#### <u>NSS UNIT, GMLC 2023 – 2024</u> <u>ACTIVITIES</u>

#### VISIT TO GAN SABRA :

On 24<sup>th</sup> April, 2023 visited Gan Sabra at Luangmual and presented the children with stationaries supplies, food items and water filter. 36 children between the age of 1 -17 years were presenly under the care of the institution. The team was accompanied by the Principal and faculty members.







#### PARTICIPATION AT NORTH-EAST NSS FESTIVAL, 2023 AT GAUHATI UNIVERSITY

On 31<sup>st</sup> March – 4<sup>th</sup> April, 2023, Five volunteers (Lalawmpuia, Lalchhunawma, Babie K. Lalsangzuali, Vanlalduhi Hmar and Raveena Soren along with Programme Officer Miss P. Lalremruati had successfully attended the festival wherein Babie K. Lalsangzuali participated in the Speech Competition receiving consolation prize







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## PLANTATION SITE VISIT

On 9<sup>th</sup> June, 2023 Green Mizoram Day was observed at Plantation Site, Thiak. A total of 20 Saplings were planted at the site. Plastic waste was also collected and disposed.





## **NSS ORIENTATION**

On 3<sup>rd</sup> July, 2023 Orientation for NSS Volunteers was conducted. Miss P. Lalremruati, PO, NSS explained the aims and objectives of NSS and requested all the students to actively participate in NSS activities.







#### **CLEANLINESS DRIVE**

On 13<sup>th</sup> July, 2023 Cleanliness Drive was conducted at the College Campus.









#### **SELF DEFENCE TRAINING**

On 28<sup>th</sup> July, 2023 Self defence training from the NSS Unit, Govt. Mizoram Law College organised Awareness Programme on Self Defence from the Legal perspective - Right to Private Defence under the Indian Penal Code (IPC) with Miss P. Lalremruati, Programme Officer as Resource Person.



#### MERI MATI MERA DESHH

13rd July, 2023 : Orientation & preparatory event on meri mati mera deshh was organized by NSS Unit,GMLC.



11<sup>th</sup> August, 2023: Pranch Pran Pledge taking ceremony was conducted.







On 16<sup>th</sup> August, 2023 – Meri Mati Mera Deshh Campaign programme on Honoring freedom fighter was organized wherein Lalfinsanga Sailo, 1st semester student shared the story of Mahatma Gandhi on his freedom struggle for India.







### <u>SPECIAL LECTURE ON</u> : Biodegradable & Waste management

On 18<sup>th</sup> August, 2023 – Special lecture on "Bio-degradable & Waste management" was organized by inviting Prof. John Zothanzama to deliver the lecture.







**BLOOD DONATION:** On 23<sup>rd</sup> August, 2023 to commemorate the College Ruby Jubilee, blood donation camp was conducted at Blood Bank, Civil Hospital where 32 male and 8 female volunteers donated their blood.











**<u>CAREER GUIDENCE</u>** : On 1<sup>st</sup> September, 2023 Career Guidance Programme was organized by inviting Mr R Lalremruata, Secretary, Mizoram Bar Association & Mr S.Vanlalhriata, Secretary Alumni Association, GMLC as Resource Person.







**NSS Foundation Day, 2023**: On 22<sup>nd</sup> September, 2023 10 volunteers participated in celebration of 54th NSS Foundation Day, 2023 at Chanmari YMA Hall.





On 25th September, 2023 Swachhta Hi Sewa (SHS) Campaign was conducted by organizing Swachhta pledge taking events.





# **CLEANLINESS DRIVE** :

26<sup>th</sup> September, 2023 cleanliness drive was conducted at the College Campus & nearby premises.









**CLEANLINESS DRIVE** : On 16<sup>th</sup> January, 2024 Cleanliness Drive was conducted within the College premises.







**My Bharat Mass Registration Camp was** conducted on 9<sup>th</sup> February, 2024





<u>**CLEANLINESS DRIVE</u>** : On 27<sup>th</sup> February, 2024 Cleanliness Drive was conducted within the College premises.</u>





## **OBSERVATION OF INTERNATIONAL**

**WOMEN'S DAY** – On 8<sup>th</sup> March, 2024 Legal awareness on the status of women in Mizo society was conducted in observance of Interanational Women's Day. The programme was followed by discussion wherein a number of volunteers shared their ideas and thought on the legal status of women in Mizo society.







#### VISIT TO CENTRAL WOMEN'S JAIL

On 8<sup>th</sup> March, 2024 on the occasion of International Women's Day, NSS Unit, GMLC visited Central Women Jail. The team was given permission to enter jail premises to have an interaction with the inmates. At present 251 inmates with 20 children were inside Jail. The team also distributed women personal needs like sanitary pads etc, some eatable food stuffs, story Books for children.





