

REPORT ON NSS -2025



SIKKIM GOVERNMENT B.ED.COLLEGE, SORENG

Women Development Activities at Sikkim Government B.Ed. College, Soreng

Dated: 5th /02/2025

Session I

The Women Development Activities program at Sikkim Government B.Ed. College was a significant initiative aimed at enhancing awareness and education on key aspects of women's health and well-being. Funded by RUSA (Rashtriya Uchchatar Shiksha Abhiyan), in collaboration with NSS Cell, Sports Club and Gender Sensitization Cell, the event brought together educators, trainees, and experts to discuss essential issues concerning women's physical and mental health.

The event was skillfully conducted by Ayush Pradhan, a 2nd semester trainee, who served as the Master of Ceremonies. The program was structured to provide participants with both scientific knowledge and practical strategies that could be implemented in their personal lives and future teaching careers.

Key Sessions and Topics :

Session on Women's Health and Menstrual Hygiene – Mrs. Yamuna Dhungel

Mrs. Yamuna Dhungel delivered an insightful and comprehensive presentation focusing on women's health, particularly menstrual hygiene. Her session aimed to break taboos surrounding menstruation and provide attendees with accurate scientific information about menstrual health. She emphasized the importance of open discussions in educational settings to create a healthier and more informed society.

Key Takeaways from the Session:

Understanding the Menstrual Cycle: Detailed insights into its phases and hormonal changes.

Hygiene Management: Importance of using clean and safe menstrual products, proper disposal methods, and preventing infections.

Common Myths and Scientific Clarifications: Addressing superstitions and misinformation related to menstruation.

Health Monitoring and Preventive Measures: How maintaining good hygiene can prevent infections and long-term health complications.

Role of Educators in Awareness Creation: Encouraging future teachers to incorporate menstrual health discussions into the classroom.

The session encouraged open discussions, allowing participants to share their personal experiences and clarify doubts. Mrs. Dhungel's expertise created a comfortable space where trainees could freely talk about a topic often considered sensitive in society.

Session on Mental Health Awareness – Ms. Rinku Rai

Following the session on physical health, Ms. Rinku Rai conducted an equally engaging discussion on mental health, emphasizing the psychological well-being of women. Her session focused on identifying the causes of mental health issues and exploring preventive measures to maintain emotional balance.

Key Take aways from the Session:

Common Causes of Mental Health Issues:

- Academic and professional stress
- Societal pressures and expectations
- Personal and family-related challenges
- Biological and hormonal influences
- Lack of mental health awareness and stigma

Prevention and Coping Mechanisms:

- Encouraging self-care practices such as exercise, meditation, and journaling
- Seeking professional help when needed without hesitation

- Building supportive social environments for open conversations about mental health
- Stress management techniques like deep breathing exercises and mindfulness practices
- The role of educators in identifying students' mental health concerns and providing guidance

She highlighted the importance of mental health discussions in educational institutions. She emphasized that future teachers should create inclusive classrooms where students feel safe to talk about their mental well-being without fear of judgment.

Key aspects;

Question-and-Answer sessions that allowed trainees to clarify doubts.

Group discussions on strategies to integrate menstrual and mental health education into school curriculums.

Sharing of personal experiences to break the stigma around these topics.

Practical demonstrations and real-life case studies to make the learning more relatable.

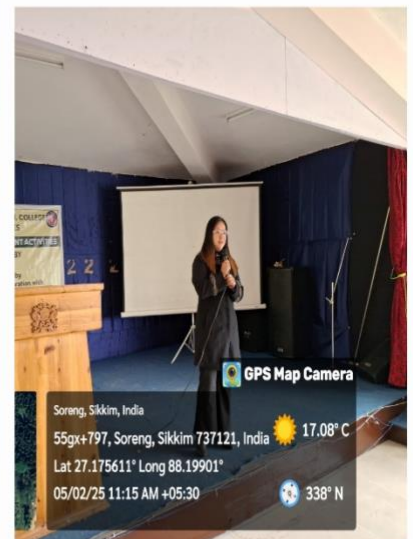
Session II

The Second session of the Programme was all about Legal Awareness. The programme hosted by Mr. Khilan Sanyasi, where he highlighted the objectives of the session, the programme was started with offering khadas to the esteemed guest Ld. Adv. Tashi Doma Bhutia, along with her team Members Adv. Binita Mindu, Adv. Dipsika Tamang, and Adv. Palden Tamang. Ms. Barsa Lagun presented welcome note of the session.

The main part of the session was the presentation by Ld. Adv. Tashi Doma Bhutia on different Articles and Sections of the Indian Constitution. She specially highlighted the women's right mentioned in Indian Constitution. She also stressed on social stigma faced by the women in the society. She even talked about Triple Talak, how it caused violence in the life of women and other demeaning atrocities faced by the women.

The session ended with Q & A session and provided token of appreciation to the resource person.

Some Glimpses





Day 2

Session I

Dated ;6th/02/2025 “BAL VIVAH MukT BHARAT”

An Awareness session on “Bal Vivah MukT Bharat” organized on the 10th Anniversary of Beti-Bachao- Beti Padhao (BBBP) initiative. The programme was initiated by Women & Child Development Department, Soreng District, organised an awareness session at Sikkim Govt. B.Ed. College, Soreng.

The session aimed to raise awareness about child marriage and its harmful consequences while emphasizing society’s collective responsibility in eradicating this social evil.

The event witnessed participated from District Child Protection Unit(DPCU), One- Stop Centre(OSC), District Hub for Empowerment of Women (DHEW), Child Helpline (CHL), and the Women & Child Development Department.

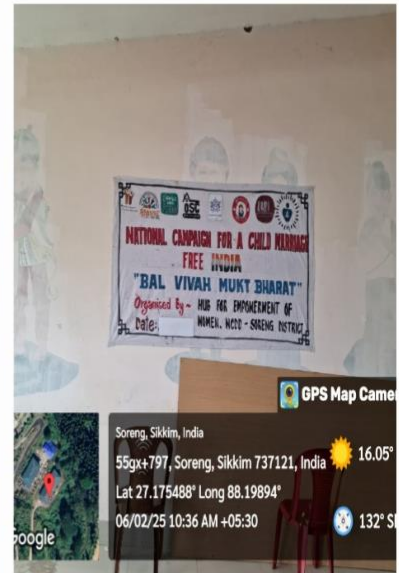
The Programme started with CDPO Mrs. Gauri Tamang, who introduced the Beti- Bachao Beti Padhao (BBBP) its initiative and implementation in Sikkim. She highlighted the impact on promoting gender equality, girl child education and the protection of girls’ rights.

Panel Adv. Anusha Thapa explained the Women Helpline (WHL) and One- Stop Centre (OSC) which provide support to women who facing violence and distress. She also highlighted the Women Helpline Number 181 and discussed additional support services, including Shakti Sadan in Gangtok, which offers shelter and rehabilitation for women in need.

The session concluded with an interactive discussion, where participants engaged with clarify doubts and share their perspectives on tackling child marriage and gender- based discrimination.

Some Glimpses

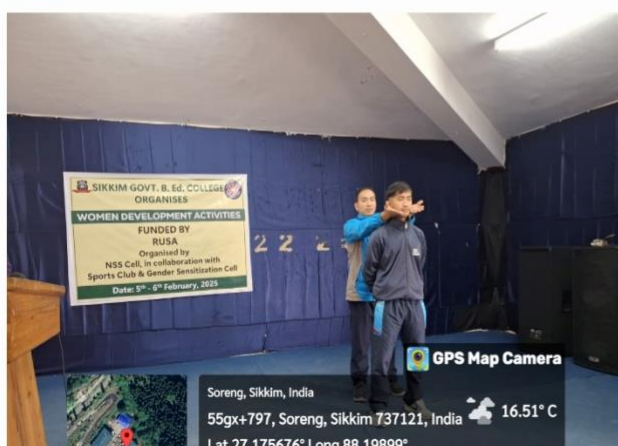


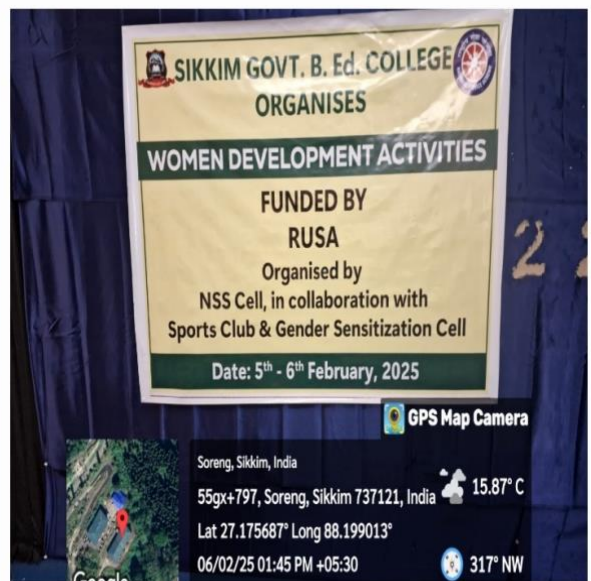


Session II

The second session was about the Self- defence and demonstration. The resource person was Mr. Teju Hang Subba (P.E.T) Sombaria Govt. Sr. Sec. School. The aimed of this programme for Women is to empower individuals to protect themselves from physical harm and build confidence in potentially dangerous situations, fostering a sense of personal security and safety. The trainees participated the session with great zeal and enthusiast. He talked about some basic skills of self-defence and its usefulness. He also demonstrated the basic points of attacking with the help of Volunteer Mr. Rohit Paudyal trainee from Semester IV.

Some Glimpses





DISTRICT LEVEL VIKSIT BHARAT YOUTH PARLIAMENT 2025 CONDUCTED BY SIKKIM GOVT. B.ED. COLLEGE, SORENG

Dated: 21st/03/2025, Sikkim Govt. B.Ed. College, Sorong, successfully conducted District Level- Selection (Screening physical mode) Viksit Bharat Youth Parliament 2025. The event hosted by the Ministry Of Sports and Youth Affairs in collaboration with the NSS Cell. The Sikkim Govt. B.Ed College, Sorong, provided a platform for young minds to engage in discussions on governance, policy- making and developmental issues, fostering leaderships and critical thinking skills.

The programme was graced by Chief guest Ms. Manita Pradhan, an Everester, professional mountaineer and a social entrepreneur who inspired the participants with her journey of perseverance and determination.

The total of 53 speakers from Sorong District participated in the event, sharing their perspective on the topic **“One Nation, One Election”**. The programme was chaired by the Principal, Dr. Devi Kala Lama, Nodal Officer Dr. Tashi Ongmu Bhutia and Programme Officer Mr. Budha Hang Subba, Faculty members, non – teaching staffs and teacher trainees.

The competition was judged by distinguished panel of judges, Mr. Lalit Gurung, PGT, Pol. Science cum Vice-Principal, PM SHRI Govt. Sr. Sec. School, Sorong, Mr. Karma Kunsang Tamang, PGT, English, PM SHRI Govt. Sr. Sec. School, Sorong, Assistant Professors from Sikkim Govt. B.Ed. College, Sorong Mr. Sanjay Biswakarma, Ms. Mecal Ongmu Lepcha, and Ms. Anjali Chettri. From a pool of 53 participants, 10 were chosen to advance to the next round of the State- Level competition namely,

1. Mr. Uma Pati Bhandari
2. Ms. Dechen Bhutia
3. Mr. Nischal Gurung
4. Ms. Kriti Pradhan
5. Ms. Norzem Khandu Bhutia
6. Ms. Rejuna Dong
7. Mr. Mohan Chettri
8. Ms. Srijana Karki Chettri
9. Ms. Gayatri Sharma
10. Ms. Pragya Bhandari

The event marked a significant step in encouraging youth participation in Nation- building, fostering democratic awareness, and empowering young leaders with the confidence to contribute to the country's progress.



Some Glimpses





