

The Shillong Law College NSS unit observed the International Yoga Day on the 21st June, 2022 held at the Shillong Law Campus

The instructor for the programme was a student from 4th Semester who was trained by the Arts of Living, Shillong Meghalaya. All the teachers of the Shillong Law College participated in the programme.



*The Red Cross Committee, IQAC, Shillong Law College
in collaboration with
Art of Living, Shillong, is organising a programme on*

"Meditation and Mental Health"

Date: 8th April, 2023

Time: 1:30 pm

Venue: Shillong Law College

Mental health
is just as
important as
physical health

Convener/Programme Officer

Ilasara-D. Kharkongor
Miss. Ilasara-D. Kharkongor
Red Cross Committee
IQAC, Shillong Law College

REPORT

The Red Cross Committee, IQAC, Shillong Law College, in collaboration with Art of Living, Shillong, organised a programme on “Meditation and Mental Health”.

The programme started at 1:30 pm in the college campus. Three resource persons were invited from the Art of Living, Shillong.

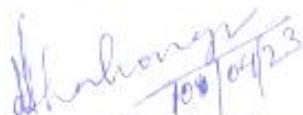
Students, teachers and members of the Red Cross Committee were all present.

The students were divided into three groups. In each of the three separate classrooms, the resource persons conducted a forty five (45) minutes session of Meditation and twenty (20) minutes session on the importance of Mental Health.

At the end of the programme, everyone present felt rejuvenated, relieved and refreshed. The programme came to an end at 2:45 pm followed by light refreshment.

The purpose of conducting this programme is to promote emotional and mental health, enhance awareness, empathy and compassion and to quiet the disturbances of the mind. The real goal is developing the ability and applying it to our day to day life.

Reported by:



Miss. Ilasara D. Kharkongor
Convener/ Programme Officer
Red Cross Committee
IQAC
Shillong Law College

F/60

To,

The Principal

Shillong Law College
East Khasi Hills District
Meghalaya

Ref. No.: DAC/2021-22/112
Date: 09th May 2022

Dear Principal,

Subject: Campus Nomination for Soft Skills Coaching & Talent Identification for Youth

Re: Soft Skills Coaching & Talent Identification for Youth of Meghalaya

Greetings from AVENUES!

The **Aspire Meghalaya** initiative is a flagship programme of the Government of Meghalaya supported by the **Ministry of Tribal Affairs** through the Department of Arts and Culture, that is focused on improving the confidence, wellbeing, cultural awareness and soft skills of the youth of the state. Avenues, Shillong has been selected to implement this programme and we are committed to ensuring that the benefits of this programme are extended to a wide base of school and college campuses.

You will be happy to learn that the initiative benefitted over 9,230 youth across the State's districts leaving significant impact during our 2019-2021 sessions. Some of the programme's key milestones are listed below:

- 9,230 youth impacted across 21 campuses in 8 districts
- 99.85% of all participants had identified a clear set of values.
- 100% of all participants had identified a personal strength.
- 88.76% felt better placed to express their emotions.
- The number of students willing to participate actively in their classrooms improved 300%.
- 76.87% had identified a major life goal.
- Over 144 career aspirations were identified by participants across the State.
- 4,445 boys and girls had discovered a talent they could be proud of

We are happy to inform you that the programme has been extended for the current year, and post discussions, we are happy to nominate your campus for this programme from the **East Khasi Hills District**. The programme is scheduled between **16th May & 27th May 2022**.

Please accept our sincerest appreciation for your encouragement and support.

Warm regards,

Daphishisha Kharhujon
Partnership Lead, AVENUES
+91 7005524779
daphi.hujon@groupavenues.com

Proposal for Aspire Training Programme at Shillong law College

From: Daphishisha Kharhujon (daphi.hujon@groupavenues.com)
To: shillonglawcollege@yahoo.com
Cc: raj.karmih@groupavenues.com; kennysynjri@groupavenues.com; mark.stone@groupavenues.com
Date: Monday, 9 May, 2022, 03:07 pm IST

Dear Sir,

As per our conversation over the phone on the 9th of May, 2022, please find attached the nomination letter for the Aspire Training programme sponsored by the Ministry of Tribal Affairs through the Department of Arts and Culture, Government of Meghalaya, proposed to Shillong Law College.

We would be happy if you could nominate the students of Year 1 and Year 2 for this programme.

For any clarification you can contact me on my number (7005524779).

We look forward to hearing from you soon.

Thank You and have a nice day.

Thanks!



DAPHISHISHA KHARHUJON
Lead, Campus Partnerships
Group Avenues
Shillong, Meghalaya
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DAC2021-22112. Campus Nomination for Soft Skills Coaching & Talent Identification for Youth_Law College.pdf
164.8kB



THE SHILLONG LAW COLLEGE

BROOK HAVEN, DHANKHETI , SHILLONG - 793001

(Permanently Affiliated to North Eastern Hill University, Shillong vide No. CDC/A.89/2005-3011 dt. 3rd July, 2007)

Recognized by the Bar Council of India, New Delhi.

Enlisted under Section 2(f) & 12 (B) of the U.G.C. Act, 1956

Phone : 0364-2224044

Email : shillonglawcollege@yahoo.com

No. SLC. 42/Seminar/Others/2017-18/161

Dated Shillong the 13/05/2022

NOTICE

THIS IS FOR INFORMATION TO STUDENTS OF THE 2ND & 4TH SEMESTERS OF LL.B & B.A.LL.B TO ATTEND THE PROGRAMME FOR “**SOFT SKILLS COACHING & TALENT IDENTIFICATION FOR YOUTH**” CONDUCTED BY THE ASPIRE MEGHALAYA A FLAGSHIP PROGRAMME OF THE GOVERNMENT OF MEGHALAYA SUPPORTED BY THE MINISTRY OF TRIBAL AFFAIRS FROM THE 16TH MAY 2022 TO 27TH MAY 2022 (TIME 2:30 PM TO 4:30 PM) IN THE COLLEGE HALL (ROOM 2) POSITIONALLY.



(Dr. Sharif Uddin)

Principal

The Shillong Law College

Shillong Law College

Shillong



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No. SLC. 42/Seminar/Others/2017-18 //62

Dated Shillong the 13/05/2022

(162)

From, The Principal
The Shillong Law College
Dhankheti, Shillong

To, Smt. Daphishisha Kharhujon
Patnershi Lead, Avenues
Shillong, Meghalaya

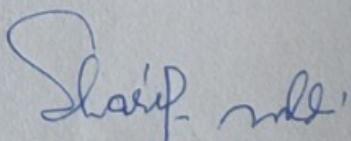
Ref: Your letter No. DAC/2021-22/112 dated 9th May 2022

Madam,

In connection with the subject and the letter under reference above, I would like to inform you that our College Management has agreed to implement "Asire Meghalaya Initiative 2022" in our College from 16th to 27th May 2022. The timing will be from 2:30pm to 4:30pm.

Therefore, you are requested to go ahead with the program and do the needful.




(Dr. Sharif Uddin)
Principal
The Shillong Law College
Shillong Law College
Shillong.



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No. SLC. 42/Seminar/Others/2017-18 /162

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(162)

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The Shillong Law College
Dhankheti, Shillong

To, Smt. Daphishisha Kharhujon
Patnershi Lead, Avenues
Shillong, Meghalaya

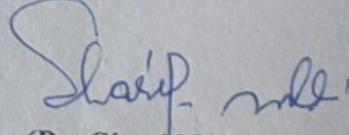
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(Dr. Sharif Uddin)
Principal
The Shillong Law College
Shillong Law College
Shillong.



प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)
बहादुरशाह ज़फ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337

Fax : 011-2323 8858

E-mail : secy.ugc@nic.in

164

F, No1-16/2021(Website)

5th May, 2022

Subject: Reminder reg : International Day of Yoga (IDY) 2022

Respected Madam/Sir,

This is in continuation to UGC's letter no: 1-16/2021(Website) dated 25th March, 2022 and an email sent on 6th April, 2022 regarding International Day of Yoga (IDY) 2022.

We understand that Universities and Colleges have been undertaking several activities in the run up to the IDY 2022. As less than 50 days are left now to the countdown leading to the IDY 2022 on 21st June 2022, all the Higher Educational Institutions are once again requested to share the details of the various activities conducted / to be conducted by them for stakeholders.

The details of Month wise Activities Plan and Activities details may be provided in the google form links given below, at the earliest.

1. Month wise Activities

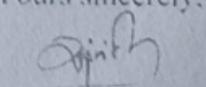
Plan: https://docs.google.com/forms/d/e/1FAIpQLSfZCyI3N4M8VawramXls0Jn6hXakSdFbGbXL5xTfOoExVO38g/viewform?usp=sf_link

2.. Activities Details: https://docs.google.com/forms/d/e/1FAIpQLScLRaKkjHAYz-RQ2vZybhc7qK9XCH6kuo_6r0fQgT7zXs2IIg/viewform

Looking forward to the active participation of students, teachers, educational administrators in the activities of IDY 2022 for making them aware of the benefits of Yoga .

With kind regards,

Yours sincerely,


(Rajnish Jain)

The Vice -Chancellors of all Universities
The Principals of all Colleges/Institutes

wrgcollegedeomali@gmail.com; contact@domain.com; sgct1977@gmail.com; principal.sglc@gmail.com;
ambsamarpur@gmail.com; principalacfr@gmail.com; sanjay281105@gmail.com;
bbmcagartala@gmail.com; dasarathdebcolllege@gmail.com; gcdmr@rediffmail.com;
gdckamalpur@gmail.com; gdc_khumulwng@rediffmail.com; sdmgovtmusiccollege@gmail.com;
iasekunjaban@gmail.com; beloniacollege@gmail.com; principalknms@gmail.com;
das.bhushan8@gmail.com; mbbc.agt2015@gmail.com; mmdcollege@gmail.com;
nsm.udipur@gmail.com; rkm_kls@yahoo.co.in; ramthakur.college@rediffmail.com;
womenscollege1965@gmail.com; mail2tit@gmail.com; gdcsantirbazar12@gmail.com;
svm.mnp@gmail.com; rtmbishalgarh@gmail.com; palchitraagartala@gmail.com; gdcltv2012@gmail.com;
principal@gdck.ac.in; gdcteliamura@gmail.com

163

Cc: ugcro2016@gmail.com

Date: Wednesday, 18 May, 2022, 11:37 am IST

Sir/Madam,

All the colleges are requested to comply with the letter enclosed, issued by the Honorable Secretary UGC.

You are also requested to kindly refer this office letter No. F.6-6/2019/RO(NERO)/Vol-X/444 dated 07/04/2022 dispatched through email dated 07/04/2022.

With Regards

UGC-NERO, Guwahati



Yoga day.pdf

216.6kB

(166-A)

To,
The Principal
Shillong Law College
Shillong, East Khasi Hills District
Meghalaya

Ref. No.: DAC/2021-22/116
Date: 26th May, 2022

Dear Principal,

Notice: Batch Closing of Aspire Meghalaya at Shillong Law College, East Khasi Hills
Re: Soft Skills Coaching and Talent Identification Programmes for the Youth of Meghalaya

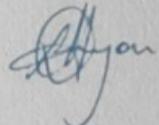
Allow us to place on record our appreciation to **Shillong Law College, Shillong** for the encouragement received during the roll-out of the Aspire Meghalaya initiative on your campus.

This is to bring to your kind attention that the programme commenced on 17th of May, 2022 and was conducted over a period of 20 hours for your students. Modules in foundational soft skills, communication, confidence, career skills and values were organized for all participants and each student was encouraged to discover an aspiration and recognize a talent.

Through this letter, we wish to invite you to the batch-closing ceremony at the school premises on **27th of May, 2022 at 2:30 PM**. Your presence at the event would be deeply encouraging to all of us.

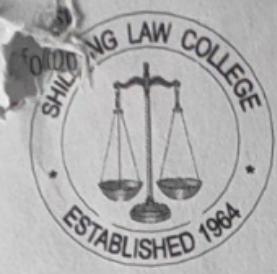
We look forward to felicitating you for your invaluable support during the programme.

Warm regards,



Daphishisha Kharhujon
Partnership Lead, AVENUES
+91 7005524779
daphi.hujon@groupavenues.com

Copy to: Director, Department of Arts & Culture, Government of Meghalaya



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(16)

Phone: 0364-2224044

Email: shillonglawcollege@yahoo.com

Dated Shillong the 27th MAY, 2022

No. Lc/No. 42/Seminar/Others/2017-18/166

TO WHOM IT MAY CONCERN

This is to certify that AVENUES, Shillong successfully completed a 20-hour (twenty hour) programme in Soft Skills Coaching and Talent Identification for 210 students from 3 years LLB course under the ASPIRE Meghalaya Initiative.

This programme is supported by the Ministry of Tribal Affairs, Government of India and implemented through the Directorate of Arts & Culture, Government of Meghalaya.

The programme commenced on the 17th May, 2022 and completed on the 27th May, 2022. The certificates were distributed in presence of Principal and Vice Principal, Shillong Law College Dhankheti to 210 participants.

Enclosed herewith the list of participants who attended the programme.

I express my sincere gratitude to AVENUES and wish them the best in all future endeavours.

O/C .

Yours faithfully,

Principal
Shillong Law College
Principal Shillong.

Shillong Law College
Dhankheti Meghalaya

