2019

ANNUAL REPORT

IQAC

SHILLONG COMMERCE COLLEGE

12/31/2019

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COMPUTER TRAINING IN TALLY WITH GST 2019

ALMA

May 17th, 2019

Ref No: ALMA/SCC/CIT/May/2019

Principal

Shillong Commerce College

Boyce Road

Laitumkhrah

Shillong-793003

Sub: Completion of Computer Training in Tally with GST for B.com (Final Year 2019-2020 Batch) students.

Sir,

We are pleased to inform you that we have completed the computer training program in Tally with GST on the 16th Feb, 2019 and the written examination for students was held on 18th Feb, 2019. Total numbers of students appearing for the examination were 202 (two hundred and two) .Result of examination was declared on 20th March, 2019. Copy of the result is enclosed for your information.

Thanking you.

With warm Regards

Kynjai Pohrmen

Centre Head

Enclose: Result of Tally with GST.

Centre Code: 123235

Alma Computer Training Centre

Top Floor, Mawrie Complex, Rynjah, Shillong-793006

Contact: 8731907525 | Email:pohrmenkynjai09@gmail.com

Center Head
Alma Computer Training Center

Exclusive Associate

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REPORT OF FISHERIES PROJECT

A project was undertaken by the 6th semester students of B.Com 2016-2019 batch in the subject Entrepreneurship Development with title "Feasibility of Fisheries in Ri-Bhoi and East Khasi Hills District. Ri-Bhoi district has been chosen as the area of study to know the feasibility in fish production and East Khasi Hills district has been chosen as the area of study to know about the marketing feasibility of fisheries. One hatchery, seven production farms and sixteen market locations have been studied by two hundred and five students in twenty four groups. The students collected information from the owners at the production site as well as marketing site with the help of a questionnaire. The period of study was from 13th of February to 31st of March 2019.

Fisheries has huge potential in Meghalaya, the need of the hour is educating the youth about the potentiality and also government reaching out in providing facilities and scope to the youth. The college undertook this field work for the students of the final semester so as to educate them about fisheries potentiality in the state and also to encourage them to take up entrepreneurship in fisheries as a fish farmer or as a fish vendor.

Submitted by
Mitali Suthradhar
Assistant Professor
Shillong Commerce College

A REPORT ON THE CAREER COACHING PROGRAMME REPORT

Career Coaching Programme is one of the initiative started by the Shillong Commerce College in the Month of November ,2018 , for its own Alumni and the 6th semester students ,the Coaching Programme is for the preparation of IBPS,MPSC ,SBI Clerical and other Competitive exam . The First Batch of the course started on 19th November, 2018 and ended on 26th April, 2019.

The Coaching Programme course covered the syllabus which contains the following topics and each topics were individually given due hours for its completion-

1. English: sub-topics – Synonyms, Antonyms, Spotting Errors, Correcting Errors, Idioms and Phrases, Use of appropriate and suitable words (These topics were allotted 15 hours per course).
2. General Awareness : sub-topics – Indian History , Indian Constitution , Five Year Plan, General Geography , current events of National and International Importance (These topics were allotted 14 hours per course).
3. Reasoning Ability: sub-topics – Analytical Reasoning, Logical reasoning (These topics were covered in 20 Hours per course).
4. Quantitative Aptitude : sub-topics – Simple Arithmetical Operation, Arithmetic fundamentals , ratio and Proportion , Partnership, Percentage , Profit and Loss , Interest , Average , Area, Simplification , HCF & LCM , Time and Distance , Data Sufficiency , Data Interpretation (These topics were covered within 30 hours per course).

The Faculty members assigned for the Career Coaching Programme are the experience Professors of the College, the teachers involve in the programme are

1. Dr S.Sen
2. Prof. D.Sawkmie
3. Prof. B.R.Upadhya
4. Prof. S.Khongwir
5. Prof. A. Kharmawphlang
6. Prof. A.Rynjah
7. Prof. J.Kyndiah
8. Prof. P .Marwein
9. Prof. Iarihun Nongkhlaw
10. Prof. K.Agarwal

The Time Table for the programme was given from Monday to Friday timing from 3pm – 4pm , Saturday was utilized for conducting test for the students by faculties with different topics.

The First batch of the Programme enrolled 42 students which included both Alumni and 6th semesters, the students' admission procedure was handled by the Library Members, students had to pay a fees of Rs 1000 per course and out of which at the end of the course students who secured 90 % of attendance were refunded with Rs 500.

The course got started as per the date alloted and ended accordingly , the programme was a success in its first batch and the coaching tried to help the aspirants to increase one's confidence in facing the competitive exams.

Submitted by

PhilistinaKharkhyr (Coordinator)
Assistant Professor
Shillong Commerce College

A TALK ON BUSINESS STRATEGY AND GAME THEORY

By Dr. Kankana Mukherjee, Associate Professor, Economics Division, Babson College, Massachusetts, USA.
26th of June 2019

On the 26th of June 2019, a talk on Business Strategy and Game Theory was conducted by the IQAC with Economics Department at 11:00 am in the Conference Room of the college.
The Resource Person is Dr. Kankana Mukherjee, Associate Professor, Economics Division, Babson College, Massachusetts, USA.
The chairperson is Shri. D. Sawkmie, Associate Professor of Economics.
Today's entrepreneurs, managers and leaders are continually being called upon to make strategic decisions, often in new and unfamiliar situations with limited information. Game Theory has emerged as a powerful decision support tool for businesses, helping them formulate winning strategies based on measurable outcomes. Successful business strategy requires managers to not only 'play' a given business game well to gain competitive advantage, but 'shape ' the business game so that the company can capture more value. The framework of 'Co-opetition' (Brandenburg and Nalebuff) provides a comprehensive view the overall business game with all the relevant 'players ' and the relationships between them. This framework can be used to gain valuable intuition and insights into the rising trends in today's innovative business models.
For any business, we need strategy- which be Corporate strategy or Business strategy. Business is war and peace which means it is a win-loss game. Game of business is creating value through co-operation and capturing value through competition. Combining 'co- operation ' and 'competition ', we get 'co-opetition'.
Dr. (Mrs.) S. Sen, Vice Principal of the college, felicitated the Resource Person. The session ended with a vote of thanks from Associate Professor, Shri. B. R. Upadhya.

Submitted By:

Associate Professor J.C. Blah
Shillong Commerce College

REPORT ORIENTATION PROGRAMME 1ST SEMESTER BACHELOR BATCH 2019-22

The college with the intention to start classes for the 1st Semester Bachelor of Commerce and Arts Programme on the 1st July 2019, an Orientation Programme for the 1st Semester B.COM and B.A students was held on the 29th June 2019. The Programme was attended by students, members of the Governing Body along with all members of the teaching Staff.

The program started with a welcome speech by the Vice Principal Smt. S. Sen which was followed byaddresses from Principal of the College Shri J.B.Massar and the President of the Governing Body of the college Shri T. Mark.

The Students were briefed of the rules and regulations of the college by Smt. J. C. Blah

The program was compered by Shri S. Khongwirand it ended with a vote of thanks from Shri Babu Ram Upadhya the HOD of the Commerce department.

REPORT OF GRIEVANCES REDRESSAL CELL & DISCIPLINE COMMITTEE

A letter was received by the principal on 15th July 2019 from the students of the college for the irregular attendance of some of the teachers of the morning shift.

Action was immediately taken by the principal by asking the teachers to take the classes regularly.

Submitted By:

1. Dr. S. Sen – Convener
2. Ms Anjana S. Singhania – Member
3. Ms Mitali Sutradhar – Member
4. Ms Sanbanielyne Ryndem – Member
5. President Students Union

REPORT OF DISCIPLINARY COMMITTEE

Actions taken by the committee to maintain discipline in college during the year:

1. Teachers informed the vice principal regarding low attendance of the students of various classes and also directed the students to report to the vice principal's office with an absence note. Vice principal after meeting and examining the cause of the absence of the students were given a permission note to show to the concerned teachers and thereafter they were allowed to attend their classes regularly.

2. A number of students were caught using mobile phones in the college campus which is strictly prohibited in the college. These students had to deposit their mobile phones with the vice principal. These mobile phones were returned back to the students after a period of one week with a strict warning for not using it in the college campus.

3. Some of the male students were found with long and inappropriate hairstyle. Some students were found with coloured hair. These students were asked to cut their hair properly and attend their classes regularly.

Submitted By:

1. Dr S. Sen – Convener
2. Mr D. Sawkmie – Member
3. Mr B. R. Upadhya – Member

A TALK ON"REMEMBERING THOMAS JONES"

by Prof David R. Syiemlieh
on June 21, 2019

Chairperson: Associate ProfessorSonitaKhongwir

On Friday the 21st of June, 2019, Shillong Commerce College observed 'Thomas Jones' Day' and commemorated his arrival to the Khasi hills by having a talk on *"Remembering Thomas Jones"*. The Welcome Address was delivered by Mr Joshua B. Massar, Principal, Shillong Commerce College. The talk was delivered by the former UPSC Chairperson, Prof David R. Syiemlieh, who located the gravesite of Thomas Jones in January 1986 at the Scottish Cemetery at Karaya Road in Kolkata. Prof Syiemlieh talked about the short and significant life of Thomas Jones and his invaluable contribution especially to the Khasi language and literature. Before Jones' arrival, Sohra and the region around had heard the teachings of the Christian faith by the English Baptist missionary Alexander Lish. Before Lish, the LMS missionary Jacob Tomlin spent months in Sohra in 1827. Thomas Jones was not destined to go to Africa where the London Mission Society (LMS) wanted to send him. In January 1840 the Welsh Presbyterians broke off from the LMS and set up their own mission society. Thomas Jones came out east as their first missionary. Jones came to India as a missionary and arrived at Sohra on June 22, 1841 and set up a mission at Nongsawlia. A year after, he opened the first three schools in Sohra, Mawmluh and Mawsmai. In the same year, he prepared the first Khasi Primer in the Roman script and this was the beginning of the use of Khasi language as a medium of instruction and the very first beginning of Khasi Literature for the Khasi schools. Jones, today, is esteemed as the Father of Khasi Literature. The success of the decision to use the Roman script was in time to become the vehicle by which other mission societies reduced to writing the languages of the numerous other tribes in the North East. In this sense therefore Jones' impact goes far beyond the Khasi hills. Jones translated the Lord's Prayer into Khasi; translated the Welsh Catechism, published *Ka Kitab Nongïalam*and worked on the translation of the *Gospel of Matthew*, which was published in 1846. Thomas Jones worked in Sohra for eighteen months before other missionaries arrived. Jones had the distinction of never having converted anyone but the church he founded was set on his foundations. He was more interested in improving the economic lot of the people. Jones died in the Bengal capital of Calcutta in September 16, 1849. Apart from delivering a speech on Thomas Jones, Prof. Syiemlieh also spoke about other missionaries who also contributed to the Khasi Language and Literature like William Pryce who published *An Introduction to the Khasi Language* in 1855; William Williams who started *U NongkitKhubor*, a Khasi monthly in 1889; ten years later published the complete *Khasi Bible;* John Hugh Roberts who laboured to produce the *English-Khasi Dictionary* of 1870 and enriched Khasi literature with his work on proverbs, fables, and oral verses – phawars.

The Vote of Thanks was delivered by Dr S. Sen, Vice Principal.

Submitted by
Associate Professor Sonita Khongwir
Shillong Commerce College

A TALK ON "UNWAVERING LEADERSHIP"

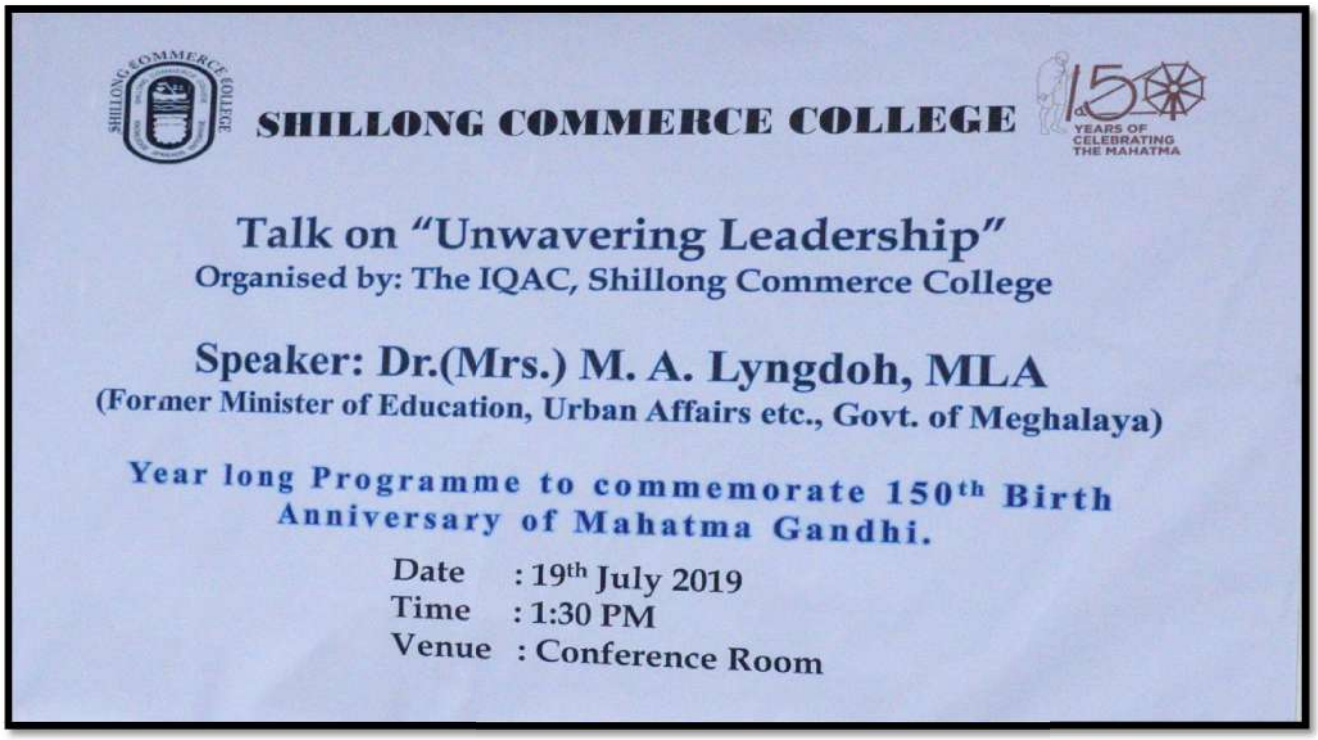
July 19,2019

A talk on "Unwavering Leadership" was organised by the Internal Quality Assurance Cell of Shillong Commerce College on July 19,2019 as part of the celebration of the 150th Birth Anniversary of Mahatma Gandhi. The Guest Speaker, Dr. M. Ampareen Lyngdoh, MLA, Shillong East, spoke at length about Mahatma Gandhi as a great leader.

She stressed that great leadership requires hard work, commitment and a willingness to grow. It is something that is learned, practiced and developed daily by habits, by choice and by strength of character.

She exhorted the students that we must nurture the capability of seeing themselves as a voice that must be heard. Leadership is a continuous process and it is all about performing. While it is important to generate an opinion for oneself, it is also important to respect the opinion of others.

The Principal also spoke on the occasion and the programme ended with a vote of thanks by one of the teachers.



Submitted by
Christina Wanniang
Assistant Professor
Shillong Commerce College

MEDICAL CAMP-UMPHREW VILLAGE

July 27, 2019

The National Service Scheme Unit in collaboration with the National Cadet Corps, the Social Work Committee along with the Outreach Committee of Shillong Commerce College, Shillongorganised a Medical Camp at Umphrew village, under MylliemSyiemship, on July 27, 2019. The programme was graced by the Dr DeigratiaNongkynrih, NSS Programme Co-ordinator, NEHU, Mr ElgenLangstieh, RangbahShnong and members of the village. Dr Aylmer C. Dkhar, a nurse from the college, a retired nurse from Civil Hospital, Shillong and nurses of Mawsiatkhnam PHC, Directorate of Health Services, Government of Meghalaya, performed the medical checkup. Umphrew village has about 100 households. The Medical Camp was a success with 131 villagers attending the camp comprising 52 males and 79 females. In general, people who attended the medical camp were suffering from hypertension, anaemia, stomach problems, and skin disease.

The Medical Camp was conducted in Umphrew Secondary School and in addition to the medical camp, the NSS Unit contributed one globe, sketchpens, exercise books and educational flexes to the school.

Submitted by
Christina Wanniang
Assistant Professor
Shillong Commerce College

INNER- COLLEGE BASKETBALL TOURNAMENT ORGANIZED BY THE SPORTS DEPERTMENT, NEHU

A Report from the sports and Recreation committee, Shillong Commerce College.

The college as always has participated in the inner- college Basketball Tounament organized by NEHU on the 20th September, 2019 at N. E. H. U. basketball ground. The college encountered St. Dominic College and the game was evently poised, but unfortunately the college lost the game by a margin of 4 baskets.

REPORT ON VOLUNTARY BLOOD DONATION CAMP

Held on the 27/9/2019 (Friday)

At Shillong Commerce College.

A voluntary Blood Donation Camp was jointly organized by Social Work Committee, NSS, NCC and Red Ribbon Club of Shillong Commerce College in collaboration with Regional Blood Bank, Pasteur Institute, Meghalaya Blood Transfusion Council and Meghalaya Aids Control Society, Shillong.

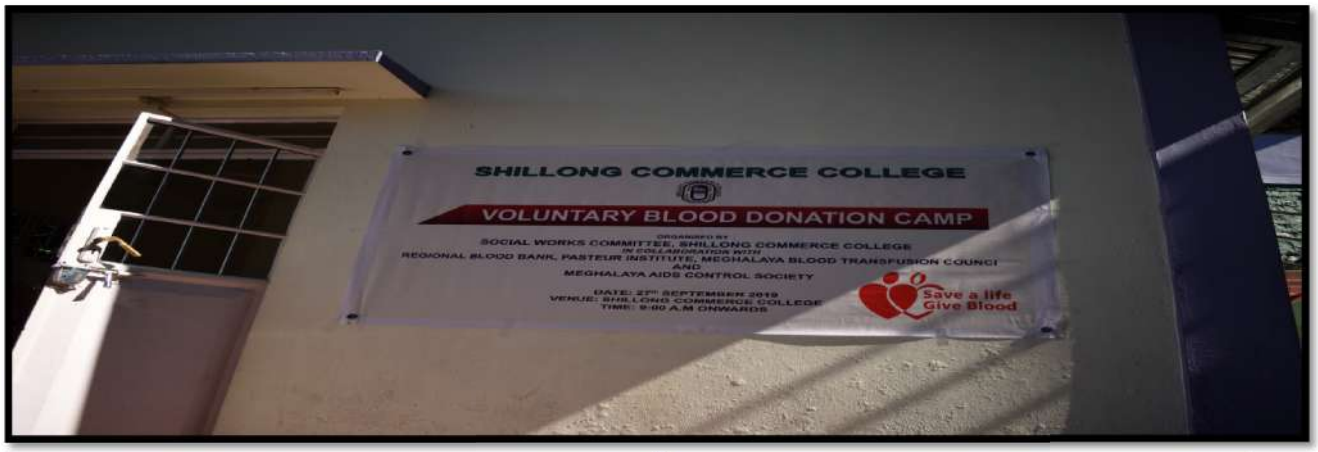
88 students came forward for registration for donation and 35 students could donate blood. 8 students were deferred for donation who will be reporting to regional Blood Bank, Pasteur Institute, Lawmali while others were found to be underweight (below 45 Kgs) or medically unfit to donate blood.

The day long camp was preceded by an awareness talk/session on healthy blood donation, Drug abuse and its negative effect on life and society and the current scenario in Shillong and different districts of Meghalaya with regard to alarming rise in incidence of HIV/AIDS. The Awareness talk is a measure of timely intervention to dissuade young people (students) from the clutches of drugs and promiscuous life style. There was a detail presentation on safe and healthy voluntary blood donation.

Welcoming all those present on the occasion, the Principal of the college, Prof. J. B. Massar opined that the greatest gift that can be given id donating blood voluntarily without expecting anything in return.

The speakers for the occasion were Dr. C. Budnah, in 0charge, Regional Blood Bank, Pasteur Institute, DHS (Research), Ms. Larina Nongpiur of Meghalaya Aids Control Society and Ms. K. Syiemlieh, Counsellor, New Hope Centre, Shillong.

Asso. Prof. B. R. Upadhya chaired the talk while Asst. Prof. A. M. Rynjah proposed the vote of thanks on the occasion.



Submitted by

B. R. Upadhya
Associate Professor
Shillong Commerce College

COMMEMORATION OF THE 150TH BIRTH ANNIVERSARY OF MAHATMA GANDHI

(2ND OCTOBER 2018 TO 2ND OCTOBER 2020)

Held on the 2nd October 2019

A Report

A programme was organized by the IQAC, Shillong Commerce College on the 2nd October 2019 to commemorate the 150th birth anniversary of Mahatma Gandhi under the theme "***Propagating the Ideals and Philosophy of Mahatma Gandhi through Extempore, Quiz and Storytelling.***"

The programme started at 10.30 am with a welcome speech from the Chairperson of the said programme, Prof. J.C.Blah, HOD, Dept. of Economics.

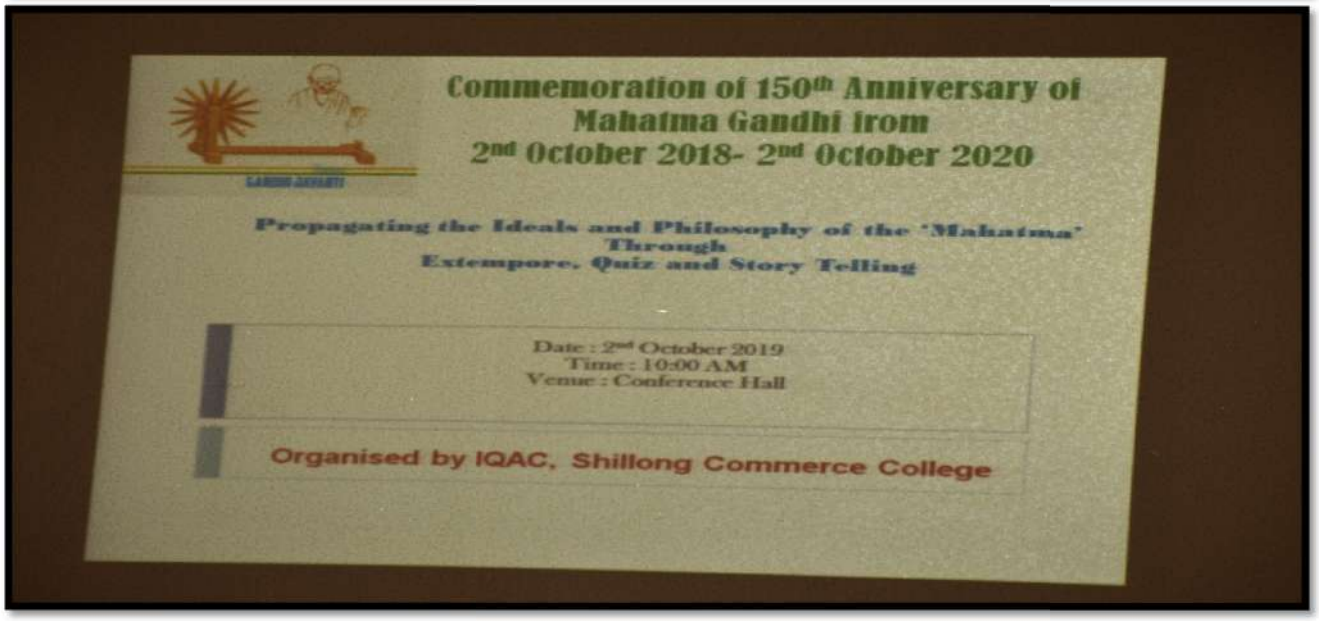
Prof. S.Khongwir from the Dept. of English gave a short presentation on the life of Mahatma Gandhi. The presentation touched on aspects like the lifestyle, philosophy and the struggle for the India's independence as epitomized by Gandhi. The presentation ended with some well known quotes attributed to Mahatma Gandhi.

The presentation was followed by a quiz conducted by Prof. S.Khongwir. The questions were based on the life and times of Gandhi. The students present participated wholeheartedly and were able to answer most of the questions.

After the quiz, the Principal of the College, Shri J.B. Massar, further enlightened the gathering about the life and vision of Mahatma Gandhi. He focused on the greatness of Gandhi as an apostle of non-violence. The Principal laid great emphasis on the tenacity of Gandhi in fighting against the might of the British Empire. He stressed on Gandhi's non-violent approach in the fight for India's Independence and paid glowing references to Gandhi as a man of great simplicity and a fighter "who never gave up."

After the speech by the Principal, there was a short interactive session in which all present took part.

The programme ended with the vote of thanks delivered by Prof. A. Kharmawphlang, Dept. of Mathematics.



Sumitted by
SonitaKhongwir
Associate Professor
Shillong Commerce College

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7TH REV J.J.M. NICHOLS ROY MEMORIAL INTER COLLEGE DEBATE COMPETITION – 2019

Motion : "Lack of Parental Guidance has contributed to the Menace of Drug Addiction in Meghalaya".

Chief Guest : Mr. Torist Mark, Retd Director of Public Instruction Govt. of Meghalaya.

Speaker : Dr. S. LoniakMarbaniang (Retd) Professor, Dept of Mathematics, North Eastern Hill University and Former Minister, Govt. of Meghalaya.

Judges : (1) Smti. SangilaDorjee, Clinical Psychologist, Sanker Hospital, Shillong.

(2) Shri. Derrick Pariat, Head of Programme, Door darshan Kendra, Shillong.

(3) Shri. Keith Nongsteng – a noted Columnist.

Participants Colleges:

1. St Anthony's College
2. St Mary's College
3. Lady Keane College
4. Shillong Commerce College
5. J.J.M. Nichols Roy College
6. Martin Luther Christian University (MLCU)
7. Union Christian College
8. Umshyrpi College

Winner Team	-	Shillong Commerce College – Ananta Das &Ashmi Gurung
Runners Up	-	Martin Luther Christian University
Best Speaker	-	Mr. AushinarDastidar – St Anthony's College
Second Best Speaker	-	Ms. SherylyneKharkongor – MLCU
Most Humorous Speaker	-	Mr. AushinarDastidar – St Anthony's College

DETAILED REPORT

7th Rev J.J.M. Nichols Roy Memorial State Level Inter-College Debate Competition 2019.

This year Shillong Commerce College, organized the 7th J.J.M. Nichols Roy Memorial State Level Inter College Debate Competition 2019 on the 21st October 2019, as a part of 150 years Celebration of Gandhi Jayanti.

Purpose of Rev. J.J.M. Nichols Roy Memorial State Level Inter College Debate Competition. Debate is a great device for engaging students and bringing life to the academic life of the students. it helps students to understand essential critical – thinking and presentation skills.

Specific Purpose

- To inculcate in students the art of public decision-making.
- To build confidence of Youth participants in the art of public speaking.
- To encourage leadership qualities of young students.
- To engage students to share their views on issues that affects their lives.

The motion for the Debate:

"Lack of Parental guidance has contributed to the Menace of drug Addiction in Meghalaya"

The Criteria for judging the Debate were:

Content	-	10 Marks
Structure	-	10 Marks
Voice and Delivery	-	10 Marks
Overall Presentation	-	10 Marks
Audience Control	-	10 Marks
Total		50 Marks

Inter State College Debate :

The Debate Competition began with the felicitation of the guests by the students of the College, followed by a warm welcome speech which was extended by Prof. S. Khongwir, member of the Debate Committee of S.C.C. to the Chief Guest Mr. Torist Mark, Director of Public Instruction Govt. of Meghalaya, and to the Jury and to the Speaker of Debate, Principal, Faculty, Guests teachers and students of the participating institutions.

Prof. J.B. Massar, the Principal of the College shared a brief but interesting history of Rev. J.J.M. Nichols Roy with the audience and stressed on the contribution of Late Reverend to the political history of the State of Meghalaya. Rev J.J.M. introduced a conciliar autonomous Council that paved the way for the general public to contest the election and would become rulers of the people. Rev. Nichols Roy did not intend to abolish the traditional system completely but sought to democratize it by opening up ways for political freedom, equality and eligibility of women too in addition to the general public at the behest of peoples' election or decision.

As many as 8(eight) premier Colleges of the State, actively participated in the Inter State Debate. The motion for the day was "Lack of Parental Guidance has contributed to the Menace of Drug Addiction in Meghalaya".

The debaters confidently presented themselves before the audience and the learned judges. The Competition was worth enjoying for the audience. Every debater was cheered and clapped applauded for their presentation and sharp but convincing arguments. Each participant rose to the occasion to defend their argument.

The event was full of enthusiasm and an eye opener to the living social issue, that is, Lack of Parental Guidance and its contribution to the Menace of Drug Addiction in Meghalaya.

Results:

Best Speaker	-	Mr. AushinarDastidar of St Anthony's College
2nd Best Speaker	-	Ms. SherylyneKharkongor of MLCU
Most Humorous Speaker	-	Mr. AushinarDastidar of St Anthony's College
Winner Team	-	Shillong Commerce College, Mr. Ananta Das & Miss Ashmi Gurung
Runners Up	-	Martin Luther Christian University

Dr. LoniakMarbaniang, the Speaker of the Debate exhorted the participants and gave a summary of the keynotes of the Debate and concluded, by once again reminding the participants and the audience alike of the Do's and Dont's of the art of Debating.

After the announcement of the Results, the Chief Guest for the event Shri Torist Mark, delivered his speech. He spoke at length on the debating culture and the need for students to nurture this habit from a young age. He applauded the host College for choosing the motion of the debate, which indeed is the burning issue of the society, to which both society and all the stake holders should pay attention.

The Vote of Thanks was proposed by Dr. Sabita Sen, the Convenor of the Debate Committee of Shillong Commerce College. The College Anthem was sung at the end of the program, and which was followed by a light refreshment for one and all.

Submitted by.

Dr. Sabita Sen
Convenor of Debate Committee
Shillong Commerce College
Shillong.

3.11.2019

REPORT ON CAREER COUNSELLING PROGRAM ON STATE BANK OF INDIA (SBI) CLERICAL AND PROBATIONARY OFFICER JOBS2019

On the 22nd October, 2019 a career counselling program was held in the college hall on the opportunities of SBI clerical and probationary jobs, the exam/interview of which were conducted on a yearly basis.

Eminent personalities of the SBI spoke at length on the scope of job opportunities available in the bank and provided tips on how the students should prepare themselves for the exam/interview in order to be successful.

The program started with a welcome speech by the Principal of the College Shri J.B.Massar which was followed by talk sessions by SBI officials which include Shri Subash Das (DGM), Shri Mrinal Hazarika (Chief Manager, HRD), Shri MarcellousFancon and Shri Brian Syiemlieh both Deputy Manager.

Before the end of the program an interaction session also took place where questions were asked by students and teachers alike, for which satisfactory answers were provided by the bank officials.

The program was compered by Shri Babu Ram Upadhya the HOD of the Commerce Department and it ended with a vote of thanks by the Vice Principal Dr. Sabita Sen

Submitted By

Shri D. Sawkmie
Convener
Career Counselling Committee
Shillong Commerce College

WORKSHOP ON SEX/HUMAN TRAFFICKING IN THE STATE

6th December 2019

REPORT: SESSION I
Time – 9:30 a.m to 11:00 a.m
Chairperson – Associate Professor S Khongwir
Resource Person – Mr. M Kharkrang, IPS, Assistant IGP (R)
Topic – The Role of Police Machinery with regard to the twin problem of Drugs and Human Trafficking in Meghalaya.

The first session of the workshop on the topic 'The Role of Police Machinery with regard to the twin problem of Drugs and Human Trafficking in Meghalaya' was chaired by Associate Professor MsSonitaKhongwir. The session starts with the felicitation of the Resource Person, Mr M Kharkrang IPS, Assistant IGP (R) followed with a keynote address by the principal Sir J B Massar in which the importance of having the workshop to spread awareness of the inhumane act of sex and human trafficking and its prevention was stressed on.

Following the keynote address, the session was taken over by the Resource Person who talked about the menace of drug abuse in the state of Meghalaya. Citing factual data, the extent of drug use in Meghalaya has been shown to be at an alarming level. For example, in the case of the use of opiods, Meghalaya stands at 2% of drug use among the population with the overall India figure at 0.70%. Considering the population of Meghalaya it has been noted that the given data speaks volumes of the extent of drug use in the state. Also, while the drug usage amounts to 360 MT, the amount seized is only 1.2 MT according to the Drug Survey 2019, this shows that there is a lot of free following drugs into the state. With India located in the middle of the drug producing areas, the North Eastern Region is placed at a vulnerable position as a transit area of illegal drugs. Due to the seriousness of the crime, separate laws have been implemented (NDPS Act 1985).

The resource person further spreads awareness among the participants about the types and varieties of drugs available in the state, drug peddling and drug ingestion in order to serve as a precaution against such vices. Addressing the student participants, further talks on the reasons and effects of drug abuse was taken up with a plea to the students not to resort to drug use in case of reasons such as academic failure or other personal reasons. Prevention tips were also shared so as to not indulge in the same. In addition to the discussions above, the resource person also shared the procedures involved in drug seizures and encouraged the participants to cooperate with the officials in such cases.

A discussion followed the presentation, with questions related to doubts and the resource person further spoke about the use of the internet, and warns about the ill usage of it.

REPORT: SESSION II
Time – 11:30 a.m to 12:45 p.m
Chairperson – Assistant Professor Mr. A M Rynjah
Resource Person – MsNakilinShylla (Advocate)
Topic – Trafficking in the state of Meghalaya, Laws and Remedies with regard to Human Trafficking

The second session of the workshop on the topic 'Trafficking in the state of Meghalaya, Laws and Remedies with regard to Human Trafficking' was chaired by Assistant Professor Mr. A. M. Rynjah. The session started off with the felicitation of the Resource Person, MsNakilinShylla (Advocate and member of Meghalaya State Commission for Women). The resource person firstly discussed about Fundamental Rights and the co-existent Fundamental Duties. Following this, the talk further proceeded to a discussion on rights and the prevailing act of human trafficking which denies a person of his or her rights. Human trafficking has been said to comprise varied forms such as commercial sex work, bonded labour, slavery and organ trade. Due to easy money, human trafficking is taken up as a profession by many in which the target groups mainly consist of women and children, although men are also targeted mostly for bonded labour or as a supply source in the organ trade market.

The resource person further enhances the legal knowledge of the participants on the existing acts implemented against human trafficking while also adding that while laws exist, they were implemented a long time back and in dire need of amendments. While the Immoral Traffic Prevention Act 1956 proclaims prostitution illegal in India, it however has not reduced instances of human trafficking especially among women and children. It was also noted that voluntary prostitution does not come under the act of human trafficking. Among the cases found in Meghalaya, voluntary prostitution was taken up due to want of certain material things and wealth. However it has been found that voluntary sex workers face confinement and overburden of customers which makes them return as victims of human trafficking thereby misusing the law.

The resource person further adds that there is a failure of implementation of the existing laws against human trafficking. Also, when it comes to tracing the victims of human trafficking, the link is such that it is difficult to trace the location of the victims and the people involved in the crime. Citing an example of a mother pushing her daughter into the prostitution, it was stated that it is also on one part the failure of the society as well in curbing the menace.

Speaking on the Bonded Labour System Abolition Act 1976, further discussions were made on the factors causing bonded labour which affect the landless farmers on a large scale. The lack of awareness of one's rights has been cited as one of the main factors contributing to human trafficking in the form of bonded labour. The use of women and children as cheap labour is rampant in the state.

The resource person adds that human trafficking has been on the rise due to the rising demand for the same. It is important that the society fights against this crime in unison.

A discussion followed the presentation with questions from the audience, and the resource person ends the presentation with an advice to not be lured esily by false promises that would lead to dangerous situations.

REPORT: SESSION III
Time – 1:30 P.m to 2:45 p.m
Chairperson – Associate Professor Mr. D Sawkmie
Resource Person – MsSamandaPhanwar, Project Manager, Lamjingshai Project, Manbha Foundation.
Topic – Factors leading to Sex/Human Trafficking, The way to address the problem.

The third session of the workshop on the topic 'Factors leading to Sex/Human Trafficking, The way to address the problem' was chaired by Associate Professor Mr. D Sawkmie. The session started off with the felicitation of the Resource Person, MsSamandaPhanwar, Project Manager, Lamjingshai Project (2010), Manbha Foundation.

The reosource person starts off the discussion by stating that human trafficking is the third largest organised crime after drugs and arms trade. Student participants were advised to be wary of lucrative job openings or offereings as victims of human trafficking are usually lured by such false promises. While the purpose of human trafficking is varied such as bonded labour, forced marriages, organ trade and so on, eighty percent (80%) however of such cases is for the purpose of sexual exploitation, India being the hub of this crime in Asia. Reported missing cases are however very less and usually go unreported especially in Meghalaya due to the fear of losing honour in society. Even if found or returned, there have been cases where the society itself refuses to provide relief to the victims due to suspicion of misconduct. Such victims suffer from traumatic physical and mental disorders due to the same. The discrimination of sex workers is rampant in Meghalaya. The reasons behind such actions are not taken into consideration to understand the victim and his or her situation. The society slso chooses to not be involved in domestic disputes or abuse thereby giving up chances and opportunities to help such victims. The resource persons further urges the audience to be careful before sharing any improper content on social media.

The closing speech was by the Vice Principal (SFC) Asst. Prof. J.C. Blah, where she spoke about the effects of human trafficking as "modern day slavery" as it robs the victims of basic Human Rights. In most instances people are tricked into such activities. Even with the inhumane nature of how such victims are treated, it is still a multi-billion dollar industry because the risk

factors are very low for the beneficiaries but leaves the victim helpless. She ends her speech with a pledge to help control and remove this evil from society.

WORKSHOP OF FREEDOM OF EXPRESSION AND SPEECH WITH REFERENCE TO SOCIAL MEDIA

Organized by Human Rights Cell
Date 7th December 2019
Speaker: Mr. Shishir Tiwari.
Chairperson: Asso. Prof. Ms. A. Kharmawphlang

The session started with an interaction between the speaker through which certain elementary ideas relating to the topic are brought into focus. Tools of communication can be generally divided into the traditional forms (TV, radio, mobile and print media) and social media primarily driven by the existence of the internet. The latter is pertinent to the discussion at hand. Social media provides an avenue for receiving and creation of information which in turn paves the way for activities like social networking, micro blogging, and video sharing with the public.

Freedom of speech and expression is a human right and it is also vital for the existence of a vibrant and functioning democracy. Mr. Tiwari specifically draws our attention to Article 19 of the Universal Declaration of Human Rights within the U.N. charter of 1948. The article states:

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

In relation to the above point, attention was focused on article 19 of the International Covenant on Civil and Political Rights:

Everyone shall have the right to freedom of expression; this right shall include freedom to seek, receive and impart information and ideas of all kinds, regardless of frontiers, either orally, in writing or in print, in the form of art, or through any other media of his choice.

India is also a party to this Covenant and article 19 (a) of the constitution states that there will be freedom of speech and expression. This is one of our fundamental rights as citizens of this country.

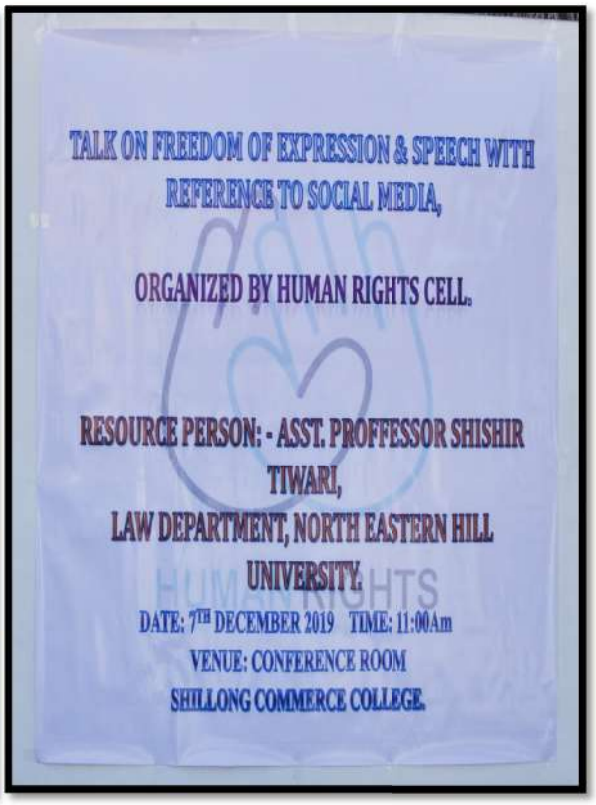
Hence, usage of social media can be viewed as exercising this fundamental right and that one can go to the courts to seek justice in case of any violation.

Social media itself is vital to the protection of other human rights:

1. Right to information
2. Right to education

Social media also allows one to be aware of where and when any other rights are being violated.

Social media can also be misused as in the cases of the 2013 UP riots where circulation of fake news played a part. The there is the 2012 case of violence against northeasterners in Bangalore caused by the circulation of rumors that Muslims are being killed in Assam. Hence, a technology of freedom can be turned into a technology of oppression. In order to cease and prevent further misuse of information of technology the Information Technology Act of 2000 was passed. Under this act certain activities are considered illegal la and punishable like hacking, publishing obscene information in electronic form be it troughwatsapp or facebook messenger, and publication for fraudulent purpose like duping people for financial gains.



Submitted by

A.Kharmawphlang
Associate Professor
Shillong Commerce College

REPORT FROM COLLEGE WEEK 2019

REPORT OF OUTDOOR AND INDOOR SPORTS SPORTS ACTIVITIES

Like every year, the College this time celebrated the college week which started from 25th October to the 1st November, 2019. In this college week, many activities are conducted both indoor and outdoor games. There was a massive participation from the students of the college.

1. **Football-** football was played at Pohkseh football ground and in this event B.A 1st semester (morning) emerged as the winner and the Runner up was B. com 5thsemester(Day)
2. **Basketball –** Basketball was played at J. N Stadium Polo. In the Men category, the winner was B.com 3rd semester (morning) and the Runner up was B.com 1st semester (Day)
   In women category, the winner was B. A 1st semester (Day) and the Runner was class Class 12 (day)
3. **Arm Wrestling –** This Competition was conducted in the college campus. Champion of champions(men) was NangteiKharkongor of B. A 1st semester and champion (women) wasLakmenSohthiang of B. com 1st semester (Morning).
4. Cricket was played at Pohkseh ground and the winner was B. com 5th semester.

Various Indoor Sport was held during the College Week Festival 2019

Chess 2019

Men : Winner- Joey Warlarpih B.com 5th Semester (Morning)
Runners up- Albert MawlongB.Com 1st Semester (Day)
Women: Winner - Kanam TarukB.Com 5th Semester Morning
Runners up - Yoo Elly Jones Lyngdoh Marshillong B.A 1st Semester (Morning)

Table Tennis 2019

Men's Single

1st - YankeyThabah B.com 3rd Semester Day
2nd - RivaldoWahlangB.Com 5th Semester Morning
3rd - YousarpherKyllait - B.com 5th Sem Day

Men's Double

1st- WonderstarKhonglam&HamebanjopKharjana -Class xii Day
2nd DonkuparLyngkhoi&LucymaxonNongpluhB.Com - 5th Sem Day
3rd Ritual Syiemiong&BanpyndaplangKharmujai - Class xii Day

Women'sSingle

1st – BaiasuklinKhongsit(B.com 5th semester,Morning)
2nd – Excilla N. Marak (B.com 5th semester,Morning)
3rd – Felisha Thangkhiew (B.com 5th semester,Morning)

Women's Double

1st – ExcillaMarak&ShidalinLyngdoh(B.com 5th semester,Morning)
2nd – LarishishaSohtun& Felisha Thangkhiew(B.com 5th Semester,Day)

Carrom Board 2019

Men's Single

1st - YankeyThabah B.com 3rd Semester Day
2nd - RivaldoWahlangB.Com 5th Semester Morning
3rd - YousarpherKyllait - B.com 5th Sem Day

Men's Double

1st- WonderstarKhonglam&HamebanjopKharjana -Class xii Day
2nd DonkuparLyngkhoi&LucymaxonNongpluh -B.Com 5th Sem Day
3rd Ritual Syiemiong&BanpyndaplangKharmujai - Class xii Day

Women's Single

1st - Felisha Thangkhiew(B.com 5th Semester,Day)
2nd- DarishaPariong (B.com 5th Semester,Day)
3rd - ManoshaLyngdoh (B.com 1st Semester,Morning)

Women's Double

1st -Felisha Thangkhiew&LarishishaSohtun (B.com 5th Semester,Day)
2nd - Manosha Lyngdoh&Risdaris Kharmuti (B.com 1nd Semester,Morning)

INTER CLASS QUIZ COMPETITION – 2019

REPORT

An Inter Class Quiz Competition was held on the 30th October 2019 during the College Week Festival 2019, to emphasise on the improvement of the intellect and General Knowledge of the students. Sixteen teams participated in it, comprising four students each.

The first round was quick five round. All the Classes did well in this round. The second round was the audio round. Audio tracks of famous personalities were played and the teams had to name the personality by recognising the voice. B.Com 5th Semester (Day) won this round. This round was followed by Visual round. The participants in each team were shown pictures of famous places and personalities which they had to recognise and name correctly. This round was won by B.Com 3rd Semester (Morning).

The last round was general round. This round was won by B.Com 1st Semester (Day). At the end the B.Com 1st Semester won the competition by scoring a grand total of 400 points.

QUIZ

RESULTS

1st – B.Com 1st Semester (Day)
(a) AnibahunKshiar
(b) DarihunNongkhlaw
(c) Beilang N. Mawkhiew

(d) BaiahunlangJyrwa

2nd – B.Com 3rd Semester (Morning)
(a) DonkuparTariang
(b) Arjun Lyngdoh
(c) Richard Nongkhlaw
(d) MebandaLyngskor

3rd – B.Com 5th Semester (Day)
(a) ArkinsanbhalangMynsong
(b) Sahil K. Sangma
(c) BanteilangLyngkhoi
(d) Aiborlang

The Quiz was conducted by Prof. S. Khongwir of English Department assisted by Assistant Prof. W. Dkhar.

The programme came to an end by a vote of thanks given by Assistant Prof Mrs. C. Wanniang.

Submitted by

Dr. S. Sen
Convenor Debate Committee
Dated 3.10.19

INTER CLASS DEBATE – 2019

REPORT

Debate is one of the academic activities that give students creative room to express what they feel. The length and breadth of knowledge that they give through this is simply unparalleled. The Inter Class Competition for Classes XI, XII, Degree Arts & Commerce which was a part of the Competition was held on the 30th October 2019.

This year Inter - Class Debate was organised as a part of 150 years celebration of Gandhi Jayanti, which was held during the College Week. It was held in the College Hall and was graced by the presence of Prof. J.B. Massar, Principal of the College. Mrs. S. Khongwir welcomed the participants and conveyed her best wishes for the competition. The Hall was jam packed with students of Arts and Commerce stream, as enthusiastic audience to witness this exciting went.

The motion for the day was "A College Degree is essential to get a good job". The competition was adjudged by the three jury panel comprising of Mrs. J.C. Blah, Mrs. C.

Wanniang and Mrs. A. Kharmawphlang. The teams were well prepared and undoubtedly convinced the audience of their beliefs and views. The participants, armed with statistics and data made their arguments more emphatic with their righteous facial expressions and voice modulation. They exhibited great oratory skill. The competition was an enthralling experience for the speakers as well as the audience.

Results

1st Prize went to Ms. Naheed Ahmed, B.A. 1st Semester

2nd Prize went to RemdorPassah, B.Com 3rd Semester

3rd Prize went to BapynkmenlangMarbaniang, B.Com 5th Semester.

At the end of the event, Prof. J.B. Massar, the Principal expressed his views on net neutrality and further encouraged the students to participate more actively in co-curricular activities besides academics. A vote of thanks was extended by Dr. S. Sen the Convenor of the Debate Committee.

Report submitted by.

Dr. S. Sen
Convenor Debate Committee
Dated 3.10.19

INTER CLASS EXTEMPORE COMPETITION – 2019

REPORT

Extempore is a method which assists the students not only in thinking on their own but also voicing their creative ideas with precision. It puts to test one's oral communication skills and their spontaneity.

An Inter Class Extempore Competition was held on the 30th October 2019 as a part of College Week Celebration 2019.

There were 15 students who participated in this Competition. The topics in the competition were associated with varied subjects such as current issues, Science, Geography, History, Life & events of Mahatma Gandhi etc.

Each participant got one minute to think over the topic. The first Warning bell indicated the end of the first minute. All the participants got another one minute to speak on the given topic only in English. The second Warning bell indicated the end of time. The time keeper for the competition was Mr. BaremdorSohtun, student-in-charge of Quiz, Debate & Extempore.

The two judges were Assistant Prof Dr. S. Ryndem and Assistant Prof Kiran Agarwal, who did the judgement on the basis of content, relevance to the topic, confidence, clarity of speech, time management, use of language and grammar, presence of mind and body language.

Results : 1st – Mr. Gaurav Kumar – B.A. 1st Semester

2nd – Ms. Geffinia P. Nongbasap – B.Com 1st Semester

3rd – Ms. Naheed Ahmed – B.A. 1st Semester

The activity was intended to give an opportunity to the students to shake off their diffidence and to build up their self – confidence.

The program came to an end by a vote of thanks given by Dr. S. Sen, convenor of Debate Committee.

Report submitted by.
Dr. S. Sen
Convenor Debate Committee

REPORT OF SINGING COMPETITION 2019

An inter – class Singing Competition was organised on 30th October, 2019 during the College Week which was held from 25th October to 1st November 2019. This fun filled activity witnessed an enthusiastic participation of the students.

The competition was held in two categories –

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

In Traditional Singing there were five contestants from different classes in the solo category and four groups contested in the group category.

In Western Singing there were thirty-three contestants in the solo category and ten groups contested in the group category.

The participants were judged on four aspects namely Clarity, Timing, Pitch and Presentation.

The final judgement was made by Ms. SanbanielyneRyndem, Ms. Miriam Ryndem and Mr. Anthony Rynjah. The selection process was extremely difficult for the judges as all the participants were equally good.

The Winners of the competition were:

SINGING	
WESTERN SOLO	
First	Jonathan Pohsngap (5th Semester B.Com)
Second	F. Lamin (1st Semester B.A.)
Third	Amy Warjri (3rd Semester B.Com)
WESTERN GROUP	
First	1st Semester B.Com. i. IbansuklinTalang ii. NehskhemlangNongrum iii. NangriakorPathaw

Second	3rd Semester B.Com i. MebanaiborChyne ii. AmmielEleoraWarjri iii. Ferdinand Nongrum iv. DonboklangKharmawlong v. Phidalinkharnaior
Third	1st Semester B.A. i. YomikaNongbri ii. Esekiel Murphy Nongrum
TRADITIONAL SOLO	
First	WingtonMakdoh (Class XI)
Second	NehskhemlangNongrum (1st Semester B.Com.)
Third	GeofreyRennickie Lyngdoh (1st Semester B.A.)
TRADITIONAL GROUP	
First	5th Semester B. Com. i. HabasuklinKurkalang ii. RikyntiewPyngrope iii. Fiona Taffy Nongkhlaw iv. Kosparjoy Lyngdoh v. Banaibor Lyngdoh

	vi. Merryjunemawlieh
Second	3rd Semester B. Com. i. LashanskhemNongsiej ii. JoysingstarSynrem iii. SanborlangSnaitang iv. Mebaaihun L. Kynshi v. HeroniLyngshiang vi. InjellarySyiemlieh
Third	1st Semester B. Com. i. NehskhemlangNomgrum ii. IbansuklinTalang iii. NangriakorPathaw iv. Baiitbniah Lamare v. WilkysonLaloo vi. Alvin Kharluni vii. Gilbert Mylliemumlong viii. Braxton Nengnong

REPORT OF DANCING COMPETITION

The Dancing Competition was held on 31st October 2019 during the College Week which was held from 25th October to 1st November 2019. The competition was held in the following categories –

1. Traditional Dancing – Group

2. Western Dancing – Solo and Group

In Traditional Dancing there were five groups from different classes . The dances presented were the Plate dance of Jaintia Hills, Wangala Dance of Garo Hills, Khasi Dance and a medley dance depicting the eight states of North East India.

In Western Dancing there were five participants in the solo category and eleven groups contested in the group category from different classes.

The contestants were judged on five aspects namely Choreography, Flexibility, Costume, Expression and Synchronisation. The judges for the competition were Ms. AneeshaMawrie, Ms Regina Mawrie and Ms. DaphiraDkhar.

The winners of the competition were

WESTERN DANCING	
SOLO	
First	Naheed Ahmed (1st Semester B.A.)
Second	ReynusKurbah (Class XI)
Third	Ananta Das (1st Semester B.Com)
GROUP	
First	5th Semester B. Com. i. DaphiniaKharkongor ii. Mercy Lyngdoh iii. NyagiKoyu iv. Mesha Rani v. IahunlangWarjri
Second	1st Semester B.Com. i. Ananta Das ii. Aditya Mahato iii. IaishanskhemWankhar
Third	1st Semester B.Com. i. BadahunshishaNongkynrih ii. AibianghunKhongjee iii. LaritiDiengdoh
TRADITIONAL DANCING (GROUP)	
First	5th Semester B. Com. i. NyagiKoyi ii. OmikPalon iii. Kanam Taruk iv. NangchinthiaNamchoon v. Ashmi Gurung vi. Sapam Dayana Devi vii. Sajida Khatun

	viii. SaphiwanbetKharkongor
Second	Class XI i. MercyliaSuting ii. MaryshaihunSuchiang iii. AiporbabhaMyrboh
Third	1st Semester B.A. i. EmildaWarjri ii. LawanmonWahlang iii. PaleishishaNongspung iv. LabyntalypaRyntathiang v. IbakordorKharmyndai vi. LadeishishaKharpan

MR. & MS. SHILLONG COMMERCE COLLEGE 2019

Our College Week Grand Finale always kicks off with the First Round of Mr. & Ms. Shillong Commerce College which is the **Traditional Round**. Then comes the second round which is the **Casual Round** then comes the **Formal Round** and finally the **Question Round**. This year 19 Contestants participated including 10 girls and 9 boys. The Grand Finale went off smoothly and our judges have chosen the following as Winners:

Winners:

Miss Zara Natasha L.Nongkynrih
Mr. Tengsrang R. Marak

1st Runners Up:
Miss LarishishaSohtun
Mr. NangteilangKurbah

2nd Runners up:
Miss Naheed Ahmed
Mr. AibanDorphang

Best Personality- Miss LarishishaSohtun

THEME OF THE COLLEGE WEEK 2019:
FINALE

SHILLONG COMMERCE
COLLEGE WEEK FU
GRAND FI

Submitted by IarihunNongkhlaw
Assistant Professor
Shillong Commerce College

NSS: WORLD NO TOBACCO DAY

Date 31st May 2019

The NSS unit of Shillong Commerce College observed 'World No Tobacco Day' by organizing an awareness talk on the ill-effects of tobacco. Programme was chaired by Shri. Anthony M Rynjah (NSS P.O). Principal of the College Shri. J.B. Massar being the Resource Person of the said programme has enlightened the students about the various diseases cause by tobacco. Dr(Ms.) B.S. Challam (NSS P.O) highlighted her presentation on this year theme 'Tobacco and Lung Health', thereafter followed by a Pledge reading from all who presented in the Programme. The Programme ended with a vote of thanks from Vice Principal Dr(Mrs) S.Sen.

There were 97 NSS volunteers participated in the said programme.

W. Dkhar,
NSS P.O,
Shillong Commerce College,
Shillong.

NSS: INTERNATIONAL DAY OF YOGA

Date: 21st June 2019

Total number of volunteer present: 21
Conducted by: NSS, Shillong Commerce College

Introduction:

International Day of Yoga 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 importance role in making International Day of Yoga 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. Miss Christina Pariat one of the NSS volunteer 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 refreshment was given to all the participants after the session at the college canteen.

W. Dkhar,
NSS P.O,
Shillong Commerce College,
Shillong

ANNUAL REPORT OF NCC SHILLONG COMMERCE COLLEGE (GIRLS WING)

FOR JAN-DEC 2019

Activities/Camp Participated/Attended by Senior Wing

1. **Enrollment and Drop out Status:**

Vacancy allotted: 54 nos

	1st Year	2nd Year	3rd Year
Current Status	27	16	11
Drop Out	NA	08	06

2. **Award and Felicitation:**

Sl. No.	Award	Awarded by	Cadet Name	Remarks
1	Best Cadet	Shillong Group	1. LapynsuklangMarbaniang	Cash Prize of Rs 6000
2	Swacch Bharat	Shillong Group	1. AitimaryKharjana, 2. PhibarishaDiengdoh	

3. **B and C certificate Exam:**

Sl. No.	Exam	Eligible	Appeared	Remarks
1	'B' Certificate	23	19	
2	'C' Certificate	06	06	

4. **CATC / EBSB**

Sl. No.	Camp	Location	Date	Total cadets Attended
1	CATC	Nongmynsong		07
2	CATC	JNV –Mawphlang		21
3	CATC	Bishnupur		10
4	CATC	Umroi		02
5	EBSB	Delhi		05

5. **Activities Conducted:**

Sl. No.	Activity	Collaboration	Location	Date	Total

					Cadets Attended
1	Yoga	NSS	College Campus	21 June 2019	18
2	Health Camp	NSS, Outreach Committee	Umphrew	27 July 2019	10
3	Blood Donation	NSS	College Campus	27 September 2019	2 donated
4	Talk on Achievement of Swacch Bharat	-	College Campus	26 September 2019	47

6. **<u>Extra:</u>**

Sl. No.	Activity	Purpose/ Location	Total Cadet Attended	Remarks
01	Group Commander Visit	Interaction with cadets and Principal	43	Felicitate LapynsukMarbaniang for Best Cadet award
02	Seminar on water day	Assam Rifle, Laitkor	05	Participant
03	Kargil Divas	St Anthony's college	04	Invited
04	Independence Day	Polo	05	Participant
05	Republic day	Polo	04	Participant
06	Debate	Shillong College	02	Best Team and Best Speaker
07	Piloting for 101	101 Area	02	Army Mela
08	Cherry Blossom	Wards Lake	15	NCC special Program

7. Pictures

SHOT ON REDMI Y3
AI DUAL CAMERA

HEALTH CAMP
Organised by
MCC, SHILLONG COMMERCE COLLEGE

SHOT ON REDMI Y3
AI DUAL CAMERA

NCC: REPORT ON INTERNATIONAL DAY OF YOGA (IDY)

DATE: 21ST JUNE 2019

Total number of cadets present: 23

Conducted by: Shillong Commerce College Senior Wing (SW)

Collaboration: NSS

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.

One day prior, the cadets had practices the few asanas that we were supposed to carry out on the main day.

The session started with a short lecture on the importance of usefulness of yoga for a healthy and stress-free living and followed 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.

Healthy refreshments were given to all the participants after the session at the college canteen.

SHILLONG COMMERCE COLLEGE
NCC WING, SHILLONG
OBSERVA NCE OF
WORLD YOGA DAY
21ST JUNE 2019

REPORT: TALK ON ACHIEVEMENT OF SWACCH BHARAT

Date : 26 September 2019

Cadets Present: 50

Throughout , everyone has had a part in making India a better and cleaner place. From thegovernment , private sectors, NGO , every organization are playing their roles in cleaning India.Almost everyone of us have taken initiatives and has taken it on to ourselves to make a betterBharat.

Dr B Challam, the Professor of Environment Department and an Environmentalist had grace uswith her presence to talk about the achievements and the impacts of all the initiative undertakenby everyone to help make Swacch Bharat a success.

ANNUAL REPORT OF NCC SHILLONG COMMERCE COLLEGE (BOYS WING)

FOR THE YEAR 2019-20.

Report in connection with the Camp Attending of the NCC Cadets 2019-2020

Sl.No	Name of Camp	Dates	Place	Nos. of Cadets	Name of Cadets
1.	CATC	12.5.19-21.5.19	Umroi	4	Richie Hynniewta, Wanhun Rani, PynshngainMawniuh, Wilford Marngar.
2.	CATC-24	13.6.19-22.6.19	JNV, Mawphlang	3	OverjudgemanSanglyn, LakerlangKapu, MihshaibhaSuja.
3.	CATC	7.8.19-16.8.19	Bisnupur	4	Stephan Pathaw, RubenusMarwet, Gideon Enbor, Mun Muan Ding.
4.	CATC	25.7.19-5.8.19	Bisnupur	2	MangalmaniMurasing, LovingstarKharsynyiew
5.	CATC-63		Bisnupur	10	NaikuparNongspung, Mangal Mani Murasing, David Livingstone, GreatstarwellNongdhar, BashaibhaKhriam, Nelson Myrthong, Richie hynniewta, BaniaikitlangKhardewsaw, Stephan Pathaw, Adarsh Thapa.
6.	NER TREK	10.1219-18.12.19	Laitkor	4	LakerlangKapu, PynshngainMawniuh, Richie Hynniewta, Wilford Marngar.

REPORT

Report in connection with the other activities attended by the NCC Cadets 2019-2020

Sl.No	Name of Activities	Collaboration	Place/ Location	Dates	Nos .of Cadets Attended
1.	**Health Camp**	NSS, Outreach Committee	Umphrew Village	27th July 2019	5
2.	**Cleaning Drive (Swaach Bharat)**	NCC	College Campus	26th September	25

				2019	
3.	**Blood Donation Camp**	NSS	College Campus	27th September 2019	2 Donated

REPORT ON WITH THE CLEANING DRIVE (SWACCH BHARAT ABHIYAN)

HELD ON THE 26 OF SEPTEMBER 2019

On the 26 of September 2019, The Shillong Commerce College NCC boys unit was organised a cleaning drive outside as well as inside the college campus. On this day about 25 numbers of NCC Cadets under the supervisor of Shri Lt. P.Nongrum the ANO of Shillong Commerce College were actively involved in the cleaning drive, they enthusiastically took up brooms and garbage bags to cleaning up every corners.

The cleaning drive was quite inspiring and motivating for all who attended the programme.

Lt. P. Nongrum
ANO Shillong Commerce College
Shillong

REPORT FROM THE ALUMNI ASSOCIATION

REPORT ON OUTREACH PROGRAMME
ORGANISED BY SHILLONG COMMERCE COLLEGE EXTENSION & OUTREACH SOCIETY
IN COLLABORATION WITH
SHILLONG COMMERCE COLLEGE ALUMNI ASSOCIATION
VENUE – DAY CARE CENTRE
REACH SHILLONG MINISTRIES
NONGMYNSONG SHILLONG
DATE—1ST MARCH 2019

Day Care Centre of Reach Shillong Ministries is a centre where there are orphans staying there as well as some kids come from home during the day time only those who belong to the poor section of the society in and around Nongmynsong area only .

The college Alumni Association in collaboration with the college Extension and Outreach society undertook a visit on to the Day Care Centre of Reach Shillong Ministries on the 1st of March 2019 along with the 6th semester students of the college. The purpose of the visit is to create an awareness among our privileged students and show them that there are many under-privileged children around and also to make them more responsible citizens by being a helping hand to some section who is in need of their help.

The Programmed started by the talk from the President of the college Alumni Association ,MrEbotonKharkongor who thoughtfully address the children of the Day Care that they are not less than any other rich children in their ability, hardwork and sincerity, he also encourages them that they should have an aim in life and be determine in their aim and surely one day they will achieve their goal and succeed in life. He also instilled in them the thought that they should never think they are less able than any other but always be positive in life.

After the speech from the President the students organized some games for the children whereby all the children actively took participation in those games.

Finally the programme ended with the distribution of lunch packets along with some sweets n chocolates .

MINUTES OF THE ANNUAL GENERAL MEETING

HELD ON 11th May, 2019

The meeting was started with the opening speech by vice president followed by a short speech from the Principal of the college and the president of the association . Following agenda were discussed in the meeting –

1.Raising Fund

2.Alumni registration

3.Re-election of the president.

Mrs D. Blah was appointed as the new President of the SCCAA and further agenda to be carried by her.

For raising fund – Raffle draw, jam session and food fest were decided to be done. The different programme were decided to be done in the month of June onwards with the collaboration from the students of the college.

The Raffle draw amount was decided for Rs 200,000. Rs100,000 to be remain in the college and the rest Rs 100,000 to be spent for buying prize, paying tax and printing of tickets . 10,000 tickets were decided to be print and priced at Rs 20 each . The Raffle draw to be drawn on the Grand Finale of the college week (to be held tentatively in the month of October / November). Prizes for the draw are-

1st prize- Notebook of Rs 25,000-30,000.

2nd prize –Smart phone of Rs 10,000-15,000.

3rd prize –Bluetooth speaker of Rs 5,000- 6,000.

Consolation prize – Pressure Cooker/ Induction.

A programme to be conduction in the month of july by the President of the association.

Registration fees for alumni were decided at Rs 50 and to be collected from the passing out students at the time when they collected their marksheet. Donations will be collected during the Annual General Meeting.

REPORT OF THE RAFFLE DRAW CONDUCTED ON THE 1ST NOVEMBER 2019

The Shillong Commerce College Alumni Association conducted a raffle draw as a fund raising scheme towards the association on the Grand Finale of the college week on the 1st, November 2019. It was a collaborated effort of the teaching and non teaching staff as well as the students of the college to sell the raffle draw tickets. The amount raised from the raffle draw sales was Rupees 1, 06,100/-.

The Alumni members decided that 10,000/- will be contributed towards the college funds and the remaining to be kept with the association after deducting the expenditure for the prizes.

The expenses for the Prizes was 37,500/-

1st prize notebook-18000/-

2nd prize smartphone-9000/-

3rd prize- Bluetooth speaker-4500/-

3 consolation prizes-induction heater-2000/- each total of 6000/-

Travelling charges – 700/-

Printing of tickets – 1200/-

Rs 56700/- were deposited in the Bank Account of the Association by the Treasurer.

WINNERS OF THE RAFFLE DRAW

The First prize was drawn by principal Sir J.B.Massar and the winner was BaphiraWankhar (tivket Number-9681).

The Second prize was drawn by Vice-Principal DR Miss Sen and the winner was Evancerry Dhar (9358).

The Third prize was drawn by Sir D.Sawkmie and the winner was B.Nongkynrih (8290)

The consolation prizes were drawn by Miss S.Khongwir and the winners are Stevenson sangma (ticket no-1227),Balarihun Lyngdoh (ticket no 2665), Sajida Khatun (ticket no 546)

THEME OF THE COLLEGE WEEK 2019:
"You Tomorrow - Today"

NOKIA

NOKIA

NOKIA

SHILLONG COMMERCE COLLEGE

WORKSHOP ON SEX/HUMAN TRAFFICKING IN THE STATE

REPORT: SESSION I

Time – 9:30 a.m to 11:00 a.m

Chairperson – Associate Professor S Khongwir

Resource Person – Mr. M Kharkrang, IPS, Assistant IGP (R)

Topic – The Role of Police Machinery with regard to the twin problem of Drugs and Human Trafficking in Meghalaya.

The first session of the workshop on the topic 'The Role of Police Machinery with regard to the twin problem of Drugs and Human Trafficking in Meghalaya' was chaired by Associate Professor Ms Sonita Khongwir. The session starts with the felicitation of the Resource Person, Mr M Kharkrang IPS, Assistant IGP (R) followed with a keynote address by the principal Sir J B Massar in which the importance of having the workshop to spread awareness of the inhumane act of sex and human trafficking and its prevention was stressed on.

Following the keynote address, the session was taken over by the Resource Person who talked about the menace of drug abuse in the state of Meghalaya. Citing factual data, the extent of drug use in Meghalaya has been shown to be at an alarming level. For example, in the case of the use of opiods, Meghalaya stands at 2% of drug use among the population with the overall India figure at 0.70%. Considering the population of Meghalaya it has been noted that the given data speaks volumes of the extent of drug use in the state. Also, while the drug usage amounts to 360 MT, the amount seized is only 1.2 MT according to the Drug Survey 2019, this shows that there is a lot of free following drugs into the state. With India located in the middle of the drug producing areas, the North Eastern Region is placed at a vulnerable position as a transit area of illegal drugs. Due to the seriousness of the crime, separate laws have been implemented (NDPS Act 1985).

The resource person further spreads awareness among the participants about the types and varieties of drugs available in the state, drug peddling and drug ingestion in order to serve as a precaution against such vices. Addressing the student participants, further talks on the reasons and effects of drug abuse was taken up with a plea to the students not to resort to drug use in case of reasons such as academic failure or other personal reasons. Prevention tips were also shared so as to not indulge in the same. In addition to the discussions above, the resource person also shared the procedures involved in drug seizures and encouraged the participants to cooperate with the officials in such cases.

A discussion followed the presentation, with questions related to doubts and the resource person further spoke about the use of the internet, and warns about the ill usage of it.

REPORT: SESSION II

Time – 11:30 a.m to 12:45 p.m

Chairperson – Assistant Professor Mr. A M Rynjah

Resource Person – Ms Nakilin Shylla (Advocate)

Topic – Trafficking in the state of Meghalaya, Laws and Remedies with regard to Human Trafficking

The second session of the workshop on the topic 'Trafficking in the state of Meghalaya, Laws and Remedies with regard to Human Trafficking' was chaired by Assistant Professor Mr. A. M. Rynjah. The session started off with the felicitation of the Resource Person, Ms Nakilin Shylla (Advocate and member of Meghalaya State Commission for Women). The resource person firstly discussed about Fundamental Rights and the co-existent Fundamental Duties. Following this, the talk further proceeded to a discussion on rights and the prevailing act of human trafficking which denies a person of his or her rights. Human trafficking has been said to comprise varied forms such as commercial sex work, bonded labour, slavery and organ trade. Due to easy money, human trafficking is taken up as a profession by many in which the target groups mainly consist of women and children, although men are also targeted mostly for bonded labour or as a supply source in the organ trade market.

The resource person further enhances the legal knowledge of the participants on the existing acts implemented against human trafficking while also adding that while laws exist, they were implemented a long time back and in dire need of amendments. While the Immoral Traffic Prevention Act 1956 proclaims prostitution illegal in India, it however has not reduced instances of human trafficking especially among women and children. It was also noted that voluntary prostitution does not come under the act of human trafficking. Among the cases found in Meghalaya, voluntary prostitution was taken up due to want of certain material things and wealth. However it has been found that voluntary sex workers face confinement and overburden of customers which makes them return as victims of human trafficking thereby misusing the law.

The resource person further adds that there is a failure of implementation of the existing laws against human trafficking. Also, when it comes to tracing the victims of human trafficking, the link is such that it is difficult to trace the location of the victims and the people involved in the crime. Citing an example of a mother pushing her daughter into the prostitution, it was stated that it is also on one part the failure of the society as well in curbing the menace.

Speaking on the Bonded Labour System Abolition Act 1976, further discussions were made on the factors causing bonded labour which affect the landless farmers on a large scale. The lack of awareness of one's rights has been cited as one of the main factors contributing to human trafficking in the form of bonded labour. The use of women and children as cheap labour is rampant in the state.

The resource person adds that human trafficking has been on the rise due to the rising demand for the same. It is important that the society fights against this crime in unison.

A discussion followed the presentation with questions from the audience, and the resource person ends the presentation with an advice to not be lured esily by false promises that would lead to dangerous situations.

REPORT: SESSION III

Time – 1:30 P.m to 2:45 p.m

Chairperson – Associate Professor Mr. D Sawkmie

Resource Person – Ms Samanda Phanwar, Project Manager, Lamjingshai Project, Manbha Foundation.

Topic – Factors leading to Sex/Human Trafficking, The way to address the problem.

The third session of the workshop on the topic 'Factors leading to Sex/Human Trafficking, The way to address the problem' was chaired by Associate Professor Mr. D Sawkmie. The session started off with the felicitation of the Resource Person, Ms Samanda Phanwar, Project Manager, Lamjingshai Project (2010), Manbha Foundation.

The reosurce person starts off the discussion by stating that human trafficking is the third largest organised crime after drugs and arms trade. Student participants were advised to be wary of lucrative job openings or offereings as victims of human trafficking are usually lured by such false promises. While the purpose of human trafficking is varied such as bonded labour, forced marriages, organ trade and so on, eighty percent (80%) however of such cases is for the purpose of sexual exploitation, India being the hub of this crime in Asia. Reported missing cases are however very less and usually go unreported especially in Meghalaya due to the fear of losing honour in society. Even if found or returned, there have been cases where the society itself refuses to provide relief to the victims due to suspicion of misconduct. Such victims suffer from traumatic physical and mental disorders due to the same. The discrimination of sex workers is rampant in Meghalaya. The reasons behind such actions are not taken into consideration to understand the victim and his or her situation. The society slso chooses to not be involved in domestic disputes or abuse thereby giving up chances and opportunities to help such victims. The resource persons further urges the audience to be careful before sharing any improper content on social media.

The closing speech was by the Vice Principal (SFC) Asst. Prof. J.C. Blah, where she spoke about the effects of human trafficking as "modern day slavery" as it robs the victims of basic Human Rights. In most instances people are tricked into such activities. Even with the inhumane nature of how such victims are treated, it is still a multi-billion dollar industry because the risk factors are very low for the beneficiaries but leaves the victim helpless. She ends her speech with a pledge to help control and remove this evil from society.

ACTIVITIES/CAMP PARTICIPATED/ATTENDED BY SENIOR WING (GIRLS) CADETS, NCC

Brief Report for July 2019 –June 2020

3. **Enrollment and Drop out Status:**

Vacancy allotted: 54 nos

	1st Year	2nd Year	3rd Year
Current Status	27	16	11
Drop Out	NA	08	06

4. **Award and Felicitation:**

Sl. No.	Award	Awarded by	Cadet Name	Remarks
1	Swacch Bharat	Shillong Group	8. Aitimary Kharjana, 9. Phibarisha Diengdoh	
2	Felicitated for Participating in Rajpath Delhi	Unit, Group, DTE, state	JUO Archana Singh	First cadet to get Selected for RDC and participate in Rajpath (National level)
3	Felicitated for Participating in Rajpath Delhi	Unit, Group, DTE, state	JUO Ibalarihun Nongpyuir	Enrolled under Shillong college (National level)

10. **B and C certificate Exam:**

Sl. No.	Exam	Eligible	Appeared	Remarks
1	'B' Certificate	16	14	
2	'C' Certificate	13	-	Not conducted

11. **CATC / EBSB**

Sl. No.	Camp	Location	Date	Total cadets Attended

1	CATC	Bishnupur	07/8/19 to 16/8/19	10
2	CATC	Bishnupur	01/09/19 to 10/9/19	06
3	EBSB	Delhi	06/08/19 to 17/8/19	05
4	RDC	Delhi	January 2020	02
5				
6				

12. <u>Activities Conducted:</u>

Sl. No.	Activity	Collaboration	Location	Date	Total Cadets Attended
1	Health Camp	NSS, Outreach Committee	Umphrew	27 July 2019	10
2	Blood Donation	NSS	College Campus	27 September 2019	2 donated
3	Talk on Achievement of Swacch Bharat	-	College Campus	26 September 2019	47
4	Trekking	-	Nongriat, Sohra	18 January 2020	35
5	yoga	-	online	21 June2020	27

13. <u>Extra Activities Volunteered:</u>

Sl. No.	Activity	Purpose/ Location	Total Cadet Attended	Remarks
01	Seminar on water day	Assam Rifle, Laitkor	05	Participant
02	Kargil Divas	St Anthony's college	04	Invited
03	Independence Day	Polo	05	Participant
04	Republic day	Polo	04	Participant

05	Debate	Shillong College	02	Best Team and Best Speaker
06	Piloting for 101	101 Area	02	Army Mela
07	Cherry Blossom	Wards Lake	15	NCC special Program
08	NCC Yogdan- covid 19	Shillong	10	Volunteer
09	Data entry	Onine	04	Volunteer
10	Bharat bandh	Shillong	03	Volunteer
11	Personality Development	Online	5	Participants
12	Entrepreneurship Training	online	01	Participant
13				
14				

14. Pictures

SHOT ON REDMI Y3
AI DUAL CAMERA

MINI BUS
PYNGROPE

REPORT ON LEGAL LITERACY CAMPAIGN ON POCSO (AMENDMENT) ACT, 2019

Held on the 6th December 2019

The Meghalaya State Legal Services Authority: Shillong in collaboration with the Women's Cell, Shillong Commerce College organized a ***Legal Literacy Campaign on POCSO (Amendment) Act, 2019***. This is part of the Access to Justice (A2J) (NE& JK), Project Meghalaya. The programme started at 10.00 am with the inauguration and introduction to the programme by A2J Staff members, Shri Albert Sngi Lyngdoh and Shri Batiplang Syiemlieh. Pamphlets were distributed to the audience which comprised teachers and students of the College. Video clips related to POCSO were shown to the gathering with inputs from Shri Albert S. Lyngdoh who stressed on the importance of safety and prevention of abuse to young children. The objective of A2J is to address the legal needs of the marginalized sections of society through the POCSO (Protection of Children from Sexual Offenses) Act which was passed in 2012 and amended in 2019.

In her speech, the Vice Principal and Convener of the Women's Cell, Ms. J.C.Blah asserted that POCSO is a provision to protect children from sexual offenses. Such type of offenses can be attributed to the death of morality. Sexual abuse of a child is a cowardly act and protecting children is everyone's duty.

Dr. (Ms.) Mrinalini Kharshiing, Assistant Professor, Shillong Law College, spoke at length about POCSO, explaining that it seeks to protect children from offenses such as sexual assault, sexual harassment and pornography and that its main objective is to ensure the safety of children in India by making punishment more stringent for committing sexual offenses against children.

The Principal, Shri J.B. Massar, in his speech, expressed grief and concern at what is happening around. In his opinion, perpetrators of such crimes have a sick mind. Rampant and easy access to pornographic materials has aggravated the problem. He is of the belief that no one is to be trusted and caution must be exercised at every step.

The interactive session saw enthusiastic participation from both students and teachers. Dr. Kharshiing answered all questions put forward and the programme ended with a vote of thanks by Dr. Sabita Sen, Vice Principal and with the singing of the National Anthem.

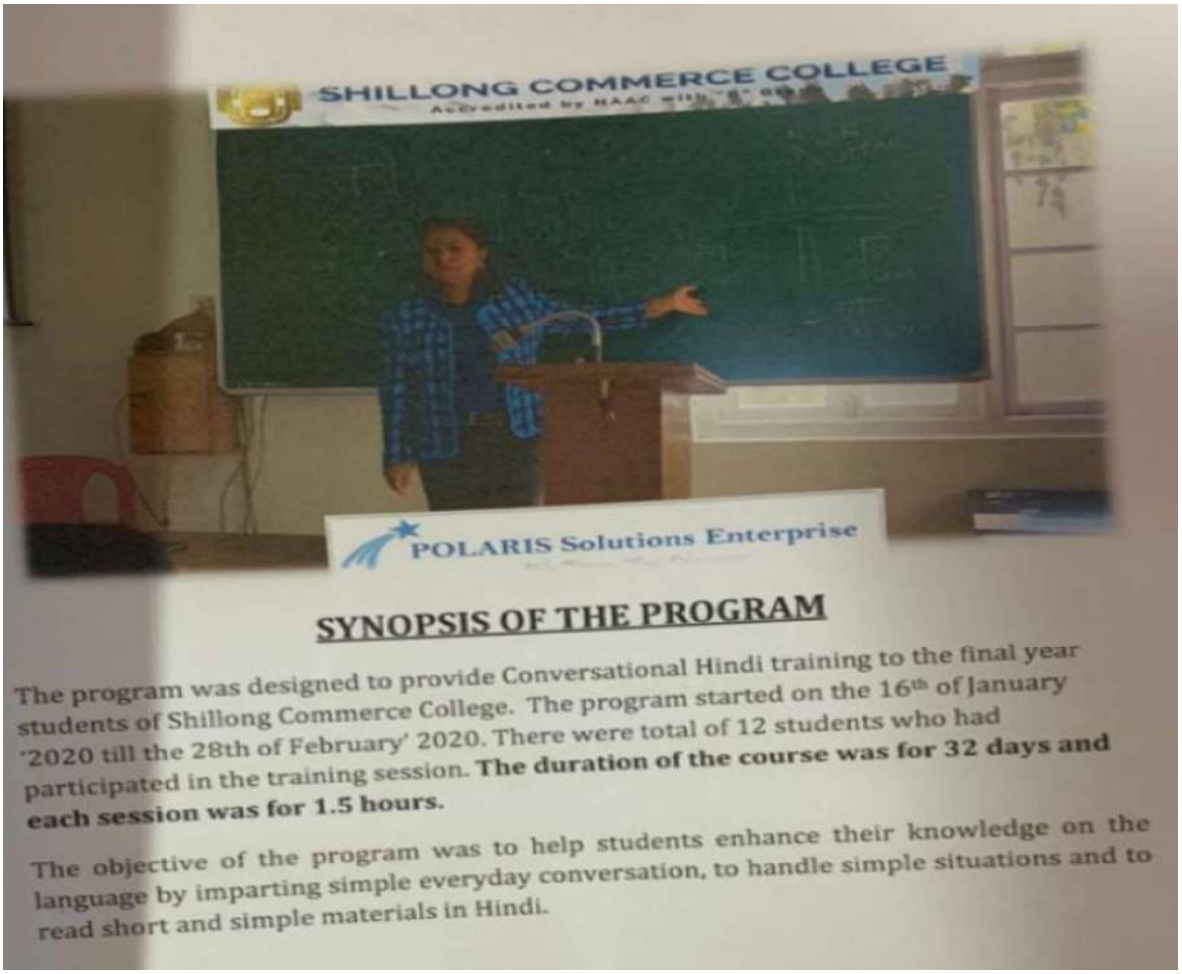
TALLY ERP9 2020 WITH ALMA

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,Shillong. The program started on the 16th of January, 2020 till the 18th of February, 2020.There were 114 students who had participated in the training session. The duration of the course was for 4 weeks (26 days approx) and each session was for 3 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.

CONVERSATIONAL HINDI 2020 WITH POLARIS



SYNOPSIS OF THE PROGRAM

The program was designed to provide Conversational Hindi training to the final year students of Shillong Commerce College. The program started on the 16th of January '2020 till the 28th of February' 2020. There were total of 12 students who had participated in the training session. **The duration of the course was for 32 days and each session was for 1.5 hours.**

The objective of the program was to help students enhance their knowledge on the language by imparting simple everyday conversation, to handle simple situations and to read short and simple materials in Hindi.

SOFT SKILL 2020 WITH POLARIS

SYNOPSIS OF THE PROGRAM

The program was designed to provide Soft skills training to the Final Year Students of Shillong Commerce College. The program started on the 16th of January'2020 till the 28th of February' 2020.There were total of 53 students who had participated in the training session.**The duration of the course was for 32 days and each session was for 1.5 hours.**

The objective of the program was to help participants develop competencies and capabilities. It enabled the participants to learn and acquire the skills required to hone their personality. The topics that were delivered were targeted at their level of understanding and focused on their need to acquire employability in different industries.

NSS:CLEANING DRIVE 2020

Date: 14th March 2020
Venue: College New Building

A Cleaning Drive programme was organised by the NSS, Shillong Commerce College Unit on the 14th of March 2020 in the New Building of the College. Programme Officers of the College Unit Mr. A.M. Rynjah, Mr. W. Dkhar, Ms. I. Lyngdoh Mawlong and Mr. M. Passah along with the NSS student volunteers undertook the cleaning drive from 10:00am onwards in the new building which included the cleaning of the classrooms, corridors, the stairwell, the terraces, and the surrounding portions of the building. The Cleaning Drive was also attended by the Vice Principal of the College, Dr. (Mrs.) S. Sen, teachers of the college and non-teaching staff.
The volunteers showed enthusiasm and dedication during the duration of the cleaning drive and were given refreshments at the end of the cleaning drive.
Total number of volunteers who registered for the programme: 310

Mr. M. Passah
NSS P.O.
Shillong Commerce College,
Shillong

Report of Counselling Department for the year 2020

The following is a brief report of the counselling department for the year 2020.

During this year value education classes were taken for BCom 6th Semester both morning and day sections separately on 14th of March 2020 on the topic "Cultivating relationships that last".

The students actively participated in the classes and discussions that followed. There were also many questions raised on the topic. Through the discussions the counsellor found out that many of the students were having relationship issues and majority of the students were from broken families where the father had left them. Some of them were orphaned having lost both parents and had a hard time adjusting to the relatives they were staying with. The counsellor stressed upon the students on the need to build healthy relationships in the family and among friends. After the presentation the feedback form was distributed to the students. Here they expressed that from the class they had learnt the importance of having a healthy relationships. The counsellor also encouraged the students to come for individual counselling. Few students also came for individual counselling seeking help and guidance in their future career life.

With the onset of the COVID 19 pandemic, the counsellor through online platforms and social media encouraged the students to contact her personally in case of any need for personal counselling especially those who were afraid, depressed, stressed and traumatised by the COVID 19 crisis. The counsellor also through a write up encouraged the students to give their best in their exams urging them to consider this trying time as an opportunity to grow emotionally, socially, spiritually and academically.

During this pandemic the counsellor was able to further sharpen her skills by attending an online internship program for 1 month, in the month of October 2020 conducted by the **Brain Behaviour Research Foundation of India (BBRFI)** a National level leading research Organization registered under the Indian Trust Act 1882 with a mandate to develop new techniques, tools & methods to solve the Mental Health problems.

This internship has immensely helped the counsellor to further understand various aspects of psychological and mental health issues. It has also helped her to further increase her skills as a counsellor.