



NATIONAL SERVICE SCHEME

## REPORT ON NSS ACTIVITIES- 2024



**SIKKIM GOVERNMENT B.ED COLLEGE,**  
**SORENG DISTRICT -737121**  
(Recognized by N.C.T.E & Affiliated to Sikkim University)

## NSS CELL



**Buddha Hang Subba**  
**Programme Officer -Unit I**



**Dr. Tashi Ongmu Bhutia**  
**Programme Coordinator**

## Blood Donation Camp Organized At Sikkim Govt. B.Ed. College, Soreng

Dated: 8<sup>th</sup>/05/2024 (Wednesday), Sikkim Govt. B.Ed. College, Soreng District, Under NSS banner in collaboration with Red Ribon Club, organized a day long Blood Donation Camp at Sikkim Govt. B.Ed. College, Soreng District.

The drive, supported by the Sikkim State AIDS Control Society (SSACS), Gangtok. The aimed at contributing to the noble cause of saving lives through voluntary blood donation.

The event witnessed overwhelming and enthusiastic participants with over 100 donors generously contributing to the initiative. The volunteers of both the team of NSS Cell and Red Ribon Club played a crucial role in mobilizing resources, raising awareness and ensuring the successful of the event.

The drive attracted a significant numbers of volunteers, including Principal Madam, Dean of Student Affairs, faculty members, administrative staffs, local community members, police personnel, and teacher trainees from both the semesters (II and IV).

Prior to the event, an extensive awareness campaign was organized to educate and encourage the participants about the importance and noble cause of blood donation, dispel myths and misconceptions about the blood donation.

The drive ended with distribution of certificates to the donors. The certificate was issued by the Blood Bank District Hospital, Namchi, South Sikkim.

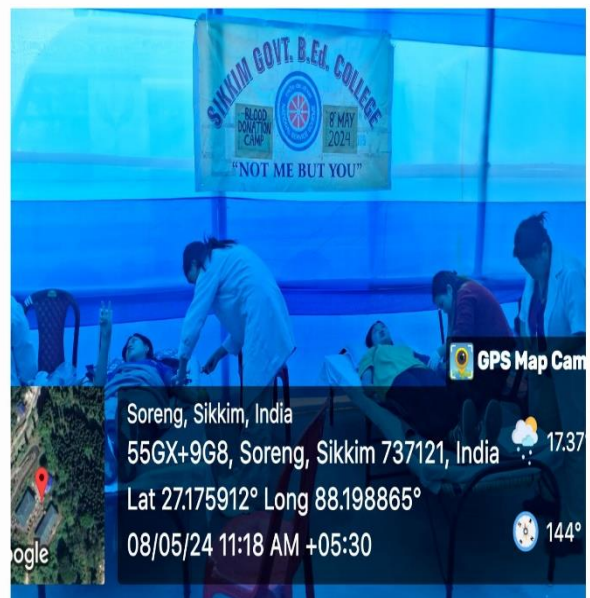
### Some glimpses



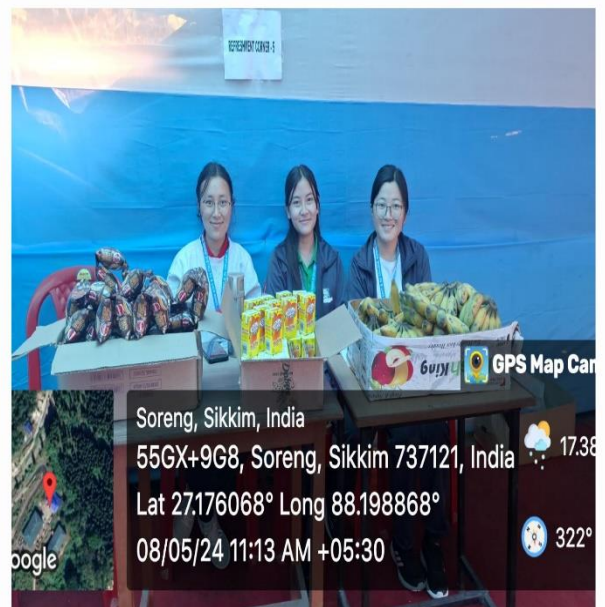














## WORLD ENVIRONMENT DAY 2024 CELEBRATED AT SIKKIM GOVT. B.ED. COLLEGE, SORENG

Dated: 05<sup>th</sup>/06/2024, Wednesday, Sikkim Govt. B.Ed. College, Sorong celebrated 'World Environment Day 2024' under the banner of NSS Cell in collaboration with Eco- Club under the theme, "Land Restoration, Desertification and Drought Resilience".

In line with the workshop conducted by THE HIMALAYAN CLEANUP 2024 (guide to waste and brand audit) on 23<sup>rd</sup> and 24<sup>th</sup> May 2024. The volunteers collected and segregated waste in branded and unbranded manufacturing companies and audited accordingly. The sorted waste were collected and in different sacks and then disposed accordingly.

The drive was conducted to inculcate in students the spirit and importance of sustainable development and sustainable waste management practices and keep surrounding greener and clean. The following series of activities have been conducted,

1. Cleaning the allotted plot, hoeing, landscaping.
2. Digging the pit and manuring.
3. Planting Rose cutting (local variety) approx. 150 nos.
4. Transplanting marigold approx. 300 nos.
5. Weeding the existing plants.
6. Cleaning campus surroundings, collected and segregated waste and audited accordingly.

The drive was ended with tea and lunch.

### Some Glimpses

















## 10<sup>th</sup> INTERNATIONAL YOGA DAY 2024 CELEBRATED AT SIKKIM GOVT. B.ED. COLLEGE, SORENG

Dated; 21<sup>st</sup>/06/2024, Friday, Sikkim Govt. B.Ed. College, Soreng under the banner of NSS Cell in collaboration with Sports Club. Had celebrated 10<sup>th</sup> International Yoga Day 2024 under the theme "Yoga For Self and Society". The programme had successfully demonstrated the following Yogasanas and Pranayamas. The instructor of the day was Dr. Tashi Ongmu Bhutia (Asst. Professor cum NSS Nodal Officer). The session started at 6:30 am with Sadilaya/Calana Kriyas/Loosening practices, like bending (forward, backward, right, left and stretching). The following are the some asanas and pranayamas had demonstrated.

1. Yogasanas: Tadasana, Vrksansana, Pada Hastasana, Ardha Chakrasana, Vajrasana, Ustrasana, Trikinasana, Bhadrasana, Ardha Ustrasana, Uttana Mundukasana, Vakrasana, Makrasana, Bhujangasana, Salabhasana, Setubandhasana, Ardha Halasana and Savasana.
2. Pranayamas : Sitali Pranayama, Nadisodhana or Anulom Vilom and Bhramari Pranayamas.
3. Pledge

The session ended with vote of thanks given by PO Budha Hang Subba.

### Some Glimpses

















## ONE DAY WORKSHOP ON TERRACOTTA ORGNANIZED BY SIKKIM GOVT. B.ED COLLEGE, SORENG

Dated: 11/07/2024 Wednesday , Sikkim Govt. B.Ed. College, Sorong under the banner of NSS Cell in collaboration with Art & Craft Club, organized 'One Day Workshop on Terracotta.' The master trainer was Mr. Sewon Rai, Asst. Professor, Fine Arts. The session was begun with short welcome note and brief introduction of master trainer by Dr. Anmika Gurung, Asst. Prof. and also the member of Art & Craft Club. The session also briefed about the day workshop by Mr. Budha Hang Subba, Programme Officer.

The session handed over to the master trainer Mr. Sewon Rai, he started the session with the introduction and conceptualized the term 'Terracotta', its originality and historical background. the following techniques involved in creating terracotta objects from the initial stages to the final product.

### 1. Sourcing and Preparing the Clay

- **Sourcing:** Clay is collected from natural deposits, often from river beds or clay-rich areas. It is essential to ensure the clay is free from impurities like, stones, organic matter, and debris.
- **Preparation:**
  - **Wedging:** The clay is kneaded and wedged to eliminated air bubbles and ensure a consistent texture. This is crucial to prevent cracking during the drying and firing process.

### 2. Shaping the Clay

- **Hand - Building Techniques:**
  - **Pinching:** Small amounts of clay are pinched and shaped using fingers to form simple items like bowls and small figurines.
  - **Coiling:** Long -snake like rolls of clay are stacked and smoothed together to create larger vessels. Each coils is blended with the one below it to ensure a strong bond.

### 3. Drying the finished product

- **Air Drying :**the shaped clay objects are allowed to dry slowly at room temperature. This stage can take several days to weeks, depending on the thickness and size of the pieces. Slow and even drying is essential to prevent cracking and warping.





The workshop was attended by the Principal, Dean of Student Affairs, Teaching- Faculties, Non-Teaching Faculties and 50 No. of trainees from IInd Semester.

The workshop ended with vote of thanks by Mr. Budha Hang Subba, P O. The workshop also provided tea and lunch.

### Some Glimpses





















## INTERNATIONAL YOUTH DAY OBSERVED AT SIKKIM GOVT. B.ED. COLLEGE SORENG

Dated : 12<sup>th</sup> Aug, 2024, Sikkim Govt. B.Ed. College, Soreng, Organized International Youth Day in collaboration with NSS and Red Ribbon Club. The theme is "From Clicks to Progress: Youth Digital Pathways for Sustainable Developments". It emphasized the roles of digital technology in achieving the Sustainable Development Goals (SDGs).

The programme began with a heartfelt welcome note by Volunteer Mr. Singham Dorjee Bhutia.

Mr. Hari Chettri had done presentation of a case study on HIV/AIDS in Tripura. This insightful presentation provided valuable information and shed light on the current situation and efforts being made to combat these issues.

The programme was concluded with a pledge taking ceremony on "NASHA MUKHT BHARAT ABHIYAN" by Volunteer Mr. Abinay Chettri.

### Some Glimpses





## TB, HIV AWARENESS PROGRAMME AT SIKKIM GOVT. B.ED. COLLEGE, SORENG

Dated: 28<sup>th</sup>/08/2024, Wednesday, Sikkim Govt. B.Ed. College Soreng was held an awareness programme on TB and HIV. The programme was organized by the District TB Centre Gyalshing, Health & Family Welfare Department Govt. Of Sikkim and HIV & AIDS Control Society, Soreng Branch in collaboration with NSS CELL, of this institute. The primary objectives of this programme was to educate and create awareness about the causes, symptoms, prevention and treatment of these diseases. Through this initiative, we aimed to promote public health and well-being within our college, communities and beyond.

The programme was followed by following activities

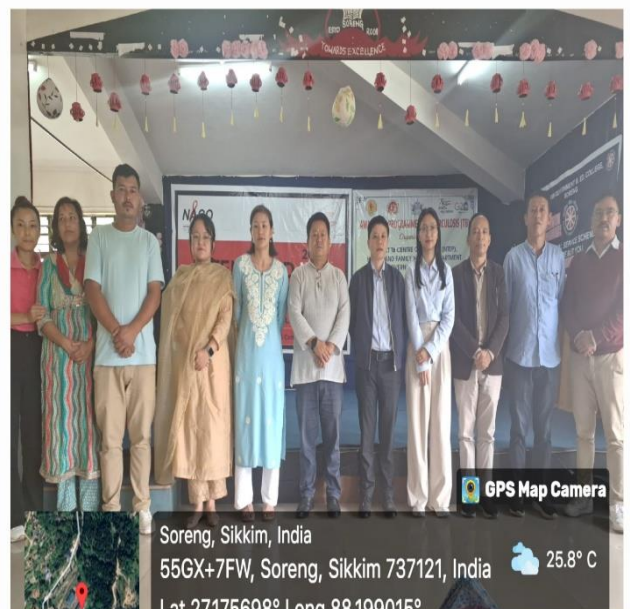
- Educational session by Dr. Smriti Rai, District Tuberculosis Officer.
- Educational session by Ms. Ganga Chettri, HIV, Counsellor, Soreng District Hospital
- Interactive session cum discussion; questions and answers session
- Distribution of pamphlets, brochures, etc.
- Health check-ups: Optional TB screening through questionnaires and HIV screening through blood test kits.

The programme was attended by all college fraternity, Medical Officer, Sr. Technician, Health Educator, programme coordinator from Soreng, CHC, and team of Gyalshing District Hospital.

### Some Glimpses













## NATIONAL SPORTS DAY 2024 CELEBRATED AT SIKKIM GOVT. B.ED. COLLEGE, SORENG

Dated: 29<sup>th</sup> /08/2024, Thursday, Sikkim Government B.Ed. College, Soreng organized **National Sports Day** 2024 under the banner of NSS Cell and Sports Club of this institute. It marks the birth anniversary of Hockey Legend Major Dhyan Chand. Sports are an integral part of life. These activities are not only fun to play but also improve our health and physical well-being.

The main event of day were Volley Ball match. The total team members were 5, where 3 teams from boys and 2 teams from girls. The matches were played among the college trainees showing their sportsmanship and team spirit.

The first match was between Team Chopel and Team Yougel. Team Chopel dominated the game, and winning the both set. The second match Girls Team Budhi and Team Grecena. The Team Grecena won the both set and become winner. The final match between Team Chopel and Team Chodak, who had in bye in the previous round. The match was intense with Team Chodak won first set. However, Team Chopel fought back and winning the second set. The final and deciding match played of 15 points. At end, Team Chopel become victory over the score 15-13.

The celebration of National Sports Day was a successful and memorable event, and fostering the spirit of the sportsmanship and unity among the trainees. The organizing committee extended sincere gratitude to our Principal, Dr. Devi Kala Lama, for providing an opportunity to celebrate National Sports Day. Her support and encouragement made this event possible and successful.

The event was ended with light refreshment to all the volunteers.

Some Glimpses

















# SWACHHATA HI SEWA (SHS) 2024 OBSERVED BY SIKKIM GOVT. B.ED COLLEGE, SORENG

## DAY 1

Dated: 21<sup>st</sup>/09/2024, Saturday, Sikkim Govt. B.Ed College, Sorong under the banner of NSS Cell observed **Swachhata Hi Sewa(SHS) 2024** campaign with the theme-“**Swabhaav Swachhata, Sanskar Swachhata**”. This year’s campaign running from **17<sup>th</sup> September** to **2<sup>nd</sup> October** 2024 with a gamut of activities is being organized. The campaign is part of the Government of India’s larger initiative to promote cleanliness and hygiene, coinciding with the celebration of Mahatma Gandhi’s birth anniversary on 02<sup>nd</sup> October. This year celebrating 10<sup>th</sup> anniversary of the Swachhata Bharat Mission.

The session started with Special Assembly conducted by NSS Volunteers Mr. Kesav Tamang has highlighted the significance of the mission and its objectives, and Mr. Bishes Subba, administered Swachhata Pledge and conducted cleanliness drive, cleaning the bushes in and around college premises.

## Some Glimpses





## DAY 2

### **PAINTING COMPETITION ORGANIZED BY SIKKIM GOVT. B.ED. COLLEGE, SORENG UNDER CAMPAIGN SWACHHATA HI SEWA 2024.**

Dated : 26<sup>th</sup>/09/2024, Sikkim Govt. B.Ed. College, Soreng, under the banner of NSS Cell in collaboration with Art & Craft Club Organized Painting Competition under the campaign of SWACHHATA HI SEWA (SWS) 2024, under the theme- 'Swabhav Swachhata, Sanskar Swachhata'.

The main objectives was to create greater awareness about the importance of cleanliness and environmental sustainability. The programme started at 11 am. The participants were judged on creativity. Originality, and the relevance the messages conveyed in their posters. The painting beautifully depicted messages between environment and the individual's roles and responsibilities towards the Swachhata. Some of the paintings were masterpieces and others were relevant conveying the messages of Swachhata. the event was successfully organized with more than 30 numbers of participant from semester I.

The programme was guided and supervised by NSS PO Mr. Budha Hang Subba and Programme Coordinator Dr. Tashi Ongmu Bhutia with the help of NSS Volunteers Mr. Rohit Poudyal and Ms. Rinchen Palkit Bhutia of Semester III.

Lastly, the participants deeply expressed their gratitude towards the college for proving opportunity to showcase their hidden talents.

### **Some Gmlipmses**







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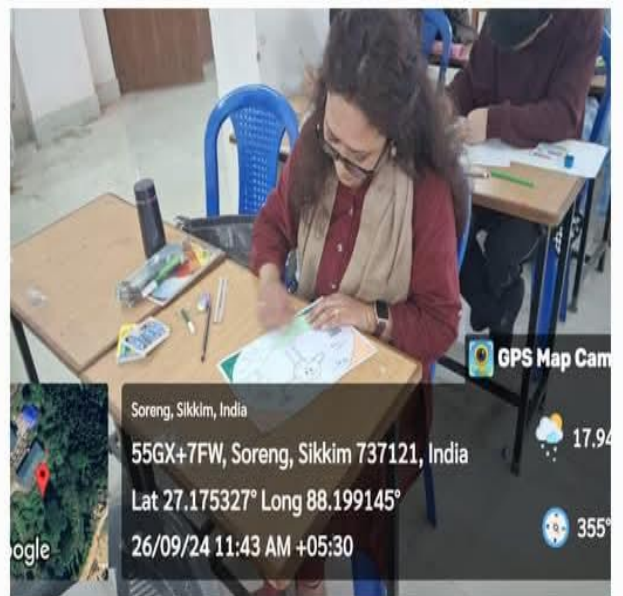
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## NSS State Level Sikkim organized one day Pre RD Selection Trial 2024 at Gangtok

Dated: 21/10/2024, Monday NSS State Level organized one day Pre R D Selection trial 2024 at Nar Bahadur Bhandari Government Degree College Ground, Tadong. There were more than 57 Volunteers attended both and female from different NSS beneficiary Colleges from Sikkim. The trial were conducted under the supervision of Mr Jangjilong, Regional Director NSS, Guwahati. The programme was also attended by State NSS Officer (SNO), Officials from Department of Sports & Youth Affairs, Government of Sikkim, Programme Officers (POs) from different colleges.



The following events were organized;

1. Registration.
2. Measurement of height for both male and female volunteers.
3. Issuing of chest numbers.
4. Running 200 mtr. race for girls and 400 mtr. for boys.
5. Parade demonstration for both male and female.
6. Lastly, the event followed by viva-voce in three phases.

Mr. Kesav Tamang and Ms. Buddhi Hangma Subba, NSS volunteers along with Programme Officer Mr. Budha Hang Subba had also attended the program.











# **Report on the National Service Scheme (NSS) East Zone Pre-Republic Day Parade Camp, Gauhati 2024**

The National Service Scheme (NSS) East Zone Pre-Republic Day Parade Camp 2024 was successfully conducted from **7th to 16th November 2024** at **Gauhati University, Assam**. This prestigious event was organized by the **Government of India, Ministry of Youth Affairs & Sports**, in collaboration with the **Regional Directorate of NSS, Guwahati, and the NSS Cell of Gauhati University**. The camp aimed to select and train NSS volunteers for the Republic Day Parade and instil leadership, discipline, and patriotism among the participants. The camp witnessed the participation of **200 NSS volunteers** from the East Zone, including representatives from **West Bengal and Odisha**. From **Sikkim**, we were a group of **8 volunteers—4 male and 4 female** Led by Program officer **Pema Loda Lepcha** – who took part in the Camp.

## **Objectives**

- To provide an opportunity for NSS volunteers to participate in the Republic Day Parade at Rajpath, New Delhi.
- To develop leadership qualities, teamwork, and discipline among the youth.
- To promote national integration and unity among participants from different states.
- To encourage social service and community participation.

During the camp, we volunteers participated in various activities, including:

- **Parade Drills:** Intensive parade training sessions were conducted under the supervision of experienced instructors.
- **Cultural Events:** Participants showcased their cultural heritage through traditional dance, music, and performances.
- **Workshops & Seminars:** Sessions were held on leadership, personality development, and social service.
- **Fitness & Physical Training:** Morning exercises and physical training were part of our daily routine to enhance endurance and discipline.
- **Educational Tour:** One of the most exciting days of the camp was when we were taken on a tour of **Kamakhya Temple, Balaji Temple, and a museum in Guwahati city**. This visit allowed us to explore the rich cultural and historical heritage of Assam, making the experience even more memorable.

Attending the NSS East Zone Pre-Republic Day Parade Camp 2024 was a transformative experience for me. From the very first day, the disciplined schedule and rigorous parade training pushed me beyond my comfort zone, helping me develop resilience and teamwork. The physical training sessions were challenging but rewarding, as they improved my stamina and instilled a sense of responsibility. One of the most memorable moments was the **cultural exchange program**, where I got to interact with volunteers from different states, learning about their traditions and lifestyles. It was inspiring to see how diverse yet united we all were in our commitment to national service.



The **educational tour** was another highlight of the camp. Visiting Kamakhya Temple and Balaji Temple gave me an insight into the spiritual and architectural beauty of Assam. The museum visit provided valuable knowledge about the region's history and traditions, making the tour both informative and enjoyable. Despite the physical exhaustion, the experience was immensely fulfilling. The friendships I made, the lessons I learned, and the discipline I gained will remain with me for a lifetime. This camp reinforced my belief in the power of youth in shaping the future of our nation.

The Pre-Republic Day Parade Camp plays a crucial role in preparing NSS volunteers for the final Republic Day Parade in New Delhi. It also fosters a spirit of unity and patriotism among the youth, encouraging them to contribute to nation-building through social service and discipline.

The **NSS East Zone Pre-Republic Day Parade Camp 2024** was a grand success, achieving its objectives of training and selecting the best NSS volunteers for the Republic Day celebrations. The event not only honed the skills of participants but also strengthened their commitment to social service and national integration. The dedication and enthusiasm of the volunteers and organizers made this camp a memorable and inspiring experience.

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Fig 1:

## TEAM SIKKIM



Fig 2: CULTURAL PROGRAM

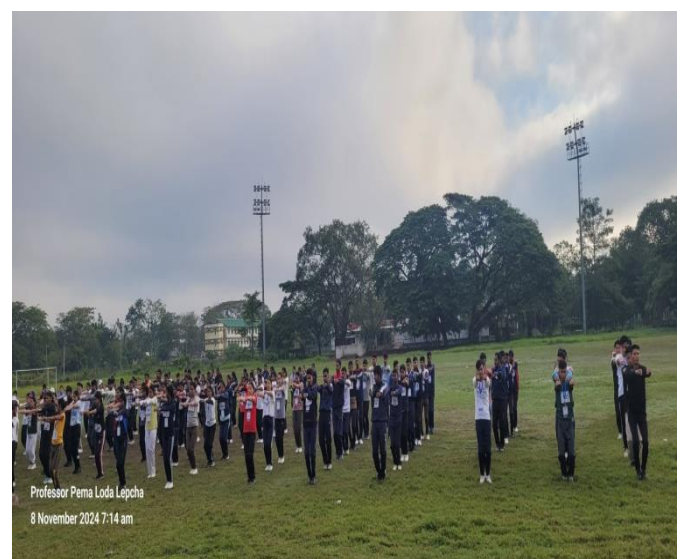


Fig 3 : DRILL PRACTICE



## NATIONAL UNITY DAY 2024 OBSERVED AT SIKKIM GOVT. B.ED. COLLEGE, SORENG

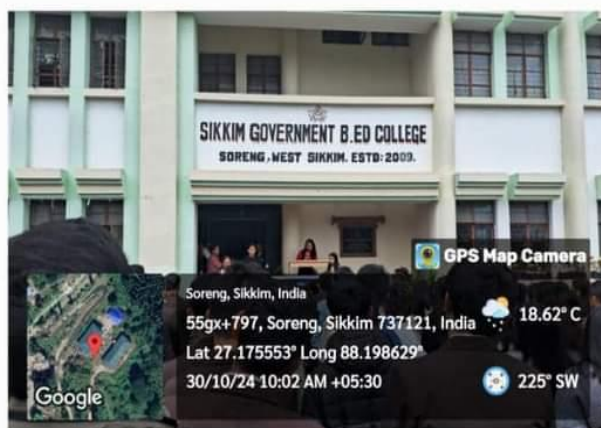
**Dated** 30<sup>th</sup>/10/2024, Sikkim Govt. B.Ed. College, Sorong observed National Unity Day under the banner of NSS Cell to commemorate the Birth Anniversary of Sardar Vallabhbhai Patel. The programme was attended by Principal Dr. Devi Kala Lama, Dean of Student Affairs, Mr. K L Singh, Teaching and Non- Teaching faculty members and teacher trainees.

The events were as follows:

1. Highlighted the importance of celebrating National Unity Day
2. Pledge on National Unity Day (Rashtriya Ekta Diwas)

The programme was conducted by Ms. Dechen Bhutia of semester I.

### Some Glimpses





## NATIONAL EDUCATION DAY 2024 OBSERVED AT SIKKIM GOVT. B.ED.COLLEGE, SORENG

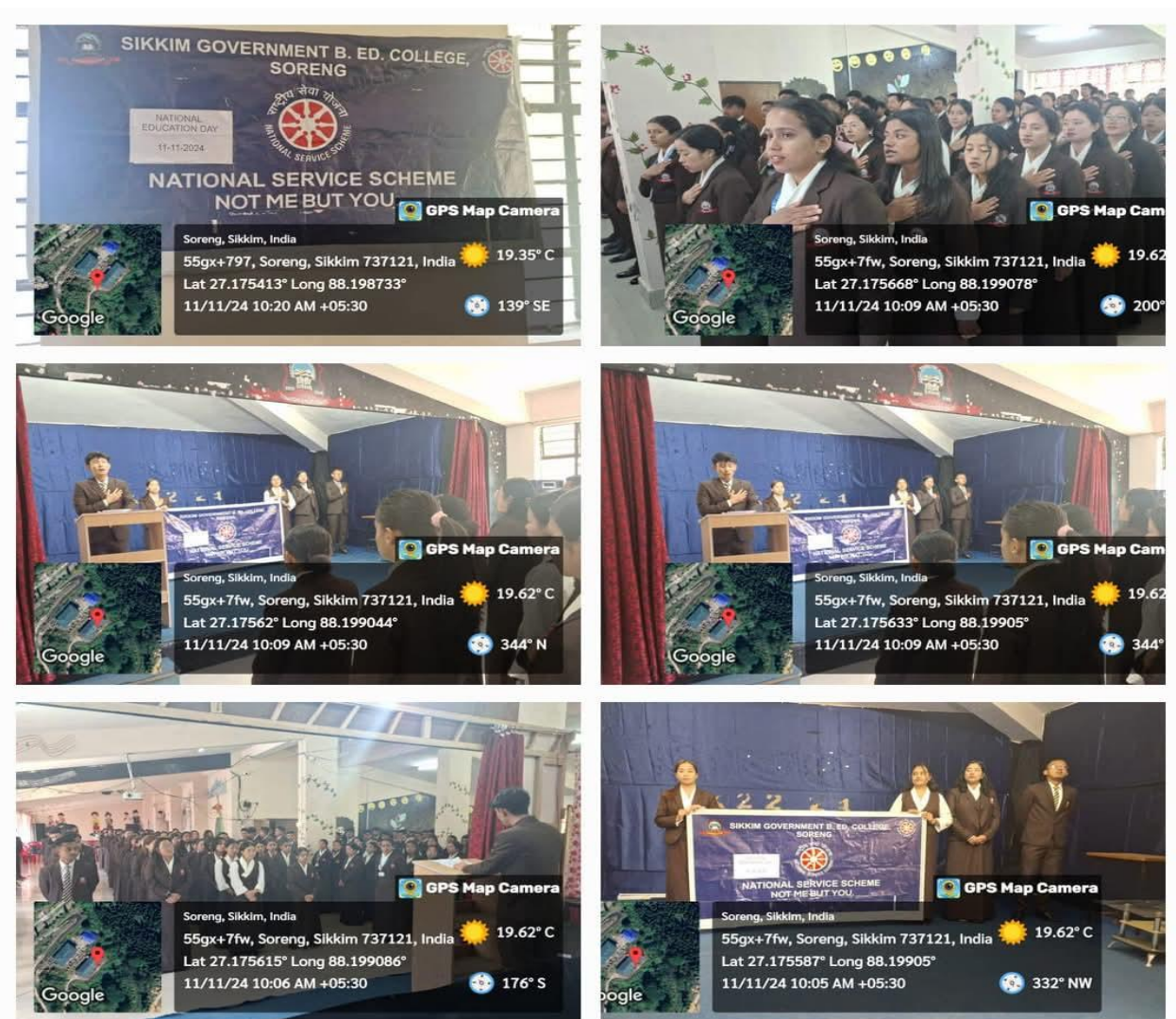
Dated: 11<sup>th</sup>/11/2024, Sikkim Govt. B.Ed. College, Soreng, observed National Education Day under the banner of NSS Cell. The main aimed to marks the Birth Anniversary of Maulana Abul Kalam Azad, the first Education Minister of India. Mr. Dawa Namgyal Bhutia NSS Volunteer has conducted Special Assembly and he highlighted the importance od celebrating National Education Day. He also highlighted the role of Maulana Azad in shaping India's Educational System and lighted upon the importance of Inclusive, Equality, education to empower individuals and promote societal progress.

The events were follows:

1. Pledge taking
2. Painting competition (theme- Gender, School & Society)

The programme was attended by all college faculty teaching and non- teaching and teacher trainees of both semesters I & III.

### Some Glimpses













## NATIONAL CONSTITUTION DAY 2024 OBSERVED AT SIKKIM GOVT. B.ED.COLLEGE, SORENG

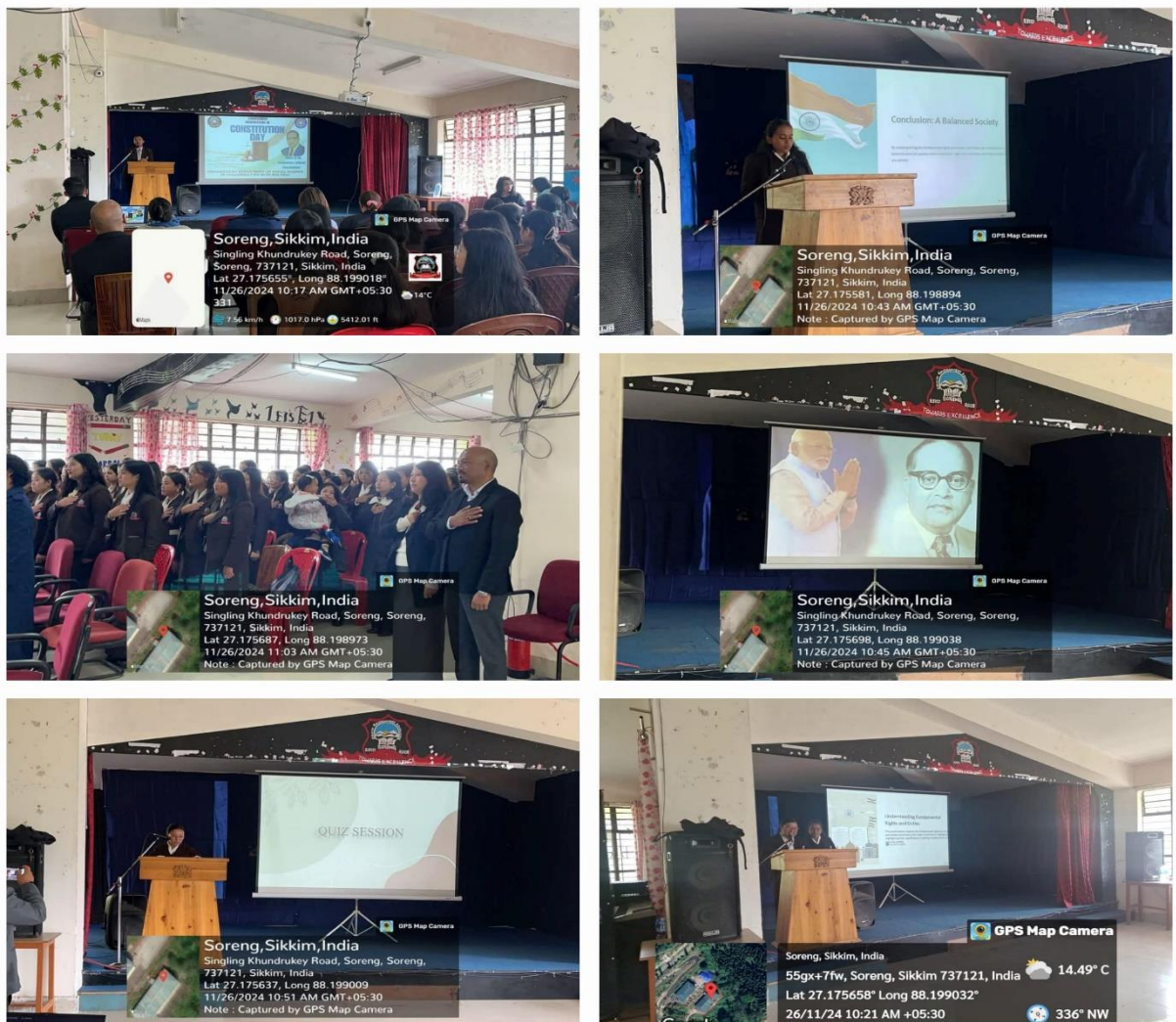
Dated: 26<sup>th</sup>/11/2024, Sikkim Govt. B.Ed. College, Soreng observed National Constitution Day, under the banner of NSS Cell in collaboration with Pedagogy of Social Science. The main purpose of observing this day was to educating the teacher trainees on the unique beauty of Indian Constitution and empowering them by reminding them of their rights and duties as a responsible citizen. The programme was graced by Principal, Teaching & Non- Teaching Faculty members and teacher trainees.

The programme was started with a short presentation by two trainees who explained the Fundamental Rights and Duties thoroughly, creating awareness and empowerment among the attendees.

The National Constitution Day programme was a resounding success as it fulfilled it's purpose bt re-building a deeper understanding of the values and principles enshrined in the Indian Constitution.

The event concluded with an engaging quiz session, where trainees enthusiastically participated and rewarded with gifts afterwards.

### Some Glimpses





## 27<sup>th</sup> NATIONAL INTEGRATION & YOUTH LEADERSHIP CAMP AT CHINTAN BHAWAN, GANGTOK

Dated; 24<sup>th</sup> /12/2024, 27<sup>TH</sup> National Integration & Youth Leadership Camp was organized by the Central Calcutta Science & Cultural Organization for youth from 24<sup>th</sup> to 30<sup>th</sup> December 2024 at Chintan Bhawan and Paljor Stadium, Gangtok. It was exclusive meant for the youth ( students) of the North- Eastern States of India. The camp witnessed a large participation of the students from within and outside the state. The students hailing from outside Sikkim were residential, while the non- residential participants comprised of the school and college students from in and around Gangtok.

The programme inaugurated on 24<sup>th</sup> December 2024, by Hon'ble MP Lok Sabha Dr. Indra Hang Subba at Chintan Bhawan.

There are four NSS Volunteers who participated in the camp. They are Mr. Bishes Subba, Mr. Bhuwan Timsina, Ms. Meera Gurung and Ms. Dew Maya Sharma.

### Some Glimpses

