

NEERA

2006



Positively



161 West 4th Street



Atop
Glacier...



Environmental
Economics



सुख की रेखा - शिल्प



Revivalism



Virtual
MARKET



Significance of water
in Khasi culture



Truth in
MULTIPLICITIES



Players with the trophies

Hip hip hurrah!!!
For the 5th
Consecutive Year.



Md Sameer's receiving the
Man of the Series award.



Miss Mairambam Bindya Devi, Gold Medalist BA General, 2006.



Miss Mairambam Bindya Devi receiving
Devisri Khongkham Award for Academic excellence
from Mr K D Singha father of Late D Khongkham (Lecturer of Economics.)



Mr B B Chettri (Secretary, Governing Body) felicitating the students
for Academic excellence in HS XII Examination.



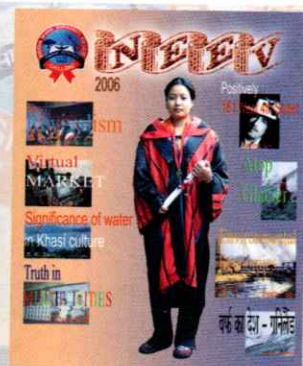
Inter College Cricket Champions, 2006.



Felicitaton of the achievers during College Week Function 2006.

Academic achievers for under Graduate and H.S. Examination

College Cricket Team



Title of Magazine : 'NEEV' (meaning Foundation)
Title Concept : Bikram Thapa

Editorial Board

Chairman : Sanjay Rana (Principal)
Editor in chief : Sunita Lama (Vice-Principal)
Sub-Editors : Kunjan Lama, T. N. Upadhaya, Bikram Thapa,
Prof. H. S. Nongbri, Prof. M Bhattacharjee

Layout & Designing : S Rana & R K Thapa

Printing

Printing Zone, Jhalupara, Shillong-2.
Published and Printed by Principal BBS College.

contents



Shardhanjali

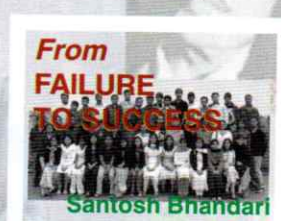
Pg. 21



लाईन में (हास्य व्यंग)
Imtiyaz Hussain
'देश प्रेम'

Baburam Sharma Acharya

Pg. 40



From FAILURE TO SUCCESS

Santosh Bhandari

Pg. 36



Message

Pg. 3-4



Verse

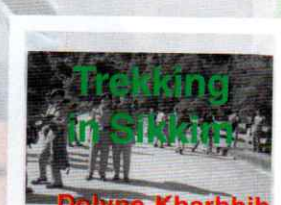
Pg. 22-27



The allure of cricket

Sukra Raj Gurung

Pg. 15



Trekking in Sikkim

Dolyne Kharbhih

Pg. 19

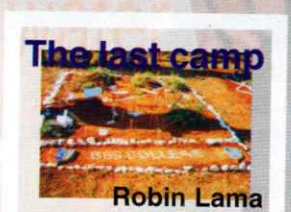


Editorial

Pg. 5-6

From the Desk of Principal

Pg. 7-8



The last camp

Robin Lama

Pg. 13-14



HOMEOPATHY

Vicky Syiemiong

Pg. 20

শিলং নগরে বিবেকানন্দ
মানবেন্দ্রে ভট্টাচার্য্য

Pg. 34-35



The forgotten...

K. Yonjohn

Pg. 49



[Substance Abuse]

Kushal Rana

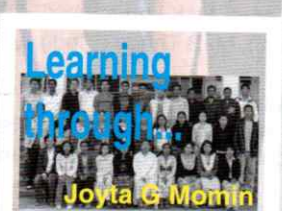
Pg. 11-12



Disaster MANAGEMENT

Ashoka Y Lama

Pg. 41-43



Learning through...

Joyta G Momin

Pg. 47



BETTER LATE THAN NEVER

Susmita Hajong

Pg. 52



Ki Jingeh ne Jingshah

Prof. H. S. Nongbri

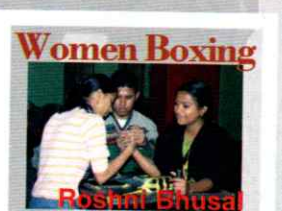
Pg. 16-17



Quit smoking...

Wallankupar Khatshandi

Pg. 50-51



Women Boxing

Roshni Bhusal

Pg. 48



Governing Body 2006

Sitting L-R :

Mr C N Joshi, Mr D P Joshi,
Mr B B Chettri (Secretary),
Mr D N Joshi (President),
Mr D B Gurung, Mr Kiran Joshi.

Standing L-R :

Mr S Rana (Principal),
Mr J P Uppadhya (TR),
Ms S Lama (V. Principal),
Prof B R Joshi, Mr K Joshi.

(Not in the pic.) :

Dr S R Joshi, Dr P B Gurung,
Mrs Sushma Rai (TR).



Teaching Staff

Sitting L-R : Ms S Gurung (HOD Edu.), Ms L Sharma (HOD Pol. Sc.), Mr M Kumari (HOD Hist.), Ms S Lama (V. Principal),
Mr S Rana (Principal), Ms S Rai (TR), Ms M Gautam (HOD Phil.), Ms R Namairakpam (HOD Eng.)

Standing 1st

row L-R :

Ms D Rynjah (Hist.), Ms I Chettri (Edu.), Ms R Adhikari (Eng.), Ms V Limbu (Eco.), Ms A Poudel (Eco),
Ms P Pradhan (Pol. Sc.), Ms K Deb (Phil.), Ms S Pradhan (Eng.), Ms S Sharma (Phil.)

Standing 2nd

row L-R :

Mr B P Sharma (Com.), Mr K Lama (Lib./Env. Studies), Mr T N Upadhaya (Nep.), Mr M Biswa (Eco.),
Mr K B Sunar (Com.), Mr B Thapa (Hindi), Mr S Bhandari (Com.)

Standing 3rd

row L-R :

Mr K C Das (Pol. Sc.), Mr A Bhandari (Com.), Mr N Ramthing (Phil.),

(Not in the Pic.) : Mr J P Uppadhya (HOD Com.), Mr D Bora (Eng.), Mr P. P. Sharma (Com.),

Prof. H S Nongbri (Khasi), Prof. M Bhattacharjee (Bengalee), Ms A Gurung (Edu.) Mr S Thapa (Hist.).



Office Staff

L to R : Ms Ranjana Pradhan (Sr Accountant.),
Mr S C Kafley (Sr Off. Asstt.),
Mr S R Gurung (Off. Asstt.),
Mr A Thapa (Asstt Accountant),
Mr Bimal Joshi (Lib. Attendant)



Establishment Staff

L to R : Mr V Gautam, Ms K Kumari,
Ms P Thapa, Mr S Sharma.



(0364) 2546154

BUDDHA BHANU SARASWATI COLLEGE

(B.B.S.C.)

Upper Mawprem, Shillong-793002, Meghalaya

Upper Mawprem, Shillong

Tel : 254742 (R)

Cell : 94361-03384



Date : 15th December 2006

Message

It gives me great pleasure as this year also the management of our BBS College is bringing out a souvenir giving scope to our teachers and students to publish their articles as in previous year. This is a very healthy way to achieve further height in their grasp of subjects they are interested in.

I am further delighted to find that our students are not only doing better in their academic side but also they are bringing laurels to this college and themselves in the field of sports and games.

I wish the teachers and the taughts all the best in their endeavour to get further success in life.

President,
Governing Body,
B.B.S. College, Shillong



(0364) 2546154

BUDDHA BHANU SARASWATI COLLEGE

(B.B.S.C.)

Upper Mawprem, Shillong-793002, Meghalaya



Dated 18th December, 2006

MESSAGE

I am delighted to know that Buddha Bhanu Saraswati College, Mawprem, Shillong is bringing out its second college magazine.

The college was established on 23rd August 1993 by the Gorkha Community of Shillong to impart higher education to the needy students and in a short span of time it proved to be one of the leading colleges of Shillong. Since its inception, the college has played a pivotal role in spreading quality education to the down trodden and needy students of the State. The establishment of this college reflects the far-sightedness of the Gorkha Community for providing quality education to the students of the city.

In the modern age knowledge is growing at a very fast rate, therefore, it is necessary to build up the mental and intellectual capacities of the students appropriately to comprehend the world of today and also to prepare them for the challenge of tomorrow.

College Magazine plays a vital role for expressing individual academic and innovative talent. It creates an environment through which the students in general get a medium to explore their intellectual ability. During the last thirteen years, this college has not only excelled in the academic field but also brought laurel to this college in the field of sports and games besides other extracurriculum activities.

I congratulate the Principal, Vice-Principal, Teaching and Non-Teaching staff and the students of this college for successfully bringing out this magazine and wish the publication a grand success.

(B. B. Chettri)
Secretary,
Governing Body
Buddha Bhanu Saraswati College

Editorial



In this year's publication of the college magazine, we have attempted to touch some issues concerning the society.

Society is a dynamic concept so when society is talked about, change is definitely discussed. There are many types of changes taking place in the society; but one such change that is evident and which has gained recognition and importance these days is the revivalism attitude among communities and various ethnic groups. People have started realizing the influence of modernization on society. Further, globalization and boom of information technology has evolved mankind to flow with the tide of time leading them to forget, pretend to or force them to forget their age old customs and traditions. Fearing that their identity might one day be buried in the sands of time, they have started organizing themselves into groups and are in the process of digging their roots, to preserve their language, dialects, customs, culture, traditions, religious and social values including music and dance. One such article about the need and process of Khasi renaissance as well as the aims and objectives of the 'Seng Khasis', '*Khasi Revivalism*' has been presented in the magazine. It gives an insight into the revivalist movement in Khasi society since 1890's.

Another issue of social concern which afflict mostly the youths and which have become a scourge to the society is '*Substance Abuse*'. In order to create an awareness regarding substance abuse like drugs, alcohol, tobacco etc, articles on addiction, reasons for addiction including ways and means to deal with and stop addiction has been written by the students. Substance abuse is one of the major causes of various types of diseases, the most dreadful of which is HIV/AIDS. Since diseases are associated with treatment, an article on '*Homeopathy*', covers this aspect by giving its meaning and emergence.

When one talks about people and the society, environment cannot be left behind. Changing climate, global warming, green house effect, ozone layer depletion, endangered ecosystems are serious problems of the environment. They are a major cause of various types of natural disasters like earthquakes, cyclones, tsunami etc. Their occurrence has become frequent. It is because of this that studies on 'Disaster Management' is gaining importance and has become one of the key subjects being discussed both at the national and international level. Of all natural disasters, 'Earthquake' is the most feared because of its violent power to cause damage to life and property within few seconds. Taking into account the geographical location of North East, its changing climatic conditions, past occurrence of earthquake in the region, as well as the frequency of its occurrence in the country has made it very necessary for everyone to be prepared to face its consequences. 'Preparedness' to face disasters is therefore the main area of study in 'disaster management'. In this connection, an article on '*Disaster Management with special emphasis on Earthquake*' has been selected keeping in mind the interest of the general public as a whole. This article aims to provide information on how to be prepared and what one must do when earthquake strikes. Since environment is a cause of concern in today's world, many studies relating to the environment is becoming popular. One such subject which combines economics and environment is called '*Environmental Economics*'. An article on this subject matter explains some of the major economic issues dealt in environmental economics.

Preservation and conservation of Mother Nature is a pertinent issue these days. Protection of the environment can also be achieved by making people aware about the significance of environment according to one's religion and customs. One such effort to protect the environment has been made through an article '*Significance of water in Khasi culture*'.

From the Desk of Principal



The news article in The Telegraph, dated, the 20th November 2006; "**Father pedals son's doctor dream**" by Shekar Dutta based on the father-son relationship wherein Dhanu Debbarma who works as a sweeper in the Agartala Municipal Corporation during the day time and as a rickshaw puller by night to see his son walk home in a doctor's apron with a stethoscope hanging from his neck must have certainly touched the hearts of all the avid readers.

Such motivating article which reflects parent's concern for their child should encourage the students to put in more efforts to fulfill their own dreams and that of their parents who desires to see their child successfully settled in life.

With the valedictory function of the college week the academic session for the year will come to an end. This in a sense is perhaps the right time to wind back in time to make a general assessment of the year round activities of the college for the teacher-student relationship like the father-son relationship also has its own **significance** wherein the teacher would like to see the taught emerge as successful worthy human being to serve the society, state and the nation at large.

When looked back the year started on a hectic note with the Higher Secondary and the Under Graduate Examination, the result of which was found to be encouraging with the students performing exceptionally well. The testing time for the students as well as the teachers alike thus ending in a positive note with **Mairambam Bindya Devi securing Gold medal** in the BA General Examination and **Alka Poudel securing first division with highest marks** in Nepali MIL and Second Language in the Higher Secondary Arts Examination to be amongst the notable few top rank holders in the result listed by NEHU and MBOSE.

Such noteworthy performance of the students is important for the teachers of the college which is still in its formative stage of development and progress as this would definitely motivate them to put in more efforts in their service toward enhancing the performance of each and every student of the college.

The academic session also witnessed efforts on part of the college authority to provide career counseling through a series of career oriented lectures and campus interviews for the benefit of the students. The need to provide career counseling and campus interview was felt by the college authority keeping in mind the competitive world that awaits the students once they pass their regular course examinations.

Let me here cite one particular incidence wherein a student hailing from rural area approached seeking suggestion with regard to the job that he could opt for. The student simply put forth that since he was the eldest of the five siblings he felt sort of imposed on the parents and thus ventilated his desire to earn and learn. Such students naturally deserved special attention and thus project '**Assist and guide**' wherein seminars, lectures and campus interviews with placement opportunity wherever possible with a purposeful motive to benefit the student was introduced in the right earnest.

The college authority here is indebted to the institutions such as Institute of Computer Accounting, Aptech, Tally Academy; Private Cooperate houses such as HDFC, Birla life Insurance; eminent personalities such as Advocate Subash Chandra Shyam and Keshav Chandra Gautam, Commanding Officers Lt. Col. Vimal Malik of 42nd Boys NCC and Col. R. P. Rai of 61st Girls NCC Battalions, for enabling the college to make a positive start in this direction for the cause of student community. The career counseling lecturers in the field of computer accounting, computer know how, legal profession and opportunity in the Indian army and the campus interviews conducted with provided placement opportunity should certainly encourage the students and inculcate in them a habit to look for career option and opportunity in this age of intense competition and keep them abreast with the process of globalization.

Further this positive starts it is believe would also definitely open a vista of new thought process with regards to students requirement and the humble beginning with efforts would one day will certainly materialize into opening of a full-fledged career oriented courses for the benefit of the student community which perhaps all will agree is the need of the hour.

It is a well know fact that the need of basic education does not end with classroom teaching only and the prime objective of an institution besides classroom teaching is to aim for the overall development of the students and this naturally mean active involvement of the students in extracurricular activities.

The college authority here can with pride state that it was a proud moment for the college, when the college cricket team **won the Inter College Cricket Championship for the fifth consecutive time.** This effort of the college cricket team may have upstaged the previous efforts of the college Badminton team which had likewise won the Inter College Badminton Championship for four consecutive times but as the saying goes records are meant to be broken and the entire college is elated that this has happened for it with certainty reflects sign of dominance and active student participation in extracurricular activities.

The year long college activities also witnessed the observation of the NCC Day celebration marked with the motivating Career Oriented Lecture on 'Career Opportunity in the Indian Army' where in the Commanding Officers of 61 Girls Battalion and 42 Boys Battalion addressed the student on the topic defined, the Department of Political Science organizing a career oriented Lecture 'Understanding the Legal system and Profession', the NSS unit of the college conducting seminar on 'Disaster Management' with special reference to earthquake wherein Dr. B.P Sahu, resource person Centre for Adult and Continuing Education, NEHU interacted with the students and staging of skit 'Regrets'- based on story line of AIDS patient who becomes an activist for awareness drive scripted by the Vice Principal on occasion of World Aids Day besides **introduction of free studentship project to assist the poor and needy students**, participation in debate competition, Adolescent Quiz, NCC camping activities, Susmit Bose musical concert organized by Impulse NGO network in collaboration with HAQ- Centre for Child Rights on social issues related to Children rights, Anti Trafficking, Adolescent Health HIV and AIDS and patience hearing to the Army Commissioned Officer in the college campus in their motivating drive 'Mission Career' wherein an attempt to show case life of the Officer in the Indian Army.

The Teacher- Student bonding in the prayer meeting organized for the recovery of ailing teacher Ms. Dipanjali Das; Lecturer Department English and then the condolence prayer meeting on her sudden demise virtually breaking down the teachers and students hearts, the interaction session between students of the college and Jyoti Sroat School for visually impaired students on the 13th September 06 which left memorable imprints in the hearts of the students who latter became willing volunteers to assist the students of Jyoti Sroat School for supporting their cause on the occasion of All India Flag Day for Blind; reflecting that humane and moral value are not things of the past and moral and value education could be put into the young minds through such interaction session to conceptualize a social thought trend in the young and ever learning mind of the students.

The list seems to be endless and when looked back upon from the fringe end the year certainly seemed to reflect a well balance trend movement with the students performing equally well in both academic and extra curricular activities. This naturally is a positive sign of a healthy teacher student relationship which is perhaps possible only under a management body with positive frame of mind.

I take this opportunity thus to thank the Students, the Teaching Staffs, the Non Teaching Staffs, the Honourable members of Governing Body for their efforts and support in making the year happening and contributors, sub editors and editors for enabling me to freeze the year round college activities through this write up in the college magazine.

Eventually, when I am to end there is a strong surge of feeling inside suggesting that **this is only a beginning and the show must go on with the spirit of desire to scale newer height** for the benefit of the student community, society, state, the nation and above all humanity.

God Bless BBS College



(SANJAY RANA)
Principal.

Significance of water in Khasi culture

S. R. Swer
BA I Year

Umiam Lake

Water and rivers occupy one of the most significant place in Khasi culture. It is the central concept of the healing system practiced by the Khasis and it is a ritual associated with the ceremonies, rites, and agricultural calendar.

Water is referred to as *Umksair Umrupa* meaning water gold, water silver; *Umkhuid Umsngur* meaning water holy, water clear; *Umkyntang Umsuba* meaning water sacred, water clear; *Umdud, Umngap* meaning water milk, water honey; *Umjer Umthoh* meaning dew water and water for ceremony.

It is interesting to note that the *Um* or water is the fourth child of *ka mei ramew* or the mother Earth. The

other siblings being *Ka Sngi* or the Sun (Female), *U Bnai*, the moon (male), *Ka um*, the water (female), *U Jumai*, the earthquake (male) etc.

River has an extremely important role to play in Khasi culture. Rivers are also regarded as the abode of deities. Most rivers spawned legends about chiefs and till date rituals are performed in its propitiation and gestures.

A case in point of *Umiumem* river in near by *Ilaka Raliang* (Jaintia Hills); here a religious ceremony known as '*Kapoti*' is observed annually to invoke the blessings of God represented as deity through immersion of flower in the river *Umiumem*. In the state of *Hima Shella*, there is a spot known as "*Synoh u Ram*" (water trough of Ram) on the tributary of the river *Umsief*. According to legend, Ram was in search of Sita who was abducted by Ravana reached *Ri War* and thought it best to cool himself in the trough. To commemorate the whole event, there is a living testimony of stone wall engraving of a rat chasing a butterfly signifying Sita trying to flee from the clutches of Ravana.

The river *Umiew* is also associated with the special ceremony of healing. It is used for curing a person suffering due to the spell of the "*U Thlen*." Such people draw water from this river bringing it to the *Syiem Sad* who dips a red heated iron into their receptacle containing this

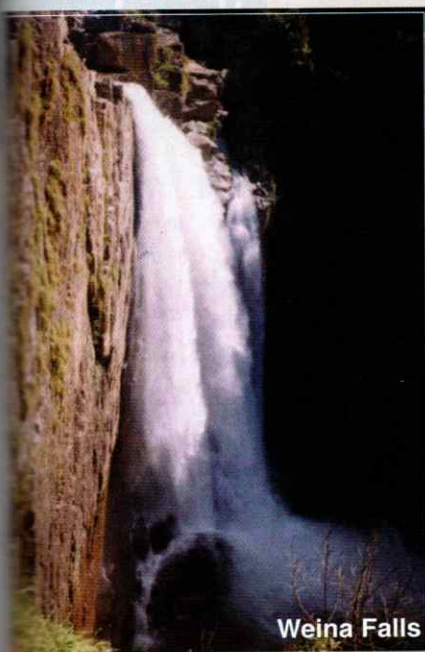
water along with a short prayer making it fit for drinking and healing purpose and to drive away the evil spirit. This river also plays an important role in the religious festival of the *Hima Khyrim*. On the day before the ceremony, the *Duhalia* go to the river *Umiew* for washing pipes, drum and cymbals in order to prepare for the consecration before the ceremony.

River *Umiam* is associated with special functions such as immersion of ashes etc.

Ki Khydai Umdih and *Ki Khydai Umtong* or the nine secret founts (*Ka Pasir, Ka Umtlieng, Ka Sangmein, Ka Umjasai, Ka Umrisa, Ka Umshyrpi, Ka Um Kaliar, Ka Umdih, Ka Umrynthong* and the four basins *Ka Umiew* or *Umiam Mawphlang, Ka Umngot, Ka Umiam Khwan* and *Ka Umkhen* considered as myth by many and are also sources of some of the biggest river springing up from the *U Lum Sohpetbneng* (one of the peak in *Ri bhoi* district) and *Shillong Peak*, the abode of *U Shyllong*, the chief of the Khasi deities.

The socio-cultural and religious beliefs of the Khasi help us to respect the environment by endowing it with spiritual beliefs thus enforcing the preservation and conservation of our environment.

It also helps the people to value the environment especially the rivers and water to propagate good health among the people and maintain sustainable development.



Weina Falls

N. Ramthing
Lecturer Deptt. of Philosophy

Religion, people say, is for all despite its diversities. Each of us has a belief in the other world whether you are a Muslim, Hindu, Buddhist, Christian, Jain, Sikh etc. All of these are ways of reaching the ultimate one reality – God. God is One. He cannot be said to be this nor that.

“Mind your own business and I mind my own business,” many would say in terms of one’s own religion. But if every one of us would continue to do so it would be like failing in health. Just as a sick person who says, “I don’t need help from doctors or anyone to cure my illness.” Rather, therefore, we should learn to respect the religion of the people around us as we respect our own and be tolerant of each other’s religion. Above all, the presence of many negative elements has its own importance and role in the world. For God alone knows what is good for the

world and has his own reasons for the existence of evil at the same time.

Why do not we just ponder for a moment on the word ‘your wish is my command’ which is conventionally used by Monarchs? Whatever the people wish for is granted as far as it is within his capabilities and jurisdiction. Likewise, why do not we stop questioning about God’s

Despite all the worldly pleasures and temptation that has become a part of our life and for which we hunger, yet we cannot forget that all these are momentary of which the more you feel yourself satisfied the more you long for satisfaction. In the midst of all frustrations due to unfulfilled desires and in the midst of all trials, temptations, failures and uncertainties, let

TRUTH IN MULTIPPLICITIES

omnipotence and omniscience and have faith that every of our wish is his command? Since, even scientific theory states that *“If ever anybody discovers exactly what the universe is for and why it is here, it will instantly disappear and be replaced by something even more bizarre and inexplicable. There is another theory which states that this has already happened.”* Therefore we are whatever we are because of Him and not the other way round. We cannot have the intelligence even to describe Him and confer qualities of his being. He is my God as is everyone else. We should seek him as we seek for water in desert and long for rest in his comforting shadow.

Him be the guiding light for all seekers of righteousness.

One does not need to proclaim to others that one belongs to a particular religion when one has ‘that truth’ in him, in his way of thinking and his way of dealings with others. Indeed, a person’s personality and character shapes itself in accordance to ‘truth.’ In short, a person’s character presupposes his ideas of God. Man has made God too human by ascribing him qualities of human whereas on the other hand the best definition of God is that, ‘God is God.’ To which category would you fit in regarding your concept of God? The respective answers will reflect your mental makeup. Give it a thought!



Campus Interview



Career Counseling





Members of Skit: 'Regrets'

People experiment with drugs and alcohol due to various reasons. It could be peer pressure, curiosity, or just fun. Whatever the reason maybe, nobody wants to become addicted to any substance in the first place. Then why do people get addicted to various substances? There are three reasons for the cause of addiction. They are genetic predisposition, environment and behaviour. Some people have factors present in their body which makes them susceptible to drug addiction. Some others use drug and is addicted to it due to unfavourable environment that promotes the use of drugs. Lastly, the behaviour also matters. A person who indulges in aberrant behaviour is susceptible to drug abuse more than others.

Addiction is a condition where a person develops dependency on substances for short term gratification which is accompanied by obsession for it and then it becomes a compulsion to keep on abusing substances despite its negative consequences. Addiction is a progressive malady which goes from bad to worse unless there is an

[Substance Abuse]

Kushal Rana
XII Com

intervention. Abuse of alcohol is widely prevalent and most common than other substance abuse. It is the most common cause of drug-related sickness and loss of productivity both at home and in the work place. In case of alcohol, its addiction starts with social drinking and progresses to compulsive drinking. According to experts, Alcohol is the fifth largest cause of death and morbidity in the world.

Addiction to substances is manifested in physical, mental and spiritual levels. At the physical level, a person develops resistance and adaptability to a high amount of substances so much so that he/she functions abnormally in the absence of it in the body. At the mental level,

a person develops an obsession for the drug and this craving occupies all his time so that everything revolves round it. At the spiritual level, the addict's personal relationship with his family members and friends becomes secondary while his primary attachment is with the chemical.

Addiction to substances not only mars the relationship of the addict with people around him but it also creates a complex situation of codependency of the person who sympathizes with him despite the negative fall out. Codependency is a serious problem that results from being obsessively involved with an addict's problems so much so that they are preoccupied with the welfare



Skit - 'Regrets' on World Aids Day

[Substance Abuse]

of the addict all the time, thus, sending their own life in a tizzy. Generally codependents are those who are emotionally involved with the welfare of the addict and in turn the addict is involved with drugs/ alcohol. Codependency is one of the root causes of negative help rendered to the addict. Instead of helping the addict, the codependent destroys the life of the addict beyond redemption. The culture of codependency is encouraged by the culture prevalent in our society. It is seen that the wife denies the problems of the addict while holding the family together. This illusion of being in control of the situation helps to bolster the sagging image of the wife.

General features of addiction

1. Addiction is a disease like any other diseases like heart problems, diabetes, etc. which deteriorates with time unless there is a positive intervention.
2. Addiction is not the problem of moral weakness or lack of will power. The addict is not responsible for the disease but is responsible for his/her behaviour and recovery.
3. The major symptoms of drug addiction are loss of control over its use, continued use despite its negative consequences and finally the denial of the problem.

Dealing with addiction

1. Recovery is a lifelong process. Do not expect instant cure.
2. Relapse is a part of the recovery process. Do not be discouraged for not being able to kick the habit.
3. Forgive yourself even if you made mistakes in the past.
4. Live in the present.
5. Give up the company of addicts.
6. Invest your free time in some interesting hobbies.

In order to be free of the menace of drugs and alcohol, one needs to develop a strong resolution and conviction to stay away from drugs and influences that tempts one to pick up such injurious habit. Finally, spiritual help does a lot of wonder to restore loss of faith and help one along the recovery path.



Susmit Bose in Concert (Org: Impulse, NGO)



BBS COLLEGE NSS VOLUNTEERS IN SUSMIT BOSE CON



Students taking pledge to spread message of awareness against DRUG AB

The last camp

Robin Lama
BA III



Senior Under Officer Robin Lama receiving 1st prize for the Flag Area Competition



Model displayed.



Cadets marching in the Republic Day Parade.

The National Cadet Corp trains youth to take up responsibility and be an active member of the society. It instills discipline in the students which is an important ingredient for success in everything that we do. Many successful people in our country today were NCC cadets in their youth. It is for this very reason that I joined NCC in the year 2002 when it was first introduced in the college. We were the first batch to be enrolled. During my tenure I attended many camps and learnt many things. The first camp that I attended was the National Integration Camp at Raiwala, Dehradun followed by many such camps. But the last NCC camp that I attended was here in our state itself and that was at the Umroi Cantonment on the 3rd of December 2005. At this camp I learnt many things. During this period we were also taken to 'Firehouse' concert where we had a good time. Unfortunately this was my last camp because it was the last year of my college life. At the camps many competitions were organized among which the most important and compulsory was the 'Flag Area' competition where more than 30 colleges participated. I represented the college being the Senior Under Officer (SUO). At this competition we had to showcase the development of our state in different fields. We started collecting ideas but we were not satisfied. We could not come out with an idea that was good enough for us. Finally, I proposed that we should do something connected with the railways. All my friends agreed to my suggestion and we started working on the railway model for our state. We did not have the required materials to make our model instead we used pebbles, mud, flowers, papers and other things that we could lay our hands on in order to make our model. By evening our model was finally ready after which we went back to our barrack to catch up with sleep early so that we would be ready and fighting-fit for the competition which

The last camp...

was held early in the morning the very next day. We could not sleep properly as we were worried about the outcome of the competition. The next day we exhibited our project and explained how the railways could benefit the state, to officers of the armed forces, ministers and the general public. The project demonstration was followed by a cultural programme which finally culminated with the prize distribution ceremony. Many names of winners in



**Col. R. P. Rai : 61st Girls NCC Bn
Lt. Col. Vimal Malik : 42nd Boys NCC Bn
with Cadets, Principal & Vice Principal
during NCC Day celebration.**



**Col. R. P. Rai : 61st Girls NCC Bn &
Lt. Col. Vimal Malik : 42nd Boys NCC Bn
with Cadets and NCC Incharges during NCC
Day celebration.**

various categories were called out for winning prizes in different events. Out of the blue, I heard my name being called out for bagging the first prize in flag area event. I could not believe my ears. I never expected my team to win the first prize. At that point we did not realize that we had made our mark with our railway project. We were all very happy and jubilant. I was very happy that I ended my last NCC camp with an achievement which shall be cherished throughout my life.

**Patience hearing to motivation lecture
for Career in the Indian Armed Forces**



The allure of cricket

Sukra Raj Gurung
Office Assistant



Inter-College Cricket Champions-2006

The game of cricket is literally worshipped in our country. Cricketers are considered to be demi-gods. One day cricket is watched by so many people that during most one-day matches; the country comes to a halt as people are glued to the TVs at the railway platforms, shop windows, offices and homes. Even cricket played at district and college levels has huge following. The interest and enthusiasm is no different for BBS College.

The progress of our college cricket team has been steady. The college team took birth in the year 2001 with the team captain late Ashok Sharma at the helm. He was fine cricketer who played at the district level. His zeal and love for cricket was infective and under him the college rolled a good team that could reach the finals in the very first year. But, his untimely death brought an end to all that he wanted to contribute to the college and the state. The momentum that had gathered during his captaincy was maintained. This was the glorious period for BBS College. The past five years (2002-2006)

saw the positives assume charge over the negatives for BBS in the inter college cricket tournament. While the young guns boomed, the old guard kept firm vigil. Youngsters Amar Limbu, Gokul Chettri, Vivek Pradhan, Md. Sameer and Manoj Borah matured into fine cricketers, Ebormi Rangad, Anand Baruah, Tinku Baruah, Neetesh Sharma, Deenesh Pradhan, Babloo Passah, Bishnu Upadhaya, Kishan Lal, Roshan Thapa, Vikram Chetti and Adarsh Shahi's performance has always been firing on all cylinders. The ever confident captains namely Ebormi Rangad, Anand Baruah, Neetesh Sharma and Babloo Passah's aggressive approach and faith in the young team members helped to shape destiny according to their will for BBS. The sweet victories were ensured due to the spontaneity and buoyancy of young guns. Their no holds-barred approach helped to infuse optimism and determination in the team which was poised to record five consecutive victories for the college.

There are some unforgettable

moments in the cricketing history of BBS College. It is difficult to forget the sparkling performance of Neetesh Sharma who played for college from 2001-2005. He hit an unforgettable knock of 39 not out and hauled 9 wickets against Tura Government College in 2002 for which he was awarded with the man of the match and man of the series award. Another moment that is frozen in time is the fine knock of Babloo Passah scored 56 not out and took five wickets against St Anthony's college in 2004 for which he was awarded man of the match and man of the series. Amar Limbu, the dynamic youngster took five wickets against St Anthony's college to covet the title of man of the match award. Md Sameer's off spin devastated the Anthonians this year for which he was given the man of the series trophy. All the glories and triumphs are not without the sweat and toil that went into shaping a sturdy team. The team manager and incharge are equally responsible for the success and deserves full kudos for it.

Felicitation of College Cricket Team during College Week 2006.



Ki Jingeh ne Jingshah rem bunsien ki long ki bathiang

Prof. H. S. Nongb
Deptt. of Khas

Ym ju don uno uno u brier ha ka pyrthei u ba khlem ia tyngkhu bat ki jingeh ne jingshahrem ha ka jingim ba man ka sngi. Ki jingeh ne jingshahrem ki long ki bynta jong ka jingim; ym lah ban pyniakhlad ia ki. La ju ong ba ki jingeh, jingshahrem ne ki jynjar ha ka jingim ki long ki mawjam sha ka jingjop, jingmanbha ia kito kiba tur bat ialeh pyrshah ia ki. Ki brier bapher bapher ki ia leh ne ia tur ia ki jingeh, ha la ki rukom rukom.

Ki brier ki bashlur, ki tur pyrshah ia ki jingeh bat kim pynsgew ia kino kino ki jingshahrem; ki kloj ban leit ia kynduh ia ki ha shiteng lynti, ban ia ka ba ap ba kin wan ha jaka shong. Ia u nar babha tam ngi ioh ia u hadien ba la thang bat phrang ia u ha ka ding bat ka um. Kumta ki jingeh ne jing shah rem, ki sei blait shabar ia ka jinglong babha tam ha u brier. Ka khlieng ka kiew sha suin pyrshah ia ka lyer; ym ba ka lyer ka rah ia ka. Ai ba ki jingeh ne jingshahrem kin long pynban ki ba ktik bat pynskuin ban nang thrang ban kiew shajrong kham shajrong.

Ai ba ki jingshahrem kin long ki mawkyrdon kiba phi iuh da ka kjat ban kiew shajrong.

Kynmaw, ym ju don mano-manu ba itynnat ia u brier u ba shong bynniaw mynroin, kum ka miaw sa - niangmat ka ba shu shong sah harud dpei. U brier u ba shong bynniaw sah ialade, u long kum uo u alhia, u bakylla long u jaipdeh, u ba ong ia kiwei pat; " ban ia ka ba mareh, lah ka ba iaid, ban ia ka ba iaid, lah ka ba ieng, ban ia ka ba ieng lah ka ba shong, ban ia ka bashong lah ka bathiah". U riewjaipdeh um lah lano lano ruh ban jam sha khmat; hynrei man la ka minit u nang ran shadien bat nang hiar-nangngop shapoh.

Kumta wat ju bunniaw na ka bynta ialade ne na ka bynta ki jingshahrem. Lada phi peit kham jngai, hangta phin lap bun ki ba kham palat ban ia phi, ki bashem jynjar bat shem jingeh; ki ba donkam jingiarap ne jingkyndham mynsiem lem na phi. Long ki bakloj ban iarap lem ia ki ban peit sha shiliang, ban klan ia ki lat lat ka wah da ka

jingkyrmen ban jop ia ki. Dei kum kito ki jait brier ki ba kloj ban tar ban ai kti lem ia kiwei, wat hapden ka jingdukha mynsiem la jong, de kum ma ki, ki ba jop bat kiew shajrong. Ki jingshahrem ki kylla lon ki jingkyrkhu, ki ai ka jingkyrmen bat ka jingkyrmen ha ka jaka ki umm kthang.

Peit nuksa ia ka sim bashah sa hapoh ka ruh; hynrei ka rwai sngre tynnat da ki sur bathiang bat pynshah ia ka pyrthei batmang ba kynjar Lada ngi don kino kino ki jingsngewsih ne jingeh ha ka jingim kan kham bha ba ngin ia kynduh ia kida ka bakmen khnang ba pynthaba bat pynphyrnai ia k jingdum ha ka jingim. Ki jingeh ne ki jingshah rem ki long ki ba tan shiphang por. Lada dei ban jied ia song jingeh, jingjynjar ba la teh song lang shisong shisong na ka bynta jong ngi, jied ia kito ki song ba mang kyrpang na ka bynta jong p bat to jied da ka ba kmen bat k jingmut ban pyndep ia ki khle jingsngew bukhoh namar ka jingj bahun jrut ka ap iaphi.



Ki Jingeh ne...

U Blei um ju khang ia ka jinghang, khlem daplie ia ka jinghangit; u thaw ki lad ki lynti lada ngi pyrshang ban wad ia ki. U briew ba matlah wat ha ka jingdum ka jingim jong u, u sei ki sur basngewthiang bat rwai baroh shi lynter ka jingim jong u khlem bynniaw ia la ka kumar ba la sam u blei. Kito ki ba iohsngew ia ki sur bathiang jong u kim lah khlem da iaroh ia u ioh bor an kyrshan lem ia ki ha kipor ba noh mynsiem. Ym don mano mano u baduk kat haduh ba um don ei-ei ban ai nguh ia u Blei ba ngi la ioh ka jingkykhu ha ka jingim. Dei tang lada ngi puson ba ngin sa sngewthuh ba ngim dei ban sngewbuhkhoh bat bynniaw haba ngi ia kynduh ia ki jingeh bat jingshahrem haka jingim.

To ngin kynmaw ia ki kyntien ki Riewstad; ba ki um ka duriaw baroh kin ym lah ban pynggam ia ka lieng, lymda ki ioh rung hapoh jong ka. Ki jingeh jingjynjar, jingshahrem baroh ha ka pyrthei; kin ym lah ban pynggop ia ka jingim briew lymda ki ioh rung hapoh ka mynsiem jong u, ki jingeh baroh ki long kum ki khyllung ki ba nangheh nangsang bat ki ba ngi dei ban sumar bat pynwandur ia ki ba kin long kiba rah sha jrong ia ka jingim; ym ba kin pynsnew dur ia ka. Long barabor ki ba kloi ban ia kynduh ia ki jingeh da ka ba kmen, haba ka ding ka la jan lip, dei tang ban sha pyrpad biang iaka ba kan rhem.



XI Commerce Morning



XI Arts Morning

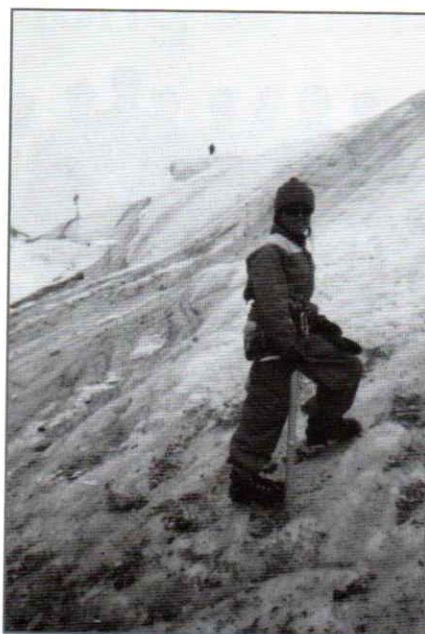


XI Arts Day

Atop Glacier and Mountain

**Cadet Dolyne Kharbih
B Com I Year**

The National Cadet Corp has done immense service to people and will continue to contribute substantially to the society in each and every way. Be it during calamities or during peaceful times. NCC teaches us discipline and skills which is vital for living successful and useful lives. Besides, it also gives ample scope for endurance training coupled with adventure which is not easily available otherwise. The NCC provides adventures and training in different parts of the country and even abroad by way of exchange programmes. Para-sailing, arms training, trekking and mountaineering are few of the adventures offered to the NCC cadets. Similarly, we also had the opportunity of embarking on a mountaineering expedition. We started the journey on the 5th of May 2006 accompanied by the staff of NCC Battalion Girls Unit to attend the camp at Himalayan Mountaineering Institute (HMI) in Darjeeling. The next morning we reached Darjeeling and we rushed directly to HMI where many cadets from other states had gathered there. The next day our training commenced. Everyday, early in the morning we got up and got ready for physical training. After having breakfast, we had training class the whole day and every evening we used to watch a climbing movie at the Jayal Hall. After some days, I made friends with most of the cadets from different states of India and some cadets from countries like USA and Netherlands. I had a great time



during my training and garnered valuable experience from it. The most interesting aspect of my training was conducted together with commissioned officers belonging to various wings and departments.

After about a week training camp at the HMI Darjeeling we went to Sikkim (Yuksum) on the 13th of May. We had to stay in Yuksum for one night. The next morning we left Yuksum and trekked through a heavily forested area crossing bridges and difficult terrains with a heavy rucksack. While trekking through the jungle we had to battle chilly weather and slimy blood sucking leeches. We braved it all. It was the most challenging and adventurous trek that I had ever undertaken. The four-day trek made us tired and weary but the beauty of nature and the peaceful environs withered away our weakness and tiredness.

Our stay at Sikkim base camp lasted for ten days. Every morning we enjoyed the enchanting view of the Rathong Glacier which is situated at a distance of five kilometers from the camp. During

my stay at the base camp I learned many vital skills like climbing, cutting steps in the ice, knot making, use of crampon, ice-axe, self rescue and above all the expertise and skills needed to conduct rescue operations in ice and snow.

Our next destination was Sangri Peak which is at an altitude of 16,500 ft above the sea level. The weather was cold with regular snowfall but we trekked our way to Sangri Peak in four hours. After ascending the peak we got to see the magnificent view of the glaciers and the mountain ranges. This was a wonderful reward for our toil and hardship. We spent the most precious and unforgettable moments in the glacier. I also participated in the rock climbing competition which I won. On the last day of our stay at the glacier we had a 'Barakhana.' Our time at the glacier was filled with triumph and happiness in the surroundings of the fabulous peaks and glaciers.

The next morning we packed our rucksack and trekked back to Yuksum. We enjoyed the downhill trek while returning to the base camp as it was less strenuous than climbing up. After reaching Yuksum, we took a rest and the very next morning we left Sikkim and proceeded to Darjeeling.

Though the trek was tough as it was physically and mentally demanding but its completion gave me a sense of fulfillment and achievement. The training and the trekking was a great experience. I had the most unforgettable moments during my 30 days stay at the training camp at the Himalayan Mountaineering Institute, Darjeeling which is one of the best institutions in India for a mountaineering course. I thank God, NCC Bn Girls Unit and my teachers for giving me a wonderful opportunity of a lifetime to experience the adventurous, thrilling and challenging world of mountaineering.

Trekking in Sikkim

Cadet Dolyne Kharbhih
B Com I Year

The Sikkim trek for all India NCC cadets (girls) was filled with adventure activities in the hilly and mountainous terrain of Sikkim. This trek also provided us an opportunity to visit the beautiful border state and familiarize ourselves with its people, customs and culture. This adventure activity also helps us to imbibe a spirit of mutual understanding and inherit the principle of national integration.

The state of Sikkim is small, but beautiful. Amidst the grandeur of the mountain peaks, lush valleys, fast flowing rivers and terraced hills, Sikkim offers her visitors a rare and a singular experience. Gangtok, the capital of Sikkim is situated at an altitude of 5800 feet which is connected by the road from Siliguri to Gangtok that runs along the river Teesta, which is one of the oldest trade routes between India and China.

We started our journey on the 19th of October 2006 from the NCC camp, Shillong. We were 17 of us representing Shillong zone led by an ANO. We reached Siliguri on 20th October 2006 where we spent two nights at Salugara. Then we proceeded by bus to Singtam. The trek commenced from the base camp at Singtam to Ranipul which is 18 kilometres away. From Ranipul we proceeded to Enchey which is 13 kilometres away. And from Enchey we reached Gangtok which is 10 km afar. At each location we spent two days. Again from Gangtok we returned back by bus to Salugara. There were 246 cadets who came from different states of our country to participate in the trekking programme. All of us went to visit the Mirik Lake in Darjeeling. On the last day of our camp we had a *barakhana* which culminated in a cultural programme showcasing the different states and their cultures.



College Cadets during All India Sikkim Trek 2006.