

Shillong College -Youth Red Cross Society

The Indian Red Cross Society (IRCS) was established in 1920 under the Indian Red Cross Society Act and incorporated under Parliament Act XV of 1920. The Act was last amended in 1992 and rules were framed in 1994. It is a voluntary humanitarian organization having a network of over 700 branches throughout India providing relief in times of disaster/emergencies and promoting health and care to the vulnerable sections of societies and communities. The IRCS is a leading member of the largest independent humanitarian organization in the world, the International Red Cross and Red Crescent Movement.

Shillong College set up the Youth Red Cross Society on May 16th, 2012. Its primary aim is to develop among the students the spirit of humanitarian and social service through active and direct involvement in Red Cross activities. The college constituted a Youth Red Cross committee comprising of 15 members with the Principal as the chairman. The students in the Colleges are encouraged to become members and faculties are recognized as Counsellors and Programme Officers of YRC.

Objectives: The main objective of Youth Red Cross, Shillong College is as follows:

1. To inculcate in the Youth an awareness on the care of their own health and that of others.
2. To inculcate the understanding and acceptance of civic responsibilities and acting accordingly with humanitarian concern.
3. To enable the growth and development of a spirit of service and sense of duty with dedication and devotion in the minds of youths.
4. To maintain a spirit of friendly relationship with all people over the world without any discrimination.

Convener: Smt. E. Kurkalang

Jt. Convener: Smt. K. Lartang and Shri B. Nongbri

Counselors: Shri. L. Khongiang, Dr. M. B. Lynser, Shri. T.S. Warjri, Smt. Dona R. Diengdoh, Smt. A. Diengdoh, Smt. K. M. A. Kharsohtun, Smt. S. Khongwar, Shri M. Rynjah, Smt. Dakerlin Kharlukhi, Smt. L. M. Hek and Smt. Indadaplin M. M. Umlong.

Activities of Youth Red Cross Society, Shillong College from 2016:

A. Programmes Organized/ Collaborated & Participated: 2016

Sl. No	Name of the Programme	Dates	Organized/Collaborated/ Participated	Number of Participants (including counsellors)	Sponsoring Agency
1	Republic Day Celebration	26 th January, 2016	Government of Meghalaya	8 (3 faculty members)	Government of Meghalaya
2	Visiting the SOS Village near Lumsohpetb neng	5 th March 2016	Indian Red Cross Society	22(2 faculty members)	Indian Red Cross Society
3	Mock Drill Exercise	9 th July, 2016	State Disaster Management Authority and District Disaster Management, Shillong, and briefing for the Mock Drill held at Secretariat Hall, Shillong.	2	Government of Meghalaya
4.	Health Camp:	29 th July, 2016	Indian Red Cross Society, Shillong in collaboration with Meghalaya Scouts and Guides, Shillong.	4	Indian Red Cross Society

B. Training Programmes Attended – 2016:

Sl. No	Name of the Programme	Dates	Organized/Collaborated/ Participated	Number of Participants (including counsellors)	Sponsoring Agency
1.	Health Camp and First Aid Training:	16 th July, 2016	State Disaster Management Authority (SOMA)	2	State Disaster Management Authority

List of Counsellors for the Year 2016:

Sl.No	Name	Department	Designation
1	Shri Meban Rynjah	Physics	Convener
2	Smt KyntiewnamLartang	Philosophy	Joint- Convener
3	Shri Barometer Nongbri	Mathematics	Counsellor
4	Shri Donmanik Syiem	Statistics	Counsellor
5	Shri Longkhraw Khongiang	Physics	Counsellor
6	Smt Extra Kurkalang	Philosophy	Counsellor
7	Smt Aibadalin Diengdoh	Management	Counsellor
8	Smt Marvellous Lynser	Environmental Science	Counsellor
9	Smt Donna R Diengdoh	Sociology	Counsellor
10	Smt Indadaplin M Umlong	Philosophy	Counsellor
11	Smt Suzanne R.J Khongwar	Sociology	Counsellor
12	Shri TeiborWarjri	Computer Science & Applications	Counsellor
13	Smt Kareen Sohtun	Sociology	Counsellor
14	Smt Dakerlin Kharlukhi	Office Staff	Counsellor
15	Smt J. Rivulet Gidon	Mathematics	Counsellor

A. Programmes Organized/ Collaborated & Participated: 2017

Sl. No	Name of the Programme	Dates	Organized/ Collaborated/ Participated	Number of Participants (including counselors)	Sponsoring Agency
1	Health Camp	27 th May, 2017	Indian Red Cross Society in collaboration with Hamro Swabhinan Trust (HIS) and Centre of Medical and Sales Representatives Association at GorkhaVithaya Jyoti Pathsala, Nongsder, RiBhoi District (Rongmen).	1	Indian Red Cross Society
2	Youth Cultural Exchange Programme	23 rd -26 th October 2017	Indian Red Cross Society Meghalaya held at State Headquarters, Meghalaya Bharat Scouts & Guide Shillong	1	Indian Red Cross Society

B. Training Programmes Attended -- 2017:

Sl. No	Name of the Programme	Dates	Organized/ Collaborated/ Participated	Number of Participants (including counselors)	Sponsoring Agency
1	"Training for Volunteers on Search and Rescue/ First Aid"	21 st – 22 nd March, 2017	District Disaster Management Authority, East Khasi Hills District, Shillong, held at Central Training Institute (CTI), Mawdiangdiang, Shillong.	2	District Disaster Management Authority, Government of Meghalaya
2.	St. John Ambulance Training on " <i>The Basis of Youths as Agents of Behavioral Change - YABC</i> " promoting a culture of Non violence and Peace through YABC.	19th - 20th July 2017	Indian Red Cross Society State Branch, Meghalaya & Assam held at State Headquarters, Meghalaya Bharat Scouts & Guide Shillong	6	Indian Red Cross Society
3.	First Aid and Disaster Management Training	20 th & 21 st November, 2017	Indian Red Cross Society Meghalaya State Branch held at Umshyrpi College Shillong	9	Indian Red Cross Society

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5	Shri Longkhrav Khongiang	Physics	Counsellor
6	Smt KyntiewnamLartang	Philosophy	Counsellor
7	Smt Aibadalin Diengdoh	Management	Counsellor
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9	Smt Donna R Diengdoh	Sociology	Counsellor
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13	Smt Kareen Sohtun	Sociology	Counsellor
14	Smt Dakerlin Kharlukhi	Office Staff	Counsellor
15	Smt J. Rivulet Gidon	Mathematics	Counsellor

A. Programmes Organized/ Collaborated & Participated: 2018

Sl. No	Name of the Programme	Dates	Organized/ Collaborated/ Participated	Number of Participants (including counselors)	Sponsoring Agency
1	The Awareness Programme on Women's Health	17 th March, 2018	Youth Red Cross, Shillong College Unit	103(12 counsellors)	Indian Oil Corporation
2	A two day First Aid Training programme	23 rd -24 th March, 2018.	Youth Red Cross, Shillong College Unit	108(12 counsellors)	Indian Oil Corporation
3	First Aid Training Programme	17 th December, 2018	Youth Red Cross, Shillong College Unit	125(12 counsellors)	Indian Oil Corporation

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Sl.No	Names	Department	Designation
1	Shri Barometer Nongbri	Mathematics	Convener
2	Smt Extra Kurkalang	Philosophy	Joint- Convener
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4	Shri Donmanik Syiem	Statistics	Counsellor
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12	Shri TeiborWarjri	Computer Science & Applications	Counsellor
13	Smt Kareen Sohtun	Sociology	Counsellor
14	Smt Dakerlin Kharlukhi	Office Staff	Counsellor
15	Smt J. Rivulet Gidon	Mathematics	Counsellor

List of Counsellors for the year 2019:

Sl.No	Name s	Department	Designation
1	Smt Extra Kurkalang	Philosophy	Convener
2	Shri Barometer Nongbri	Mathematics	Joint- Convener
3	Smt J. Rivulet Gidon	Mathematics	Joint- Convener
4	Smt Kareen Sohtun	Sociology	Counsellor
5	Shri Longkhrav Khongiang	Physics	Counsellor
6	Shri Meban Rynjah	Physics	Counsellor
7	Smt Aibadalin Diengdoh	Management	Counsellor
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9	Smt Donna R Diengdoh	Sociology	Counsellor
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11	Smt Suzanne R.J Khongwar	Sociology	Counsellor
12	Shri TeiborWarjri	Computer Science & Applications	Counsellor
13	Smt Dakerlin Kharlukhi	Office Staff	Counsellor
14	L.M.Hek	Health Department	Counsellor
15	P. Khonglah	Commerce	IQAC Representative

A BRIEF REPORT OF THE ACTIVITIES OF THE YOUTH RED CROSS FOR THE YEAR 2016

The Youth Red Cross Society in Shillong College was approved by the Principal, Shillong College Shillong on May 16, 2012. Its primary aim is to develop among the students the spirit of humanitarian and social service through active and direct involvement in Red Cross activities. Some of the activities of the Youth Red Cross, Shillong college unit for the year 2016 are:

1. **Mock Drill Exercise:** On the 9th July, 2016, Treiborlang Khardewsaw and Radianstar Snaitang, the student members of the YRC, Shillong College, participated in the mock drill exercise based on Incident Response System (IRS) organised by the State Disaster Management Authority and District Disaster Management, Shillong, and briefing for the Mock Drill held at Secretariat Hall, Shillong.
2. **Health Camp and First Aid Training:** On the 16th July, 2016, Treiborlang Khardewsaw and Radianstar Snaitang, The student members of YRC, Shillong College, Participated in the health camp and the establishment of the Pyrda Charitable Dispensary at Pyrda Village, East Khasi Hills District by the Indian Red Cross Society and First Aid Training which was given by the State Disaster Management Authority (SOMA), Shillong on the same day.
3. **Health Camp:** On the 29th July, 2016, Kitboklang Lyngdoh Lyngkhoi, Willbok Marngar, Treiborlang Khardewsaw and Radianstar Snaitang, the student members of YRC, Shillong College, participated in the Health Camp organised by the Indian Red Cross Society, Shillong in collaboration with Meghalaya Scouts and Guides, and also celebrating the "World Hepatitis Day" with free screening camp of Hepatitis B & C, held at Umtyngar Village, East khasi Hills District, Shillong.
4. **Republic day Celebration** on 26th January, 2016: There are five students and three teachers from the college who are taking part in the Republic day celebration



5. Visiting the SOS Village: On the 5th March twenty students and two teachers Smt K. Lartang and Smt A. Diengdoh visited the SoS village located near Lum Sohpetbneng. During this programme the students and teachers interacted with the children with very much enthusiasm and presented a song.



A BRIEF REPORT OF THE ACTIVITIES OF THE YOUTH RED CROSS FOR THE YEAR 2017

The activities of the Youth Red Cross, Shillong college unit for the year 2017 are:

1. On the 21st – 22nd March, 2017, Treiborlang Khardewsaw and Radianstar Snaitang, The student members of YRC, Shillong College, participated in the “Training for Volunteers on Search and Rescue/ First Aid” which is organised by the District Disaster Management Authority, East Khasi Hills District, Shillong, held at Central Training Institute (CTI), Mawdiangdiang, Shillong.
2. Health Camp: On the 27th May, 2017, Treiborlang Khardewsaw, the student member of YRC, Shillong College, participated in the Health Camp organised by the Indian Red Cross Society in collaboration with HamroSwabhinan Trust (HIS) and Centre of Medical and Sales Representatives Association at Gorkha Vithaya Jyoti Pathsala, Nongsder, RiBhoi District (Rongmen).

A Report on the Programmes Organised by Youth Red Cross, Shillong College during the year 2018:

1. Pledge taking ceremony: The pledge taking ceremony was held on 17th march, 2018 and was conducted by Shri. L.Khongiang, YRC Counsellor for the newly recruited members of YRC.

2. Awareness Programme on Women's Health: The Awareness Programme on Women's Health was held on 17th March, 2018 in the College Conference Hall. Youth Red Cross, Shillong College Unit programme officers, student members as well as other degree students of different departments attended the programme. The resource persons were Ms D. Syiem, Social Worker, North-East Network, Shillong and Dr. C. Khongwar.



Dr. K. D. Ramsiej delivering the welcome address during the Inaugural programme



Ms D. E. Kharshiing, chief guest of the Inaugural programme delivering her speech



Youth Red Cross student member taking their pledge



Stretcher provided by Indian Oil Corporation to YRC, Shillong College Unit



Participants of the Inaugural function on programmes of YRC, Shillong College sponsored by Indian Oil Corporation



Mrs D. Syiem during her presentation



Dr C Khongwar during her lecture on women's health



Members of YRC, Shillong College Unit and Resource persons of the Awareness programme on Women's Health

3. First Aid Training programme Programme

A two day First Aid Training programme was organised by Youth Red Cross, Shillong College Unit on 23rd-24th March, 2018. Mr P H Khongsngi, Deputy Controller, Civil Defence Shillong was the main Resource Person during the the programme. Trainers from the Directorate of Home Guards and Civil Defence, Govt. Of Meghalaya were the resource persons for the said programme.

On the first day of the programme, Mr W Nongtlang, Senior Instructor, Civil Defence Shillong instructed the students participants the various techniques that are important during search and rescue operation in the event of any disaster. He also taught the different first aid techniques that first aider should use in case of any accidents or emergencies. The followings are some the techniques shown:-

1. Rope technique like thumb knot, reef knot, multi-thumb knot, chair knot, clove hitch, bow line, draw hitch and many more.
2. Bandage technique which are triangular bandage, open bandage, narrow bandage, head bandage, jaw bandage, elbow bandage, shoulder bandage, chest bandage, hand bandage thigh bandage.

On the second day of the training, the resource persons demonstrated on how to handle with victims in case of accidents or calamities. Firstly they trained the students on how handle with a victim who can talk and explain his injury and how to give them first aid and take them to the hospital. They showed how to make human crutch like human cradle for light victim, two handed seat, three handed seat, four handed seat, and chair lift. Secondly they displayed various techniques to carry victims who are unconscious and how to make a stretcher with blanket or sack and two bamboo poles. The students were also shown how to perform Cardio Pulmonary Resuscitation.



Principal delivering a speech during the first Aid Training Programme



Shri P. Nonglang, Head Trainer, Department of Home Guards and Civil Defence





Practical session during the training program



Student being taught how to perform CPR



Smt S. R. J. Khongwar delivering the vote of thanks



Participants and resource persons of the First Aid Training Programme

4. First Aid Training Programme held on 17th December, 2018

The programme was chaired by Smti Kareen Kharsohtun, Counsellor YRC and commenced with a welcome speech by the Convener of Youth Red Cross, Shillong College Unit, Shri B. Nongbri who welcomed Dr M. Dey, Vice Principal, Shillong College, Shri P.H. Khongsngi Deputy Controller, Civil Defence and Home Guard, other instructors, the counsellors of YRC as well as all participants present during the Training.

This was followed by a speech by Dr. M. Dey, Vice Principal who lauded the efforts of the YRC, Shillong College Unit for organising the programme. According to him, the training is important and would no doubt benefit the student and society at large in the long run in case of occurrence of any such disaster..

Thereafter, Shri P.H Khongsngi, Deputy Controller, Civil Defence and Home Guard took over as the Resource Person who at the very outset expressed his happiness as many students voluntarily attended the programme. He started the training by enlightening the gathering about the true purpose of a volunteer. According to him, a volunteer is the one who volunteer to work for a cause without expecting any return or reward. He talked about various aspects of being a YRC volunteer and the need for a well trained volunteer.

He also stated that Civil Defence and Home Guard in its endeavour to save life, minimise damage due to any cause whatsoever, requires volunteers. Therefore he encouraged the participants to register with Civil Defence and Home Guard. Full training will be given to those interested and a certificate will be awarded.

This was followed by a hand-on training on first aid techniques by the instructors from the Directorate of Civil Defence and Home Guard. Rope technique like thumb knot, reef knot, multi-thumb knot, chair knot, clove hitch, bow line, draw hitch and many more as well as bandage techniques like triangular bandage, open bandage, narrow bandage, head bandage, jaw bandage, elbow bandage, shoulder bandage, chest bandage, hand bandage thigh bandage were being taught during the training.

At the conclusion of the training programme, Dr. K D Ramsiej, Principal, Shillong College gave a speech. Dr. Ramsiej briefly address the gathering on the need to offer our service for humanity, and in order to be able to render help to people in times of need we need to be well trained. He expressed his happiness and congratulated the YRC, Shillong College Unit for organising such a programme as it will equipped the youth with the skills needed to assist people in times of need.

The Programme ended with a vote of thanks by Smti K. Kharsotun, Counsellor YRC.

The students were very much benefited from the various programmes conducted by YRC, Shillong College Unit. The Unit thankfully acknowledge the financial support rendered by the Indian Oil Corporation, without whose support these programme would not possible.



A Report
on the Programmes
Organised by
Youth Red Cross, Shillong College
during the year 2018
sponsored by
Indian Oil Corporation Limited



A Brief Report on the Inaugural Function

The inaugural function was held on 17th March, 2018 in which Ms. E. Kharshiing, Secretary of YRC, Shillong was the Chief Guest. The programme was also attended by the Principal, Dr. K.D.Ramsiej, Vice Principal Dr. M. Dey, Resource persons, YRC Counsellors, Teachers and students.

Chaired by Ms. K. Sohtun, the programme commenced with felicitation of the Chief Guest and was followed by a welcome address by Dr. K.D.Ramsiej, Principal Shillong College who welcomed Ms E.Kharshiing, Dr. M. Dey, Members of YRC, students for attending the programme. As the head of the College, he expressed his willingness to support the YRC in their endeavour and thereby extend help to the society.

He said that Women's health is very important as women play a very important role in the society. He is of the opinion that health and medication awareness is very important especially in our society who still subscribe to traditional belief/ conventional practice. He encouraged boy's students to attend the said programme and take care of the women members of the family. Further, he emphasized on the importance of disaster management and the need for preparedness in times of disaster and therefore, stressed on the need of first Aid Training.

The welcome address was followed by the pledge taking ceremony which was conducted by Shri. L.Khongiang, YRC Counsellor for the newly recruited members of YRC.

The Chief Guest of the Programme, Ms. D.E. Kharshiing in her address highlighted the aims and objectives of the Red Cross Society. One of the objectives that she mentioned is to promote health. She congratulated the Youth Red Cross and Principal of Shillong College for

taking this initiative to create awareness on importance of good health to society and humanity as a whole. According to her, Women's health is often a neglected issue considering the fact that women play an important role in the family and the society as a whole. She also was of the opinion that disaster management is so important that youth should be trained and made aware of so that in times of need, they can actively volunteered for a good cause. Through the various programmes that the unit will conduct, she believed that it will benefit the youth and the Society at large.

The programme ended with a vote of thanks from the Convener of YRC, Shillong College Unit, Mr. B.Nongbri who thanked the Principal for his support and encouragement, the Vice Principal for giving an idea for holding the said programme, Ms. D.E. Kharshing for being very friendly and kind to grace the occasion as the Chief Guest, the Resource person Mrs. D.Syiem, teachers, Student members of YRC, students. He also expressed his gratitude, on behalf of the YRC, to the Indian Oil Corporation for sponsoring the whole programme and providing stretcher and first Aid Kit for YRC, Shillong College Unit.



Dr. K. D. Ramsiej delivering the welcome address during the Inaugural programme



Ms D. E. Kharshiing, chief guest of the Inaugural programme delivering her speech



Youth Red Cross student member taking their pledge



Stretcher provided by Indian Oil Corporation to YRC, Shillong College Unit



Participants of the Inaugural function on programmes of YRC, Shillong College sponsored by Indian Oil Corporation

A Report on Awareness Programme on Women's Health

The Awareness Programme on Women's Health was held on 17th March, 2018 in the College Conference Hall. Youth Red Cross, Shillong College Unit programme officers, student members as well as other degree students of different departments attended the programme. The resource person for the first session was Ms D. Syiem, Social Worker, North-East Network, Shillong. At the outset of her lecture, she voiced her appreciation for the male students who attended the programme who attended the programme inspite of the fact that it is a programme more relevant to women only. Ms Syiem gave a lecture on women's health from a Social perspective. She began by telling about the first conference where issues on women's health was first discussed and that was in Beijing. After which, many countries signed a pledge to address and improve women's health. She talked about the social and physical differences between men and women. Despite the fact that women have to endure more hardships than men they have little time to care for themselves and hence tends to neglect their health care which resulted in their poor health. She discussed in detailed the different factors affecting women's health. Living in a pollution/ unclean environment, overburden with household chores, improper clothing, addicted husband and domestic violence, having too many children, lack of proper nutrition, financial difficulties, landlessness and early marriage are some of the factors that can adversely affect the health of women. She cited an example by comparing a healthy tree to a healthy woman. Just as a healthy tree benefits other living organism and the environment, so do a healthy woman, she contributes to her family and society. She also discussed about factors that are important for good health in women. She concluded her lecture by emphasizing the need to address the social differences in

women and encourage the students to help their female family members and friends to enable them to have good health.

Dr. C. Khongwar, one of the top gynaecologist in the state was the resource person for the second session of the awareness programme on Women's Health. She began by arousing the attention of the students by showing a short video on Sexually Transmitted Disease. She was of the opinion that such talk on Women's Health is very important in our society and country as a whole since 49% of India's population comprises of women. She also stressed on Problems in women's health which includes the following:-

1. Physical health - Women face a lot of difficulties when it comes to physical health due to poor nutrition which further affects their sexual and reproductive health. So a balance diet is very important for them in order to maintain physical health.
2. Mental health – Women are being affected mentally and emotionally by weird perception of people and hence she advised young women to learn to accept themselves and not to judge others.

She also delivered a speech on problems arising from early sexual contact which includes teenage pregnancy, STD, cervical cancer, infertility, psychological problem like depression, anxiety. In her conclusion, she insist the students and teachers to take such issues seriously and not to feel that such topics are taboos instead these can be freely talked and discussed for the benefit of young people.



Mrs D. Syiem during her presentation



Dr C Khongwar during her lecture on women's health



Members of YRC, Shillong College Unit and Resource persons of the Awareness programme on Women's Health

A Report on the First Aid Training programme Programme

A two day First Aid Training programme was organised by Youth Red Cross, Shillong College Unit on 23rd-24th March, 2018. Mr P H Khongsngi, Deputy Controller, Civil Defence Shillong was the main Resource Person during the the programme. Trainers from the Directorate of Home Guards and Civil Defence, Govt. Of Meghalaya were the resource persons for the said programme.

On the first day of the programme, Mr W Nongtlang, Senior Instructor, Civil Defence Shillong instructed the students participants the various techniques that are important during search and rescue operation in the event of any disaster. He also taught the different first aid techniques that first aider should use in case of any accidents or emergencies. The followings are some the techniques shown:-

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On the second day of the training, the resource persons demonstrated on how to handle with victims in case of accidents or calamities. Firstly they trained the students on how handle with a victim who can talk and explain his injury and how to give them first aid and take them to the hospital. They showed how to make human crutch like human cradle for light victim, two handed seat, three handed seat, four handed seat, and chair lift. Secondly they displayed various techniques to carry victims who are unconscious and how to make a stretcher with blanket or

sack and two bamboo poles. The students were also shown how to perform Cardio Pulmonary Resuscitation.



Principal delivering a speech during the first Aid Training Programme



Shri P. Nonglang, Head Trainer, Department of Home Guards and Civil Defense



Practical session during the training program



Student being taught how to perform CPR



Smt S. R. J. Khongwar delivering the vote of thanks



Participants and resource persons of the First Aid Training Programme

A Report on the First Aid Training Programme held on 17th December, 2018

The programme was chaired by Smti Kareen Kharsohtun, Counsellor YRC and commenced with a welcome speech by the Convener of Youth Red Cross, Shillong College Unit, Shri B. Nongbri who welcomed Dr M. Dey, Vice Principal, Shillong College, Shri P.H. Khongsngi Deputy Controller, Civil Defence and Home Guard, other instructors, the counsellors of YRC as well as all participants present during the Training.

This was followed by a speech by Dr. M. Dey, Vice Principal who lauded the efforts of the YRC, Shillong College Unit for organising the programme. According to him, the training is important and would no doubt benefit the student and society at large in the long run in case of occurrence of any such disaster..

Thereafter, Shri P.H Khongsngi, Deputy Controller, Civil Defence and Home Guard took over as the Resource Person who at the very outset expressed his happiness as many students voluntarily attended the programme. He started the training by enlightening the gathering about the true purpose of a volunteer. According to him, a volunteer is the one who volunteer to work for a cause without expecting any return or reward. He talked about various aspects of being a YRC volunteer and the need for a well trained volunteer.

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At the conclusion of the training programme, Dr. K D Ramsiej, Principal, Shillong College gave a speech. Dr. Ramsiej briefly address the gathering on the need to offer our service for humanity, and in order to be able to render help to people in times of need we need to be well trained. He expressed his happiness and congratulated the YRC, Shillong College Unit for organising such a programme as it will equipped the youth with the skills needed to assist people in times of need.

The Programme ended with a vote of thanks by Smti K. Kharsohtun, Counsellor YRC.

The students were very much benefited from the various programmes conducted by YRC, Shillong College Unit. The Unit thankfully acknowledge the financial support rendered by the Indian Oil Corporation, without whose support these programme would not possible.





Attendance of Participants On 23rd March 2018:

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong College and sponsored by Indian Oil Corporation held on 23rd March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓ 1	Milliniasha Majao	BBA 2 nd Sem	8118962735	<i>[Signature]</i>
2	Nicky Jones Lynrah	"	7641835216	<i>[Signature]</i>
✓ 3	Bettycia Marpna	"	8119016471	<i>[Signature]</i>
✓ 4	Elisha Syiemiong	"	883439854	<i>[Signature]</i>
✓ 5	E. Richmond Kharmujai	"		<i>[Signature]</i>
✓ 6	Anup Das	"		<i>[Signature]</i>
✓ 7	Tomanbha Dingdeh	"	7641835364	<i>[Signature]</i>
✓ 8	Grandfunkel Sunn	"	9089258875	<i>[Signature]</i>
✓ 9	Faineh Laloo	"	8794410554	<i>[Signature]</i>
✓ 10	Brendon Maxwell Marbariang	"	7638943017	<i>[Signature]</i>
✓ 11	BANLANKUPAR LYNKE HOI	"	80257083720	<i>[Signature]</i>
✓ 12	LAS CAMPSON MARNSAR	"	7085885989	<i>[Signature]</i>
✓ 13	Dhruvabagoti Dulla	"	7638942309	<i>[Signature]</i>

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 23rd March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓1	KYRSHAN BORLANG KHARKOR	BBA 1 st Sem	8794581942	Kharkor
✓2	MELARI KHARMUDAI	B.A 6 th Sem	9089152262	Melari
✓3	TEIBOKSTAR MARBOH	B.A 6 th Sem	8414927915	Marboh
✓4	DAVID JODINE KONGWANG	BA 6 th Sem	8414063215	Kongwang
✓5	RAYMONDSON LYNDOH NONGAYDOR	BA 2 nd Sem	8416022896	Nongaydor
✓6	MARCHBORN STAR ALLYA	BA 2 nd Sem	967780366	M. Allya
✓7	BANJOIAR KHARBULI	BA 2 nd Sem	8837289982	B. Kharbuli
✓8	SYNROPLANG NONGTRAW	BA 2 nd Sem	9615018120	S. Nongtraw
✓9	KYNSANDOR. KHARSOHTUN	BA 2 nd Sem	8488447574	K. Kharsotun
✓10	Habandjij Jhongphai	BA 2 nd Sem	82588414302	H. Jhongphai
✓11	Dijenlang Moshanang	BSc 2 nd Sem	8794365693	D. Moshanang
✓12	Lamharlang Lacerui	BSc 2 nd Sem	9402187520	L. Lacerui
✓13	Banjoplang L. Lengkhoi	B. 11	7808305207	B. Lengkhoi
✓14	Wardaphoring Syiemliet	"	9485443840	W. Syiemliet
✓15	Rynshailang Kharmudai	"	7085622813	R. Kharmudai
✓16	Cammillia Syiem	BBA 2 nd Sem	8129924561	C. Syiem
✓17	Zabiangdar Riaktam	BBA 2 nd Sem	7085452077	Z. Riaktam
✓18	Cathlene Sumner	BA 2 nd Sem	8729849929	C. Sumner
✓19	Yodaka Lato	BSc 2 nd Sem	7085850124	Y. Lato
✓20	Balarusia. Syiemang	BSc 4 th Sem	9615948565	B. Syiemang
✓21	Manbiang. Marthong	"	8794299391	M. Marthong
✓22	Nanbiang. Jhongjoh.	"	8787545206	N. Jhongjoh.
✓23	Ristia. Pahlam	"	8258807129	R. Pahlam

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 23rd March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓1	BATSTANDOR SYIEMLIEH	BBA 4 th Sem	9436332382	B. Syiemlieh
✓2	REBUILTSON KHARLYNADDOH	"	9485144736	R. Kharlyndodh
✓3	JOHN FISHER LYNKHOI	BBA 4 th Sem	8256928402	J. Lynkhai
✓4	RADIANSTAR SNANTANG	BBA 5 th Sem	7085961899	R. Snantang
✓5	Tinghai Home Saring	BBA 9 th Sem	8794283362	T. Saring
✓6	EDILBERT SYIEM	BBA 2 nd Sem	8259822404	E. Syiem

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 23rd March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓1	KYRSHAN BORLANG KHARKOR	BA 1 st Sem	8794581942	<i>Raka</i>
✓2	MELARI KHARMUDAI	B.A 6 th Sem	9089152262	<i>Meli</i>
✓3	TEIBOKSTAR MARBOH	B.A 6 th Sem	8414927915	<i>Teibokstar</i>
✓4	DAVID JODINE KONGWANG	BA 6 th Sem	8414063215	<i>David</i>
✓5	RAYMONDSON LYNGDOH NONGYAIOR	BA 2 nd Sem	8416022896	<i>Raymondson</i>
✓6	MARCHBORN STAR ALLYA	BA 2 nd Sem	9677780366	<i>M. Allya</i>
✓7	BANJOIAR KHARBULI	BA 2 nd Sem	8837289982	<i>B. Kh.</i>
✓8	SYNOPLANG NONGTRAW	BA 2 nd Sem	9615018120	<i>Synoplang</i>
✓9	KYNSABOR. KHARSOHTUN	BA 2 nd Sem	8484647574	<i>K. Kh.</i>
✓10	Habandjij Jhongphai	BA 2 nd Sem	8258844302	<i>H. J.</i>
✓11	Jaijanlang Manhanang	BSc 2 nd Sem	8794365693	<i>J. Man.</i>
✓12	Lambolrang Laxari	BSc 2 nd Sem	9402187520	<i>L. Laxari</i>
✓13	Banjoplang L. Lengthoi	B 11	7308305287	<i>B. L.</i>
✓14	Wardapbrang Syiemtrei	"	9485443890	<i>W. S.</i>
✓15	Rynhoilang Kharmudai	"	7085622813	<i>R. Kh.</i>
✓16	Camillion Syiem	BA 2 nd Sem	8429924561	<i>C. S.</i>
✓17	Kabiangdar Riaktam	BSc 2 nd Sem	7085452047	<i>K. Ri.</i>
✓18	Cashlene Sumen	BA 2 nd Sem	8729849929	<i>C. S.</i>
✓19	Yadaka Yato	BSc 2 nd Sem	7085850124	<i>Y. Y.</i>
✓20	Balarusha. Lyngmang	BSc 4 th Sem	9615948565	
✓21	Manbiang. Marthang	"	8794299391	<i>M. Mar.</i>
✓22	Nanbiang. Jhongjoh.	"	8787545206	<i>N. J.</i>
✓23	Rishia. Pahlam	"	8258807129	<i>R. P.</i>

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓1	STEPHAN LYNGDOH	BA 2 nd Sem	8794925095	<i>S. L.</i>
✓2	BEAUTY KUMARI JHA	BA 2 nd Sem	7717785958	<i>B. K.</i>
✓3	REMEDDIUS POHCEN	BA 2 nd Sem	8787550075	<i>R. P.</i>
✓4	Luminous Tongper	BSc 4 th Sem	7641835580	<i>L. T.</i>
✓5	Suzanne C. Kharkengor	BSc 6 th Sem	87949774014	<i>S. C.</i>
✓6	LAMMIKA SUKHLAIN	"	8731968410	<i>L. S.</i>
✓7	Elizabeth Amnyung	"	8794920294	<i>E. A.</i>
✓8	Aligus Dzungdon	BA 2 nd Sem	8794041765	<i>A. D.</i>
✓9	Kyntienbawlang Luanmang	"	9862876221	<i>K. L.</i>
✓10	Marshall Lhuar	"	8794510638	<i>M. L.</i>

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 23rd March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓ 1	Taishohlang Phawa	BA 2 nd Sem	8258854053	T Phawo
✓ 2	SWAN BIAK MUAN NAULAK	BA 2 nd Sem	7308699006	Swanlak
✓ 3	T.SANGMINLUN	BA 2 nd Sem	8119978462	Sgt.
✓ 4	Hangthianpial Hangshing	BA 2 nd Sem	8258897129	Hang
✓ 5	KHUPSON PHAPI	BA 2 nd Sem	8794266834	P. Phap
✓ 6	MEBANSHALANG NARJRI	BA 2 nd Sem	8487627466	M. Narjri
✓ 7	ASHRAFU LONGDET	"	9774042316	A. Longdet
✓ 8	Amvika Supti	BSc 4 th Sem	8131997159	A. Supti
✓ 9	Delisha Dingteh	BSc 2 nd Sem	8794160772	D. Dingteh
✓ 10	Marbella Marwein	"	8132004596	M. Marwein
✓ 11	Lakishahlang Dhar	"	708787454	L. Dhar
✓ 12	H. Yathingnaw	BSc 4 th Sem	8131802465	Yath.
✓ 13	SHAHMIKI LAKASHIANG	BSc 2 nd Sem	7005652718	S. Lakashiang
✓ 14	MAXWELL KHYRE KM	BSc 2 nd Sem	9402171901	M. Khyre

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 23rd March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓ 1	JEOSILIVIA PAMBAH	BBA 4 th Sem	8416066300	J. Pambah
✓ 2	BAHUNLANG DYMPEP	BBA 4 th Sem	7005775444	B. Dympep
✓ 3	DAIAHUNLANG KHARUMNUID	BBA 4 th Sem	8132856662	D. Kharmnuid
✓ 4	VENI MALANG	BBA 6 th Sem	9779520852	V. Malang
✓ 5	AISINGSHAI JANA	BBA 4 th Sem	9444396302	A. Jana
✓ 6	DAPHILARISA KHONGLAM	BBA 2 nd Sem	9862483987	D. Khonglam
✓ 7	Bamshahlang K. Syiemlieh	B.A. 6 th Sem	8492083703	B. Syiemlieh
✓ 8	Edrick Sumon	BBA 2 nd Sem	9615572195	E. Sumon
✓ 9	Kevin Brandon Mambaniang	BBA 2 nd Sem	9402378642	K. Mambaniang
✓ 10	Nangichbok Lymbai	BA 2 nd Sem		N. Lymbai
✓ 11	Kyrshanskhem Lating	BA 6 th Sem		K. Lating

Sl. No.	Name (in BLOCK LETTERS)	Class- Designation	Contact No.	Signature
1.	Mr. P. H. Khongsuji	Deputy Comm Taker Civil District Shillong		
2.	Mr. W. Nonglang	Senior Inspector Civil Dist Shillong		
3.	Mr MD FARUQ HUSSAIN	Fireman CFI CD & Hq		
4.	MR NEHDOR LYNGSHIANG	"		
5.	Mr John. Lhote Sangma	C/M CD & Hq		
6.	Mr Pansing Ch. Marak.	C/M CD & Hq		
7.	Mr Phelon Raner	F/M CD & Hq		
8.	Mr Min K. Bradhan	C/M CD & Hq		
9.	Mr. Ranjit Singh	C/M CD & Hq		
10.	Mr. Sotap Saktun	C/M CD & Hq		

Attendance of Participants On 24th March 2018:

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 24th March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
1	ALIXUS DIENG-DOH	BA-2 nd Sem	879-10411765	
2	KWITIEUBORLAME WAWINLAMS	BA 2 nd Sem	9862 876211	
3	MARSHALL OKHAR	BA 2 nd Sem	8774510898	
4	VICTORIOUS THONGNI	BA 2 nd Sem	8787420182	
5	DIOSONY SUCHIANG	BA 2 nd Sem	8837208266	
6	Banjotlang d. dyngkhui	BSc 2 nd Sem	7308365209	
7	Gajinlang Masharing	BSc 2 nd Sem	8794365093	
8	Khandablang Sijemlun	BSc 2 nd Sem	9485443840	
9	Pynsailang Khosmudai	BSc 2 nd Sem	7085622817	
10	Lao Champson Mawngy	BBA 2 nd Sem	7085885969	
11	Tyngshainlang Mawtdlei	BBA 2 nd Sem	9774275970	
12	Sakka Tripura	BA 4 th Sem	7006268167	
13	Nepen K. Reang	BA 4 th Sem	8837396001	
14	Misaka Reang	BA 6 th Sem	8132848442	

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 24th March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓ 1.	BANROIPAR KHARBULI	BA.2 SEMESTER	8837288982	D. X. L.
✓ 2.	Pynskhemtang Nongfij	BBA 2 nd Sem	8257003539	K. J. J.
✓ 3.	KHUPSON PHAIP	BA 2 nd Sem	8794266839	P. J. J.
✓ 4.	HANG TAIANIPAR HANGSANG	BA 2 nd Sem	8258977129	G. J. J.
✓ 5.	Alexander Kharlyngdon	BSc 2 nd Sem	9436326119	A. K. J.
✓ 6.	Nathaniel Mangar	BSc 2 nd Sem	8415035979	N. M. J.
✓ 7.	Shainingsao Lyngdoh	BSc 2 nd Sem	8794657871	S. L. J.
✓ 8.	Josephus Nongfij	BSc 2 nd Sem	7085870490	J. N. J.
✓ 9.	Kneskhrabon Marbanang	BSc 2 nd Sem	9774286276	K. M. J.
✓ 10.	EDILBERT. SYTEM	BBA 2 nd Sem	8259822404	E. S. J.
✓ 11.	Tingshainame Sobjing	BBA 2 nd Sem	8794283362	T. S. J.
✓ 12.	Dharmajyoti Detha	"	7638042820	D. J. J.
✓ 13.	Kevin Brandon Moberiang	"	9402348642	K. B. J.
✓ 14.	Edrick Sumar	"	8415051073	E. S. J.
✓ 15.	NANGHOBOK KVMBAI	BA 2 nd Sem	8132052425	N. K. J.
✓ 16.	CAMMILIA SIEM	BA 2 nd Sem	8429924561	C. S. J.
✓ 17.	TEIBORSTAR MARBOTH	B.A 6 th Sem	8414927915	T. M. J.
✓ 18.	MELARI KHARMUDAI	B.A 6 th Sem	9089152262	M. K. J.
✓ 19.	KYRSHANBORLANG KHARKOR	B.A 6 th Sem	8794581942	K. K. J.
✓ 20.	DAVID JODINE KONGWANG	BA 6 th Sem	8414063215	D. J. J.

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 24th March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓ 1.	JAINEH LALOO	BBA 2 nd	8794405541	J. L. J.
✓ 2.	SAINBORLANG WAR	BBA 2 nd	7630821347	S. W. J.
✓ 3.	BANUMKUPAR LYNKHOL	"	8257083720	B. L. J.
✓ 4.	TOMANBHA NIENGDDH	BBA 2 nd	7641835304	T. N. J.
✓ 5.	BRENDON MAXWELL MARBANANG	BBA 2 nd	7638943017	B. M. J.
✓ 6.	GRANDFUNKEL SUNN	BBA 2 nd Sem	9089258875	G. S. J.
✓ 7.	ANUP DAS	BBA 2 nd Sem	8730942785	A. D. J.
✓ 8.	ELASAR RICHMOND KHARMUJAI	BBA 2 nd Sem	7085175695	E. K. J.
✓ 9.	NADHISABET MARBANANG	"	9089456193	N. M. J.
✓ 10.	PRETTY CIA MARINA	BBA 2 nd Sem	8119016471	P. C. J.
✓ 11.	MILLINIASHA MAJAW	BBA 2 nd Sem	8118962735	M. M. J.

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 24th March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓1	TREIBORLANG KHARDEWSAN	BBA 6 th Sem	8259541171	Grey
✓2	JOHN IANIM	BBA 6 th Sem	8131920203	John Ianim
✓3	GINMONLAL HADKIP	BA 4 th Sem	7085163422	Gmb
✓4	SHAHMIKI LAKASHIANG	BSC 2 nd Sem	7005650718	S. Lakshiang
✓5	MAXWELL KHYRIEM	BSC 2 nd Sem	9902171901	Max
✓6	Alvinson Nongkhang	BSC 6 th Sem	-	Alvin
✓7	Pysentlang Mawlang	BSC 6 th Sem	5974360753	Pysentlang
✓8	LARIANGDOR. RIHTAM	BSC 2 nd Sem	7085452047	RIHTAM
✓9	YODAKA. LATO.	BSC 2 nd Sem	7085850124	Yato
✓10	CATHLEONE SUMER.	BA 2 nd Sem	8729849939	Camer
✓11	JEOSILIVIA PAMBAH	BBA 4 th Sem	8416066300	J. Pambah
✓12	DATAHUNLANG. KHARUMNUID	BBA 4 th Sem	8132856662	Kharnuid
✓13	JUBANSHAI RAMSIEJ	BBA 6 th Sem	8732083726	Ramsie
✓14	DASHISHA KHARRASWAI	BBA 6 th Sem	8974374574	Dash
✓15	HAPHTAKMEN SHANGDIAR	BBA 6 th Sem	9856845957	Hapt
✓16	RAYMONDSON LYNGBOL NONGPUSUR	BA 2 nd Sem	8416022896	Raymondson
✓17	MARCHBORNSTAR ALLYA	BA 2 nd Sem	9077780866	M. Allya

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 24th March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓1	Luminous Tongpa	BSC 4 th Sem	7641835580	Luminous
✓2	Francis Icharjeng	"	8014540098	Francis
✓3	Lamhok Phyllis	BSC 6 th Sem	9089618942	Phyllis
✓4	RISHIA POHTAM	BSC 4 th Sem	8258807129	Rishia
✓5	Balarusha. Shyming	BSC 4 th Sem	8159615948565	Balarusha
✓6	M. Vathignao	"	"	Vathignao
✓7	Mambiang Marthang	"	8794299391	Marthang
✓8	Amerika Synti	BSC 4 th Sem	8131997159	Amerika
✓9	Wambiang Khongjoh	BSC 4 th Sem	6787545206	Wambiang
✓10	Prodityusikder (Anoy)	BBA 2 nd	7638942960	Prodityusikder
✓11	John fisher Longkhai	BBA 4 th Sem	8256928402	John fisher
✓12	REBUILTSON KHARLYNDOK	"	9485144736	R. Khari
✓13	BATANDOR SYHMLIEH	"	9436332382	Batandor
✓14	TABAR LALLUNG MUON	B.A 4 th Sem	7005199673	Tabar
✓15	SUANBIK MUAN NAULAK	BA 2 nd Sem	7308699006	Suan
✓16	T. Sangmun lun	BA 2 nd Sem	8117778762	T. Sangmun

First Aid Training Programme organised by Youth Red Cross, Shillong College Unit Shillong
College and sponsored by Indian Oil Corporation held on 24th March, 2018

ATTENDANCE SHEET (for Students)

Sl. No.	Name (in BLOCK LETTERS)	Class	Contact No.	Signature
✓ 1	DELI SHA DIENGDOH	BSc 2 nd Sem	8794160772	D. Diengdoh
✓ 2	MARBELLA MARWEIN	BSc 2 nd Sem	8132004596	M. Marwein
✓ 3	JAKISUKLANY DHAR	BSc 2 nd Sem	7085872454	J. Dhar
✓ 4	BETSARA MAWTHOH	BA 4 th Sem	8731802174	B. Mawthoh
✓ 5	Man Jhawnlin Paoiang	BA 1 st Sem	8287858532	M. Paoiang
✓ 6	RACHEL LALTHAKIM	BA 2 nd Sem	7085215127	R. Lalthakim
✓ 7	BEAUTY KUMARI JHA	BA 2 nd Sem	7717785958	B. Kumari Jha
✓ 8	REMEDYUS POHCEN	BA 2 nd Sem	8787550075	R. Pohcen
✓ 9	KYNSABOR, KHARSOHTON	BA 2 nd Sem	8787677574	K. Kharsohton
✓ 10	SINRAPLANG NONGTRAW	BA 2 nd Sem	9615018120 9402187880	S. Nongtraw
✓ 11	LAMBOLANG LAWAI	BSc 2 nd Sem	9402157880	L. Lawai
✓ 12	RADIANSAI SNAITANG	BBA 6 th Sem	87700596189	R. Snaitung
✓ 13	KYRSHAN SKEMLATHING	BBA 6 th Sem	7005953329	K. Slem Lathing

Sl. No.	Name (in BLOCK LETTERS)	Class Designation	Contact No.	Signature
1.	Mr. P. H. Khompang	Deputy, Controller Chief, Bafang Shillong		P. H. Khompang
2.	Mr. W. Nonglang	Senior Assistant Comm. Officer, Shillong		W. Nonglang
3.	Mr. MD Faruq Hussain	Fireman CD & HQ		M. Faruq Hussain
4.	Mr. Nehbor Lymshiang	"		N. Lymshiang
5.	Mr. John Leuer Sangma	GM CD & HQ		J. Sangma
6.	Mr. Parsip de Marak	"		P. de Marak
7.	Mr. Pherson Rance	"		P. Rance
8.	Mr. Min Ka Proadhan	"		M. Proadhan
9.	Mr. Ranjit Singh	"		R. Singh
10.	Mr. Badap Solilem	"		B. Solilem

Attendance of Participants On 17th Dec 2018:

First Aid Training Programme Organized By The YRC- Shillong College			
The IOC Limited Sponsored			
Participants Attendance :		17 th Dec 2018	
Sl No	Names (In Block Letters)	Class	Signature
1	ARWAKA SUCHIANG	BSc 2 nd Sem	Archiang
2	Maysey Nonghum	BSc 2 nd Sem	Maysey
3	MENARIKA NARJI	BSc 2 nd Sem	M. Narji
4	SIANTI LAKASHIANG	BSc 2 nd Sem	Sianti
5	DAPHIBANRI CHIANUATA	BSc 2 nd Sem	Daphiba
6	BETHELDA TERON	BSc 2 nd Sem	B. Teron
7	IBAKORDOR LAUREANCIA MARBOH	BSc 2 nd Sem	I. Marboh
8	MATRIAR CHYTHA CH SANGNA	BSc II Sem	Matriar
9	BHAKUPAR WAHLANG	BSc II Sem	Bhakupar
10	Mankhraw Khongmalai	BSc II Sem	Mankhraw
11	Dateriam Wahlang	BSc II Sem	D. Wahlang
12	DAMANBHA. A. CHYNE	BSc II Sem	D. Chyne
13	BAESKAEMDAME SHYLLA	BSc 4 th Sem	Baeskaem
14	TOKO ANYA	BSc 4 th Sem	Toko
15 ✓	S.R. Edmund	"	S.R. Edmund
16	SHYNYAN KHUMUKCHAM	"	Shynyan
17	SONIA LAMURANG	"	Sonia
18	KYNLSHEW DASUMAR KHONGSDAM	BSc 2 nd Sem	Kynlshew
19	VIRGINIA SUTNGA	BSc 4 th Sem	Virginia
20	SANPATA KHARRNGT	BSc 2 nd Sem	Sanpata
21	Ngachonsem Khamrang	BSc 4 th Sem	Ngachonsem
22	Sujit Sharma	BSc 4 th Sem	Sujit
23	Daphishisha Sawian	BSc 2 nd Sem	Daphisha

First Aid Training Programme Organized By The YRC- Shillong College			
The IOC Limited Sponsored			
Participants Attendance :		17 th Dec 2018	
Sl No	Names (In Block Letters)	Class	Signature
1 ✓	BIOLIN KHONGNOH	6 th Sem BA	B. Khongnoh
2 ✓	NURSABABHA RYNDONG	6 th Sem BA	N. Ryndong
3 ✓	NELBOKSTAR LYNGKHOL	6 th Sem BA	N. Lyngkhoh

Participants Attendance :

17th Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1	NAPHIDAHUN MARNGAR	4 th Sem BA	N. Marngar
2	DEFINA LANRINIANG	4 th Sem B.A	Defina
3	Rinam Jharbokton	4 th Sem BA	Rinam
4	BANPYNBIANGLANG MARBOH	4 th Sem BA	B. Marboh
5	Ebenizer L. Kurkalang	4 th Sem BA	Ebenizer
6	KHRAWBOKLANG MARBAÑIANG	4 th Sem BA	K. Marbañiang
7	VICTORIUS THONGNI	4 th Sem B.A	V. Thongni
8	DIOSONY SUCHIANG	4 th Sem B.A	D. Suchiang
9	SYLVESTER KHARMALOPHLANG	4 th Sem	S. Kharmalophlang
10	Stephan Lynglah	4 th Sem	S. Lynglah
11	Victor Kipgen	4 th Sem	V. Kipgen
12	Evangelin Lyngdoh Marshilang	4 th Sem	E. Lyngdoh Marshilang
13	Arvanki Kynta	2 nd Sem	A. Kynta
14	Shanisha Pyngrope	2 nd Sem	S. Pyngrope
15	Shanisha Pyngrope	2 nd Sem	S. Pyngrope
16	Harshia Lyngdoh	2 nd Sem	H. Lyngdoh
17	Trishia M. Kurkalang	2 nd Sem	T. Kurkalang
18	Ashadahun Padu	2 nd Sem	A. Padu
19	Jarisa Kharbuli	2 nd Sem	J. Kharbuli
20	Cynthia A. Marlangh	2 nd Sem	C. Marlangh
21			

First Aid Training Programme Organized By The YRC- Shillong College

The IOC Limited Sponsored

Participants Attendance :

17th Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1 ✓	Sweety Kumbi	B.Com	Sweety
2 ✓	Hanukletshi Khonglah	B.Com	H. Khonglah
3 ✓	Kenedy Khum	BBA 4 th	K. Khum
4 ✓	Edelbertstar Kunnang	B. A 2 nd	E. Kunnang
5 ✓	DAWANARBIANG MYRBOH	B.Sc 6 th	D. Myrboh
6 ✓	ARJUN SHARMA	B.Com	A. Sharma
7 ✓	VIKRANT SHARMA	B.Com	V. Sharma
8 ✓	RAJ SINGH	B.Com	R. Singh
9 ✓	DIPAK KUMAR ROY	B.Com	D. Roy
10 ✓	MANOJ KUMAR ROY	B.Com	M. Roy
11 ✓	Abhany Kumar Rai	"	A. Rai
12 ✓	DHRUBAJYOTI DUTTA	BBA 4 th	D. Dutta
13 ✓	PRADITYA SIKDER	BBA 4 th	P. Sikder
14 ✓	PARKASH CHETRI	B.Com 6 th	P. Chetri
15			

Participants Attendance :

17th Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1	IALAMSHWAMIKI LAPASAM	BSC 4 th Sem	<i>Paul</i>
2	SHAHMIKI LAKASHIANG	BSC 4 th Sem	S. Lakashiang
3	Cathlene Lumer	B.A 4 th Sem	C. Lumer
4	KORDORLIN MARWEIN	BSC 4 th Sem	<i>Marweini</i>
5 ✓	Yodaka Lato	BSC 4 th Sem	Lato
6	Marbella Marwein	BSC 4 th Sem	M. Marwein
7	FRANCOSTAR KHARSYEMIONG	BSC 6 th Sem	F.K.
8	IOHBORLANG TARIANG	BSC 6 th Sem	<i>Tariang</i>
9	BANKUPAR LINGDOH	BSC 6 th Sem	<i>Lingdoh</i>
10	JEHOVA HRANGKHAUL	BSC 6 th Sem	<i>Jehova</i>
11	PYNDAPBORLANG KHARKONGIOR	BSC 6 th Sem	P. Kharkongior
12	MANKYRPANG KHARKONGIOR	BA 4 th Sem	<i>Kharkongior</i>
13 ✓	SHIDALIN LANGIAR	BA 4 th Sem	S. Langiar
14	Pindahombor Parweh	BA 4 th Sem	<i>Parweh</i>
15	Rejoysan Rejoysan P. Maurice	BA 4 th Sem	P. Maurice
16	Piangarti Nongsiog	BA 4 th Sem	P. Nongsiog
17 ✓	Edeager Tham	BSC 4 th Sem	<i>Edeager</i>
18	Camellia Sijam	BA 4 th Sem	<i>Sijam</i>
19	Nangiahok Rymbai	BSC 4 th Sem	<i>Nangiahok</i>
20 ✓	Darisaisha Langap	BSC 6 th Sem	<i>Langap</i>
21			

Participants Attendance :

17th Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1 ✓	Steadystar STEADYSTARLAN PATHAW	BSC 6 th Sem	<i>Steadystar</i>
2 ✓	AUGUSTINE KHARMAWPHLANG	"	A.K. Mawphlang
3 ✓	SAMENESS NONGTU	"	S. Nongtu
4	LUMINOUS TONGPER	"	<i>Tongper</i>
5 ✓	AILAD THANGHIEW	"	<i>Thanghiew</i>
6 ✓	BALAJIED LYNKHOI	"	B. Lynghoi
7	WANBIANLY KHONGJOH	"	<i>Khongjoh</i>
8 ✓	BALARISHA THYRNIANLY	"	<i>Thyrnianly</i>
9 ✓	ANDREW IVAN KHARJAHIN	"	<i>Andrew</i>
10 ✓	JURISTMANWEIL KHARRASWAT	"	J. Kharraswati
11 ✓	BANAJIET LYNDOH NONGBRI	"	B. Nongbri
12			

Participants Attendance :

17th Dec 2018

Sl No	Names (In Block Letters)	Class	Signature
1✓	ALBERT SYIEMIONG	BBA 2 nd	A. Syiemiong
2✓	NAVARAJ GURUNG	BBA 2 nd Sem	Navaraj
3	DANOSHA KHARANGI	BBA 2 nd Sem	Danosh
4	DABBIANGLIN NANNIANG	BBA 2 nd Sem	Dabbianglin
5	BADAPBORLANG NONGDHAR	BBA 2 nd Sem	Badapborlang
6	PRABHAT SINGH	BBA 2 nd Sem	Prabhat
7	BIATRIS NONGPHUD	BBA 2 nd Sem	Biatri
8	CHELSEALIA S NONGTRI	BBA 2 nd Sem	Chelsea
9	EVARILIN SYIEMLIEN	BBA 2 nd Sem	Evarilin
10	NATASHA SHANGPLANG	BBA 2 nd Sem	Natasha
11	STEVE NONGSIEJ	BBA 2 nd Sem	Steve
12	MONALISA NARJAI	BBA 2 nd Sem	M. Narjai
13	DINO. E. KAHIT	BBA 2 nd Sem	Dino
14	STEVEN NONGSIEJ	BBA 2 nd Sem	Steven
15	RIBHAKUPAR TING	BBA 2 nd Sem	Ribhakupar
16	SHAPHRANGSIUS MAWTHOH	BBA 2 nd Sem	Shaphrangsius
17	DIGNIFY. R. SUCHIANG	BBA 2 nd Sem	Dignify
18	BASAPI TERONPI	BBA 2 nd Sem	Basapi
19	PHILOMINA KURBAH	BBA 2 nd Sem	Philomina
20✓	RABORLANG KHARJAHIN	BBA 2 nd Sem	Raborlang
21			

**STATEMENT OF EXPENDITURE INCURRED DURING THE
VARIOUS PROGRAMMES**

**1. INAUGURAL FUNCTION AND AWARENESS
PROGRAMME ON WOMEN'S HEALTH (17/3/2018)**

SL. NO.	PARTICULARS	VOUCHER NO.	DATE	AMOUNT (IN RUPEES)
1	Banner	1	17/3/18	1,275
2	Equipments (First Aid Box)	2	16/3/18	12,148
3	Stationery	3	16/3/18	3,040
4	Refreshments for students (Snacks)	4	17/3/18	10,400
5.	Refreshments for students (Tea)	5	17/3/18	1,200
6	Bouquet	6	17/3/18	450
7	Miscellaneous (Courier)	7	13/3/18	60
8	Documentation	8	17/3/18	1,000
9	Photography	9	17/18	1,000
10	Honorarium for Resource person 1	10	17/3/18	3,000
11	Honorarium for Resource person 2	11	17/3/18	3,000
12	Refreshments for guests and Teachers (Lunch + Tea+ bottled water)	12	17/3/18	2,040
13	Total			38,613

**In words: THIRTY EIGHT THOUSAND SIX HUNDRED AND
THIRTEEN only**

**2. STATEMENT OF EXPENDITURE FOR FIRST AID
TRAINING PROGRAMME (23-24 March, 2018)**

SL. NO.	PARTICULARS	VOUCHER NO.	DATE	AMOUNT (IN RUPEES)
1	Honorarium for Resource person Day 1 & Day 2	13-22	23/3/2018 & 24/3/2018	40,000
2	Tea and snacks	23	24/3/2018	1,520
3	Miscellaneous (Chairs, carpet renting)	24	24/3/2018	3,200
4	Refreshments Day 1	25	23/3/2018	22,000
5	Mineral water	26	23/3/2018	150
6	Certificates	27	24/3/2018	6,650
7	Refreshments Day 1	28	24/3/2018	22,000
8	Mineral water	29	24/3/2018	150
9	Miscellaneous (Cartridge)	30	31/3/2018	1,060
	Total			96,730

In Words: NINETY SIX THOUSAND SEVEN HUNDRED THIRTY only

TOTAL EXPENDITURE FOR THE TWO PROGRAMMES

SL. NO.	Dates	AMOUNT (IN RUPEES)
1	17.03.2018	38,613
2	23&24.03.2018	96,730
3	Total	1,35,343

In Words: ONE LAKH THIRTY FIVE THOUSAND THREE HUNDRED AND FORTY THREE only

**3. STATEMENT OF EXPENDITURE FOR FIRST AID
TRAINING PROGRAMME (17 December, 2018)**

SL. NO.	PARTICULARS	VOUCHER NO.	DATE	AMOUNT (IN RUPEES)
1	Photo Printing	1	04/1/2019	1050
2	Refreshments	2	17/12/'18	20920
3	Chairs & carpets	3	17/12/'18	2100
4	Flex & certificates	4	15/12/'18	5280
5	Tea & Snacks	5	17/12/'18	1500
6	Honorarium for Resource persons & Volunteer	6 &7	17/12/'18	21500
7	Camera Man	8	17/12/'18	6500
9	Video Editing	9	05/01/'19	25000
8	Xerox, Printing&Binding	10	12/01/'19	1200
	Total			85050

In Words: Eightyfive Thousand and fifty only

Amount Received from I.O.C: Rs. 214,000/- (Two Lakhs fourteen thousand only)

Amount Spent: Rs. 220393 (Two Lakhs twenty thousand three hundred Ninety three)

Declaration

To the best of my knowledge , The above information are correct

Convener : YRC Shillong College, Shillong

REPORT ON

“ A TALK ON DRUG ABUSE AND ITS EFFECTS CUM PLEDGE TAKING CEREMONY ”

The Youth Red Cross, Shillong College Unit organised ‘**A Talk on Drug Abuse and its Effects Cum Pledge Taking Ceremony**’ on the **13th December, 2021** as part of the 50th Anniversary Celebration of Statehood of Meghalaya. The programme was held at the Conference Hall of the College.

Ms. E. Kurkalang, Convener Youth Red Cross Shillong College Unit delivered the Welcome Speech in which she expressed her gratitude to the Principal of the college for the permission of organizing the programme. In her address she welcomed the Guest, the Resource Person and all the participants.

In this programme, Shri. A.N. Sawian, General Secretary, Indian Red Cross Society, Meghalaya State Branch attended as the Chief Guest. Smti Phidahun Dkhar, Adolescent Counsellor NHM Civil Hospital, Shillong and Smti Iohun Dkhar, Programme Manager TIFIDU (Female Injecting Drug User) Voluntary Health Association of Meghalaya (VHAM) where the Resource **Persons** on the said topic where they deliberated on the different types of Drugs that can affect the well-being of an individual, the treatment that a person who needs help can avail, referring to free counselling by the Adolescence Counsellor at Civil Hospital Shillong.



The programme benefited a lot to the students by making them aware of the harm of drugs intake.

A pledge taking ceremony was also held at the programme where 20 students took the pledge.

Shri B. Nongbri, Joint Convener of Youth Red Cross Shillong College Unit and Assistant Professor in the Department of Mathematics pronounced the Vote of Thanks.

Students taking their pledge:



The Audience:



The following is the publicity link for the above said programme:-

<https://highlandpost.com/youth-red-cross-holds-talk-on-drug-abuse/>

Report of webinar on 'Importance of blood donation and its challenges'

The Youth Red Cross, Shillong College Unit organised a one day webinar on **'Importance of blood donation and its challenges'** on the 29th October, 2021. The programme was shared by Mrs J. R. Gidon. Dr S. Sharma, the IQAC co-ordinator delivered welcome speech. In his address, he welcomed the resource person Dr. Barilin Passah and all the participants who attended the program online.

Dr (Mrs) E. Kharkongor, Principal Shillong College, in her address reiterated that Youth Red Cross Society has become one of the strongest humanitarian organisation globally since its Inception. She exhorted that objective of the programme on the "Importance of Blood Donation" is to serve and save life which is crucial in the modern context. She asserted that there is no life without blood since it enhance a sense of service to the society.

The resource person ,Dr Barilin Passah, Medical and Health Officer, (MD, Immunohematology and blood Transfusion), Pasteur Institute, Shillong, deliberated on the theme on the importance of blood donation and its challenges. She stressed that life and death situation requires blood transfusion which response to emergency situation. She also accentuated on the facts about blood transfusion especially from safe sources and classified on the different categories through which blood can be donated. The Resource Person concluded her speech by encouraging and calling upon the youth participants to come forward for blood donation in order to save one another's life.

The programme was attended by more than 100 participants and was also enlightened on the benefits of blood donation and blood transfusion.

After the interactive session, the program concluded with the vote of thanks by Miss E. Kurkalang , Convener, Youth Red Cross, Shillong College Unit and Assistant Professor in the Department of Philosophy.

The following is the publicity link for the above said programme:-

<https://highlandpost.com/webinar-on-importance-of-blood-donation-challenges-held/>

The Organising Team for the Webinar along with The Principal

