JAINTIA EASTERN COLLEGE, KHLIEHRIAT
EAST JAINTIA HILLS, DISTRICT, MEGHALAYA
NATIONAL SERVICE SCHEME UNIT

Report
MY Bharat – National Sports Day, 2026
"YUVA Connect" Programme
Date: 27th August, 2026

Total Participants	: 89 (Male – 35, Female – 54)
Volunteers (Students)	: 68 (Male – 30, Female – 38)
Programme Officer, NSS	: 02
Faculty	: 16
Quest	: 02
Principal	: 01

1. Introduction

The MY Bharat – National Sports Day, 2026 "YUVA Connect" Programme was organised with great enthusiasm and active participation on 27th August 2026 at the Conference Hall of Jaintia Eastern College, Khliehriat. The programme was organised with the objective of sensitising and motivating the youth about the importance of sports, physical fitness, discipline, healthy living, leadership, teamwork and active participation in nation-building.

The programme witnessed the participation of 89 participants, including 35 males and 54 females, along with 68 student volunteers, 02 Programme Officers of NSS, 16 faculty members, 02 Quest representatives and the Principal.

2. Dignitaries and Conduct of the Programme

The programme was hosted by Mr. J. Lyngdoh, Programme Officer, NSS Unit, Jaintia Eastern College, Khliehriat, while Dr. P. Nongtdu, Director, Jaintia Eastern College, graced the occasion as the Chief Guest.

The day began with a venue readiness check from 9:30 A.M. to 10:00 A.M., ensuring that all arrangements were in place for the smooth conduct of the programme. Participants began arriving and registering at 10:00 A.M., and the formal programme commenced at 10:05 A.M. with a warm welcome address by the host.

The opening session created a positive and energetic atmosphere, setting the tone for a day dedicated to celebrating sports, youth power and the spirit of national development.

3. Presentation on MY Bharat

The first major segment of the programme was an informative presentation on MY Bharat, delivered by Smt. Wandaphi Pala, B.A. 3rd Semester. Through her presentation, she highlighted

the purpose, vision and relevance of the MY Bharat initiative and explained how young people can benefit from the platform by participating in various youth-oriented activities and opportunities. She particularly encouraged the students to register themselves on the MY Bharat Portal and become active participants in initiatives designed to develop their skills, confidence, leadership qualities and sense of social responsibility.

4. Special Address on National Sports Day

This was followed by an inspiring speech on National Sports Day 2026 by Shri Lastime Pakem, B.Com. 3rd Semester. In his address, he highlighted the importance of sports in developing a healthy body and a disciplined mind. He spoke about the values that sports instill in young people, including discipline, perseverance, teamwork, leadership, confidence and the ability to face challenges with determination.

He further brought to the attention of the participants the remarkable achievements of students of Jaintia Eastern College who have been selected by the Meghalaya Lawn Bowling Association to participate in a training camp as part of the preparations for the 39th National Games, 2027, which will be hosted by Meghalaya in 2027.

The selected students are:

1. Smt. Graceful Lyngdoh
2. Smt. Deimonme Lyngdoh
3. Smt. Amethis R. Darnei

In addition, Smt. Sahapha Lyngdoh, a student of the college, has been selected for the same purpose in Football.

The recognition of these young athletes added a special sense of pride to the occasion. Their achievements demonstrated that with dedication, determination and proper training, young people from the region can rise to the highest levels of sporting excellence.

5. Address by the Chief Guest

The Chief Guest, Dr. P. Nongtdu, Director, Jaintia Eastern College, then addressed the gathering. In his thoughtful and motivating address, he encouraged the students to participate actively in sports and other youth-oriented activities. He stressed that physical fitness is not only important for athletes but is an essential part of a healthy and productive life. The Chief Quest also highly emphasized sports as an industry of employment which the students youths should focus on.

6. Virtual Participation in the National Sports Day Celebration

At 11:00 A.M., the participants joined the virtual arrival of the Hon'ble Prime Minister of India, Shri Narendra Modi. From 11:05 A.M. onwards, the students, volunteers and other participants attentively listened to the address of the Hon'ble Prime Minister.

The virtual participation provided the gathering with an opportunity to become part of the wider national celebration of National Sports Day. It also allowed the students to connect their local experiences and aspirations with the larger national vision of developing a healthy, active and

empowered youth population. The session reinforced the understanding that sports can serve as a powerful instrument for individual development as well as national progress.

7. Yuva Samvad with the Sport Person, Smt. Ba-tbitbha Bareh

One of the most engaging and memorable segments of the programme was the special speech and interaction session, "Yuva Samvad," with Smt. Ba-tbitbha Bareh, a sportsperson, National Football Referee and State Football Coach, Meghalaya. The session was held from 11:45 A.M. to 12:25 P.M. Smt. Ba-tbitbha Bareh shared valuable experiences and insights from her journey in the field of sports. Her interaction with the students demonstrated that sporting success is achieved through commitment, discipline, perseverance, courage and continuous effort.

During her address, she also highlighted the achievements of several sportspersons from Meghalaya who have represented the State and the country at national and international levels. Her presentation helped the students recognize the rich sporting talent that exists within Meghalaya and encouraged them to look upon sports as a field offering both personal fulfilment and professional opportunities.

Sportspersons from Meghalaya highlighted during the session

Men's Category

1. Eugeneson Lyngdoh – Former Indian International Footballer
2. Aiborlang Khongji – Former Indian International Footballer
3. Marlangki Suting – Former Indian International Footballer
4. Samuel Lyngdoh Kynshi – Indian International Footballer
5. Rocus Lamare – Former Indian Footballer
6. Wailad Passah – Former Indian Footballer
7. Phrangki Buam – Indian Professional Footballer
8. Redeem Tlang – Indian Professional Footballer who represented India at Youth International Level

Women's Category

1. Ba-tbitbha Bareh – The first State Football Coach from Jaintia Hills and the first National Football Referee of East Jaintia Hills in the female category
2. Ri-ïohlang Dhar – FIFA-Level Assistant Referee
3. Sanfida Nongrum – Indian International Footballer
4. Ribansi Jamu – Indian International Footballer and Goalkeeper
5. Bonifilia Shullai – Indian Junior International Footballer
6. Alisha Lyngdoh – Indian Junior International Footballer
7. Fragrancy Riwan – Indian Junior International Footballer
8. Ribahunshisha Kharshïing – Indian Junior International Footballer
9. Matsiewdor War Nongbri – Indian International Archer

The presentation was followed by an interactive session in which students enthusiastically raised questions and sought guidance on various aspects of sports, training, opportunities and challenges.

The open interaction made the session particularly meaningful. The participants were able to gain practical insights from an experienced sportsperson and were encouraged to pursue their sporting interests with confidence and determination.

8. "Nasha Mukt Yuva for Viksit Bharat" Pledge

At 12:25 P.M., the participants stood together to take the pledge of "Nasha Mukt Yuva for Viksit Bharat."The pledge carried a powerful message on the importance of keeping young people away from substance abuse and encouraging them to make healthy, responsible and constructive choices.

9. Vote of Thanks and Conclusion of the Programme

At 12:30 P.M., the host delivered the vote of thanks and expressed sincere gratitude to the Chief Guest, resource person, faculty members, student volunteers and all participants for their valuable presence, support and cooperation in making the programme successful. The programme formally concluded at 12:40 P.M. with the singing of the National Anthem, bringing the gathering to a dignified and patriotic close.

10. Conclusion

The MY Bharat – National Sports Day, 2026 "YUVA Connect" Programme at Jaintia Eastern College, Khliehriat, was a meaningful, inspiring and enriching celebration of the spirit of sports and youth empowerment. The programme successfully brought together the themes of sports, physical fitness, youth leadership, discipline, healthy living, national consciousness and responsible citizenship. The achievements of the college's young sportspersons provided a source of immense pride, while the inspiring interaction with Smt. Ba-tbitbha Bareh offered the participants a valuable glimpse into the dedication and determination required to succeed in the sporting arena.

The virtual participation in the national celebration and the *Nasha Mukt Yuva for Viksit Bharat* pledge further strengthened the message that the youth have a crucial role to play in shaping the future of the country.

The programme therefore served not merely as a celebration of National Sports Day but as a call to action for the youth—to stay fit, dream big, remain disciplined, reject substance abuse, discover their potential and actively participate in nation-building.

"Fit Youth, Responsible Youth, Empowered Youth — the strength of a Viksit Bharat

Sd/-
Mr. J. Lyngdoh
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Clippings

























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