding Clean and Green".




SIGNATURE CAMPAIGN
UNDER
BHARAT
ABHIYAN

REPORT ON SWACCH BHARAT ABHIYAN PROGRAMME-STATUE CLEANING

Conducted By: Shillong Commerce College Senior Wing (SW) in collaboration with St Mary's college Senior wing

TOTAL NUMBER OF CADETS PRESENT: 06 SW

The SW cadets of the college along with the SD cadets had carry out the cleaning of the Don Bosco statue, Laitumkhrah with respect to the Swach Bharat Abhiyan campaign. Prior to the cleaning , permission were taken from the concerned authority .

On the day of the cleaning, cadets reported in square at 6:00 A.M with all necessary requirements buckets, brooms, brushes etc and water was provided from the institution. With out further delay we started the cleaning because we target to complete the cleaning within 2 hours before the area get too crowded with vehicles, students and passerby.

With the scrubbing, the sweeping and wiping, we completed the task a little late than what we had planned. We had actually underestimated the height of the statue. Thankfully few SD cadets from the college had also volunteered. Once completed, the cadets were proud at their hard work and they were satisfied looking at how they had shined the statue. We treated the cadets with Refreshment in Jeeves, to show our appreciation for their hard work and dedication.

STICKWBILL

CK NO BILL

REPORT ON INTERNATIONAL DAY OF YOGA (IDY)

DATE: 21ST JUNE 2018

Total number of cadets present: 17

Conducted by: Shillong Commerce College Senior Wing (SW)

Collaboration with: cadets from st anthony's college and st mary's college

Introduction:

IDY-2018 presents on occasion for all organizations devoted to the promotion of Yoga to come forward and spread the message about the rewards of regular practice of yoga among the general public. Every individual stands to gain from the regular practice of yoga through long term benefits in health, happiness and well being. Yoga professionals can play an important role in making IDY an effective national movement for health and wellness.

The Yoga session started with a prayer, and systematic practice of different 'asanas' of standing, sitting and laying positions (both lying on back and reverse) smoothly changing in succession. Senior cadets, cadet Catherine Nongkynrih, cadet Nazma Hussain Choudhury and cadet Dahunshisha Uriah guided the students with different 'asanas' and explained their importance in daily life.

The session ended with a short lecture on the importance of usefulness of yoga for a healthy and stress-free living. Appropriate refreshments were given to all the participants after the session at the college canteen.

REPORT ON VOLUNTARY BLOOD DONATION CAMP CUM AIDS AWARENESS PROGRAMME

Date : 19 June 2018

This year again like every other year, the Senior Wing (SW) of the college had conducted a mass blood donation campaign in collaboration with Regional Blood Bank. Along with all the Formalities for the Blood donor, A presentation was conducted regarding the "AIDS AWARENESS". Doctors and Expert from the Regional Blood Bank explained in depth the concept of AIDS to students, different ways of how it spread, Protection and Prevention and the help that is available to Victims of AIDS. They also explain the importance and the healthy benefits of donating blood regularly.

The Four Steps of Blood Donation

The blood donation process can be broken down into four steps:

1. Registration
2. Medical history and mini-physical
3. Donation
4. Refreshments

While the whole process, from the time you get to the facility to the time you leave, can take about an hour, the actual donation itself may take as little as 8-10 minutes.

The donor were provided with refreshment from both the College as well as from the blood bank.

SHILLONG COMMERCE COLLEGE:: SHILLONG
VOLUNTARY BLOOD DONATION CAMP
CUM AIDS AWARENESS PROGRAMME
ON
19th JUNE 2018
AT SHILLONG COMMERCE COLLEGE
ORGANISED BY
NCC, SHILLONG COMMERCE COLLEGE
in collaboration

REPORT ON: NCC DAY CELEBRATION

Conducted By: Shillong Commerce College Senior Wing (SW)

TOTAL NUMBER OF CADETS PRESENT: All

NCC day is celebrated every fourth Sunday of November. This year the 70th NCC day was observed on the 21st of November in the college.

The celebration was kicked of with a Drawing/ sketching competition by the cadets held in the Library Balcony. The cadets were really involved and enjoying this opportunity showing of their drawing skills. The Staff from the Library were the panel of Judges for the competition. Prize money were given to the two best drawing which was bagged by Fevina Sohtun and Neetu Thapa.

After the drawing competition, we proceed with the Group discussion with the theme "Social Issues". I am really amazed on the awareness and the understanding of my young cadets on the topic. They are really very involved in the discussion and raised many of the issues that we sometimes tend to ignore. From the discussion, I also came to observed many good speakers from among the cadets.

The celebration was concluded with a light refreshment for the cadets.

SCC/10/D/123

REPORT ON: NUKKAD NATAK : SWACHHTA HI SEWA

DATE: 2ND OCTOBER 2018

Venue: Marba Hub, PB

Presented By: Shillong Commerce College Senior Wing (SW)

In collaboration with St Anthony's college Senior Wing.

TOTAL NUMBER OF CADETS PRESENT: 15

The street play was initially planned as a small event, to be conducted in any area of Shillong city as alloted from the Unit. But it ended up being a grand celebration on the Eve of Gandhi Jayanti with the honorable Governor, Shri Tathagata Roy as the chief guest. The location was shifted to Marba Hub, PB.

The programme starts with welcoming the Chief guest (Two out of the four Pilots from the college), the CTO from Umshyrpi College hosted the various activities. There were songs, street plays from two different groups based on the above theme.

The day being a Holiday and the location being the heart of Shillong, there were a huge number of audience, many passerby had gathered around to enjoy and learn the lesson portrayed in the street play. It was a great success in delivering and promoting the awareness to the citizen of Shillong.

The Chief guest talks about his Childhood in Shillong, he talks about the clean and green Shillong, the clean rivers flowing through the city which the present generation can no longer see and enjoyed.

The Programme concluded with a Photo session with the Chief guest.

INDIA
Swachhta Hi Sewa
Nukkad Natak

INTERNATIONAL
LLONG SHOPPING CARNIVAL
Madan Iewrynghep, Lalitumkhah
21st Sept- 7th Oct'2018

REPORT ON: TREKKING TO SHNONGPDENG, DAWKI

Conducted By: Shillong Commerce College Senior Wing (SW)

TOTAL NUMBER OF CADETS PRESENT:

DATE: 18th December 2018

Unlike the previous trekking , this year Trekking was an entirely different experience for the cadets. The previous night it drizzled the whole time, till morning. We left Shillong praying that it will not rain when we reach our destination. We started from the College at around 7:00 AM. The whole journey was very foggy. We reach the village Wahkdait (starting point for the trek) around 10: 30 (luckily it stopped raining), our guide was already eagerly waiting for us. It was a rather short trek of 45 minutes through the Eracanut plantation, the steep hills, the slippery rocks(because of the rain the previous night) to reach Shongpdeng.

After food we started exploring the place, the big rock, the sandy riverside, the Hanging bridge. We even visited our guide camp site, where few of the tents were already occupied by foreigners.

We ended our trip with boating, we took around 15 boats and enjoyed the view of shnongpdeng river and its surrounding from the boat.

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rut Civil Sub-Division of West Khasi Hills District, in exercise of power, has imposed an order under section 144CrPC prohibiting any person organisation, clan or group of people from poisoning, destroying the river, fishes and aquatic life in an around the rivers of Mawshynrut area. Violation of the order will invite prosecution. The order comes into force with immediate effects and until further orders.

Best NCC cadet awards

SHILLONG: Nidhi Paul of St George School, Nongmynsong, Gifty Lapasam of Auxilium School, Shillong, Lapynsuk Marbaniang of Shillong Commerce College and Mephilinda Sylliang of St Anthony's College secured best NCC cadet scholarship awards.

REPORT IN CONNECTION WITH THE EARTH DAY 2018

On the 22nd April 2018, the Shillong Commerce NCC Boys unit Celebrated the Earth Day by organizing a tree plantation outside the college campus. On this day the PI staff of the 41 Meghalaya Arty Bty NCC, Shillong were also taking part.

The ANO along with nine cadets planted saplings and at the same time they were carrying the placards in order to enlighten the people to save the nature and its resources.

REPORT IN CONNECTION WITH THE INTERNATIONAL YOGA DAY 2018.

On the 21st of June 2018, The Shillong Commerce College NCC boys unit celebrated the International Yoga Day by organising a programme at the Anton Hall of St. Anthony's Higher Secondary School, Laitumkhrah Shillong where by 5 numbers of NCC Cadets was attended and participated in the programme.

The programme was conducted by the 41 Meghalaya Arty Bty NCC, Shillong under the supervisor of Colonel Rajeev Bagga, Officer Incharge.

There was a Yoga presentation for about one and half hour from 6:30-8:00 A.M by Mr. Wanjop Laloo, Assistant Professor, Umshyrpi College, Shillong who is also a resource person of the programme.

The objective of this Yoga Day is to bring peace, harmony, happiness and success to every soul in the world.

REPORT IN CONNECTION WITH THE CARREER COUNCELLING 2018.

On the 6th July 2018, the Shillong Commerce College NCC boys unit organized a career councelling programme which related how to join Arm Forces.

The programme was held at the College Conference Room and most of the NCC cadets including the students of the college were participated the programme. The Programme chaired by Lt. P.Nongrum,ANO of the college and the welcome address was given by the principal.The Principal has briefly explained the benefits of the programme and also inspired the students to join NCC.

Colonel Rajeev Bagga, Commanding Officer, 41 Meghalaya Arty Bty NCC, Shillong, as the resource person has deeply discuss the outmost important of Arm Forces. He also explained the advantages of the NCC cadets and how to get a direct entry in any arm forces like army, navy or air force. The programme ended by the vote of thanks of Lt. A.L. Mawphlang, ANO Girls Wing of the college.

REPORT IN CONNECTION WITH THE CAMP ATTENDING OF THE NCC CADETS 2017-2018

Name of Camp	Time	Place	Name of Cadets
CATC-VIII	7.2.18-16.2.18	Umroi	1.Sibashish Kumar Dey 2.Jay Verma
CATC-VIII	12.5.18-21.5.18	Umroi	1.David Livingson 2.Gabriel L Nonglait 3.Lovingstar Kharsyntiew 4.Joyharvard N Marak 5. Panbor Pyngrope
CATC-26	14.6.18-23.6.18	Laitkor	1.Naikupar Nongspung 2.Fedrick Wahlang 3.Elingstone Nongrum 4.Forgetmenot Phadong 5.Kynsai Lyngkhoi 6. Michael Roy Shangdiar 7.Arjun Marshiangbai
CATC-42	1.8.18-10.8.18	Umroi	1.Einammi Lamin 2.Savio Syntem 3.Luckystone Nongsiej
CATC-46	10.8.18-20.8.18	Umroi	1.Naikupar Nongspung 2.Elingstone Nongrum 3.Lakhon Dhar 4.Balajied Nongbsab 5.Arjun Marshiangbai 5.Michael Roy Shangdiar 6.Aaron D Wankhar 7.Mebanrilang O Bareh 8.Mangal Mani Murasing.

NSS ACTIVITIES

VOLUNTARY BLOOD DONATION

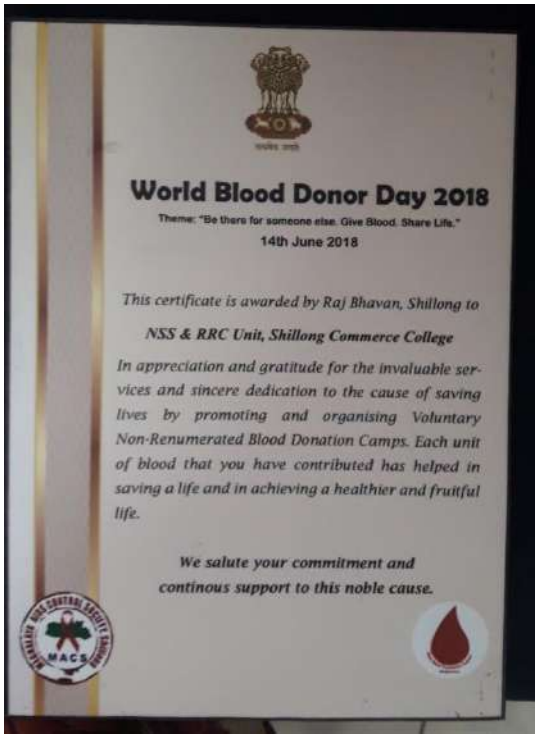
DATE : 19TH JUNE 2018

NSS Unit of Shillong Commerce College in Collaboration with Regional Blood Bank, Pasteur Institute, Meghalaya Blood Transfusion Council and Meghalaya Aids Control Society Shillong organized a voluntary Blood Donation Camp on 19th June 2018. Awareness cum Sensitization talk on Voluntary Blood Donation and HIV/ AIDS was initiated by Resource persons from RBB, Pasteur Institute and from MACS.

The Camp was organized with Technical support of Regional Blood Bank, Pasteur Institute, Meghalaya Blood Transfusion Council and Meghalaya Aids Control Society Shillong.

There was an enthusiastic and active participation of students and teachers of the college. There were 28 students reported but only 23 students could donate blood.

Dr B. S. Challam
NSS P.O.
Shillong Commerce College



A PROGRAMME ON SWACCHTA

DATES 25TH NOVEMBER 2018

In order to evoke the sense the responsibility about cleanliness, NSS Volunteers of the College on the 25th of November 2018 conducted a Street Play on the two importance locations of Shillong i.e., on Elephant Falls and Police Bazaar. The Street play aims to achieve the vision of a 'Clean India'. The **Swachhta Bharat Abhiyan** is the most significant cleanliness campaign by the Government of India. The Street play has generated awareness on the public about the importance of cleanliness. It has received a good response and appreciation from the public who watched it as a spectator.

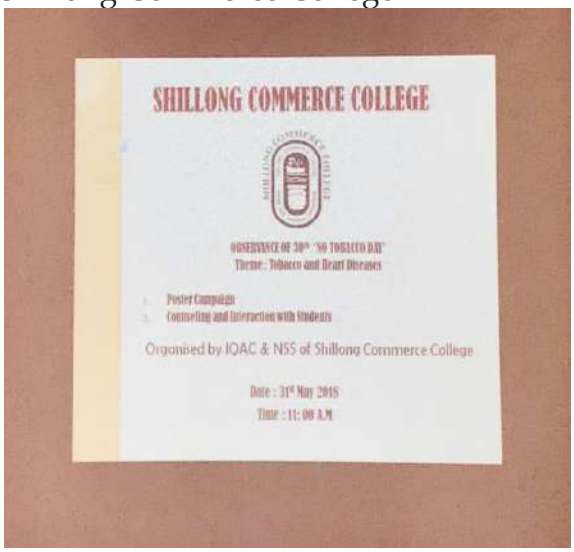
Shri A. M Rynjah,
NSS Programme Officer,
Shillong Commerce College

OBSERVANCE OF WORLD NO TOBACCO DAY

DATE: 31ST MAY 2018

In order to instill the ill-effects of tobacco on a person's health. The NSS unit of Shillong Commerce College observe "World No tobacco day" to bring about awareness to students about the hazardous effects of tobacco on the health of a person. The Programme begins with a Poster Competition on the said theme. There were 73 students participating in the poster competition. Thereafter followed by an awareness talk, the Programme was chaired by Shri. B.R.Upadhya, Principal of the College along with Shri A.M Rynjah (NSS P.O) delivered an awareness talk on the theme. Dr. B.S. Challam (NSS PO) delivered the vote of thanks. The programme ended with the light refreshment.

Shri Wallamkupar Dkhar,
NSS Programme Officer,
Shillong Commerce College



REPORT ON DISASTER MANAGMEMENT PROGRAMME 2018

The Disaster Management Committee the NSS, Shillong Commerce College organized on 'Disaster Management Programme' on the 13th of November, 2018. The programme was chaired by Prof. A. M. Rynjah who gave a welcome speech to the Principal Shri. J.B. Massar, the Inspector of Civil Defense and Home Guards who is the Senior Instructor Mr. W. Nonglang and his team, all the member of teaching staff and the students who participated in the programme. He highlighted on the importance of disaster training and how this programme enabled the students to prepare themselves for any unforeseen calamities.

The Principal of the College, Shri J.B. Massar delivered the welcome address and in his speech thanked the members of the Civil Defense and Home Guards for sparing their valuable time to give the demonstrations on disaster to the students of the college. After enlightening speech by the Principal, Inspector Mr. W. Nonglang the Senior Instructor take the remaining session. He started the demonstration on First Aid and transportation and how to perform CPR (Cardio Pulmonary Resuscitation). The first demonstrations given on First Aid was bandaging. The participants were train on how they should bandage a person who suffering from different injuries. Mr. W. Nonglang and his team demonstrated on how to transport an injury person and how to pull the injured from the collapsed building with the help of rope tide to the waist of another person, then pull him out where he hold the injured person to bring him outside. How to go up and come down by the rope in the long building etc.. . In addition he has presented a series of videos concerning the emergency treatment of various casualties' causes by natural Disaster. During the training programme, students' participation was encouraged and the students also took part in the entire programme.

The programme ended by both of thanks from Prof. W. Dkhar who thanked the Director of Civil Defense and Home Guards Shillong for his help to send the team under the leadership of the Inspector and Senior Instructor Mr. W. Nonglang for giving the students and everyone present the training programme which who help everyone realize the importance of First Aid and how everyone in their own individual ability could help and safe a life.

ALUMNI REPORT 2018:

ANNUAL GENERAL MEETING

DATE-16.6.2018

VENUE: COLLEGE CONFERENCE HALL

MINUTES OF THE MEETING

The meeting was started by the welcome speech from the President, Mr. Eboton Kharkongor and then followed by the speech from the Principal.

The following are the minutes of the meeting

1. The General Secretary gave a review of the report for the year, 2016-17
2. The Treasurer gave the finance report
3. Report of the association to be submitted to the I.Q.A.C Co-ordinator
4. Election of the new Office Bearers for the session 2018-19

After discussion the following members are newly elected for the session 2018-19

a) President Eboton Kharkongor
b) Vice President Marybell Wankhar
c) General Secretary Ibakordorshisha Nongkhlaw
d) Assistant General Secretary Feroze Hynniewta
e) Organising Secretary Danestar Lyngkhoi
f) Publicity Secretary Ripul K. Kongthohrem
g) Treasurer Pynbianglin Marbaniang

h) Members:-
   i. Deepak Paul
   ii. Firsterson Malngiang
   iii. Jean Magrita
   iv. Brightstarwell
   v. Mitali Sutradhar
   vi. Glory kharwanlang
   vii. Baika

i) Advisers:-
   i. Ricky Syngkon
   ii. Benjamin Lyngdoh

iii. Charity Ropmey
iv. Rapbor Swer

5. Amount collected as donation on 16.6.2018 is Rs.2750/-

EXECUTIVE MEETING HELD ON 27.10.18
AGENDA-
1. Programme on life skills
2. Programme on entrepreneurship

The following are the resolutions:-

RESOLUTION 1/10/18- Programme for the college

The President informed the members about the intention to organize a programme for the students of the college on topics which will benefit them. After some discussion it was decided to hold a programme in the month of November ,they are as follows:

a. Date-15.11.2018
Time-1.30
Topic-ATTITUDE IS ALTITUDE

RESOLUTION 2/10/18 - Contribution from alumni

The members were informed that which Shri Sanjay Paul, alumni of the college belonging to the 2009-12 Batch promised an amount of 10000/- (Ten thousand only) to the SHILLONG COMMERCE COLLEGE ALUMNI ASSOCIATION. After some discussion the committee decided that the amount to be donated will be used as follows- Rs 5000/- towards the Medical Unit and Rs 5000/- towards the Micro-Finance Society.

The members were also informed that the Medical unit of the college gives free medicines to the students. They were also informed that the Alumni Association has also helped the Medical Unit in the past . Further the members were also informed that there is a Micro-Finance Society of the college that dispenses interest free loan towards needy students.

RESOLUTION 3/10/18 - Board to display names of contributors

Members were informed that there were two big contributors who have donated towards the college. They were also informed that the names of these contributors may not be remembered after some period of time . After some discussion ,it was decided that a Board displaying the

names of contributors who gives the donation above Rs 5000/-should be inscribed in the Board which will be hung in the college library.

The Meeting ended with a vote of thanks from the chair.

REPORT ON POPULAR TALK 'ATTITUDE IS ALTITUDE'

Conducted by THE SHILLONG COMMERCE ALUMNI ASSOCIATION
DATE- 15th NOVEMBER 2018
VENUE- SHILLONG COMMERCE COLLEGE CONFERENCE ROOM
RESOURCE PERSON- MR Eboton Kharkongor, Trainer , Logos Foundation.

As a part of its annual activity ,the Alumni Association of the college organized a popular talk on 2018,on the topic ATTITUDE IS ALTITUDE' for the current 6th semester . The objective of the programme is to focus on students attention on personality development, an area which most has overlooked. Mr Eboton Kharkongor was invited as the resources person.
At the outset, the popular talk began with a welcome address delivered by Mrs Marybell Wankhar who on behalf of the Association welcome the resources person ,the teachers and the students to the day's programme. Without further ado she then handed over tha main part of the session to the resources person. In his speech , the Resources Person highlighted on the significance of building and instilling a positive mindset and a motivational outlook in the mind of the students. He also stressed on the combined effect of both positivity and motivation and how they could help to transform one to become good human being and thereby helped in the overall development of a student.

There was an active participation from the side of the students throughout the session .This was witness as students readily volunteered when called by the resources person on many occasion.

The session finally ended with a vote of thanks propose by Mrs Mitali Sutradhar who thanked the principal for always supporting the Association, she thanked the resource person in particular for sparing his time and enlightening the students. She also thanked everyone in general who were involved for the success of the programme

Submitted by

Mrs. Marybell Wankhar

Assistant Professor