

MARCH 2023 RISE UP & BUILD VOLUME - 1 ISSUE - III

Yuva Sangam team from Uttar Pradesh visits Raj Bhawan, Shillong



Date - March 3rd, 2023: A team of youth from Uttar Pradesh under the aegis of Ek Bharat Shrestha Bharat mission's Yuva Sanga today visited the Rajbhawan, Shillong for an audience with the Hon'ble Governor of Meghalaya Shri Phagu Chauhan. Ek Bharat Shreshtha Bharat Yuva Sangam is focussing on conducting exposure tours of youth between the 8 North Eastern States and other States. The exchange programme of youth aims to provide an immersive experience of various facets of life, development landmarks, recent achievements and youth connect in the host state.

During their visits, the youth will have a multidimensional exposure under five broad areas – Paryatan (Tourism), Parampara (Traditions), Pragati



(Development), Prodyogik (Technology) and Paraspar Sampark (People-to-people connect).

The Yuva Sangam team from Uttar Pradesh which is being coordinated by Babasaheb Bhimrao Ambedkar



University, Lucknow were received by the officials of North-Eastern Hill University, Shillong which is the host institute on 28th of February 2023. The youth from Uttar Pradesh will be visiting various sites in and around Shillong in a five day trip which will be an exposure trip for them to learn about the customs, culture, languages and heritage of the state of Meghalaya.

In the event conducted today at Raj Bhawan, Hon'ble Governor of Meghalaya spoke about the various aspects of the Ek Bharat Shrestha Bharat Mission and welcomed the visiting team from Uttar Pradesh. The Governor expressed his happiness and said "I am happy to share this opportunity with you all as we all know how diverse the North Eastern region of India is. Significantly, the North-Eastern region is culturally very rich and diverse. It is sad though that the rest of India knows very little about this area." He exhorted that "It is timely and relevant that this exchange program of Yuva Sangam is taking place under the leadership of our Honorable Prime Minister Shri Narendra Modi ji to help the rest of India to know better about the culture and customs of the North-East. Similarly, people from North-East India will also learn a lot about the culture, customs and people of the rest of India when they visit other regions of the country."

Dr. B. D. R. Tiwari, IAS, Commissioner & Secretary to the Governor presented an insight about Meghalaya. While speaking about the customs of Meghalaya, he said that Meghalaya is matrilineal state and the lineage in the family runs through the mother which





is not seen in any other part of the world. He also advised the youths of Uttar Pradesh to observe the humility, culture, good behavior and cleanliness of the people of Meghalaya and how they maintain the cleanliness of their surroundings while giving an example of Mawlynnong and take back the lessons learnt in Meghalaya to Uttar Pradesh which is battling the menace of pollution.

Prof. Prabha Shankar Shukla, the Vice-Chancellor of NEHU spoke at length about the cultural exchange between the north-eastern states and the rest of India and why is it is the need of the hour to strengthen the bond and unity among the youths of the nation. He exhorted that " The future of the country lies in the hands of the young generation of the country and it is the youth of the nation which can change the country from a developing country to a developed country."

He also said that the exchange programme initiated by the Prime Minister is going to be fruitful as it is already reaping the fruits of the seeds sown to unite the youths of the nation.

The other dignitaries present at event were Prof. R. L. Nongkhlaw, Dean, Students' Welfare, NEHU, Prof A S Dixit, Chairman of the IQAC and Director of Research and Development Cell, NEHU, Prof. L. Kma, Director, Sports Department, NEHU, Dr. Davidson Pyngrope, Public Relations Officer, NEHU, Dr. Meera C Das and Dr. Ravi Kant Mishra among others from NEHU. Dr. Rachna Gangwar, Public Relations Officer, BBAU, Dr. Arpit Shailesh, Dr. Manjari Raj Oraon, Dr. Somipam R Shimray and students represented the BBAU, Lucknow and the state of Uttar Pradesh.

Yuva Sangam - Students Visit From Meghalaya To Uttar Pradesh



Date: March 15th, 2023: Yuva Sangam under Ek Bharat Shreshtha Bharat is an initiative of Government of India to strengthen people to people connects especially between youth belonging to the North-Eastern states of India and the rest of the country.

As NEHU, Shillong has been paired with *Baba Saheb Bhimrao Ambedkar University*, *Lucknow* for the state of *Uttar Pradesh a delegate of 39 students*, *2 faculty members and 3 staff of Meghalaya Yuva Sangam* team visited the state of UP from 11th to 15th March 2023.

The programme was flagged off on 9th March

2023 by Shri L R Bishnoi, the DGP, Meghalaya and Prof P S Shukla, the Chancellor, Vice NEHU in presence of the Yuva Sangam Committee members and other officials of University.

The team arrived at the Lucknow

Railway station on 11.03.2023 at around 6.00 AM in the morning and was welcomed by the Yuva Sangam team of BBAU, Lucknow, the IRCTC officials, the team from Uttar Pradesh Police and the Sashastra Seema Bal officials.

On the same day a visit to the Raj Bhawan of Uttar Pradesh was arranged where the youth interacted with Smt. Kalpana Awasthi, the Principal Secretary to the Governor, She provided the details into the working of the Raj Bhawan and the duties and responsibilities of the Hon'ble Governor.

On the same day, the team also visited the Bara Imambara, the clock tower, the Ghanta Ghar or the Husainbad clock tower.

On the 2nd day, the youth were taken for an educational tour to CSIR- CIMAP and Kukrail forest Reserve where they were exposed to the different medicinal and aromatic plants.

On the 3rd day, the youth were taken to the modern architectural marvel of the LuLu Mall, which is the one of Asia's largest Mall. The team also visited the

Sports Authority of India, Netaji Subhas Regional Centre, Lucknow.

In the evening a Cultural programme was organised by the BBAU, Lucknow. Various traditional dances like Kathak, Sufi Dance, a dance on the tanday by



Shvji and the swayamvar of Sita from the Ramayan was performed.

The youth of Meghalaya also presented a cultural performance number and group song and also a student performed Bihu dance which is the traditional dance from Assam.

On day 4, the youth of Meghalaya bid adieu to Lucknow and headed for Ayodhya in the morning



to visit various temples which was indeed a new experience for the students.

Day 5 started with the visit of the Sri Kashi Vishwanath temple followed by a visit and an interactive session at Banaras Hindu University. The team visited the Sarnath and ended the day with the religious aarti at the Dashashwamedh Ghat on the banks of the river Ganga.

On the final day, the Yuva SangamMeghalaya team were given a befitting farewell by the team from BBAU, Lucknow and the officials of IRCTC.

The Meghalaya Yuva Sangam team reached Shillong on the 16th March 2023. The visit was an enriching experience to the youth of Meghalaya.





National seminar on "Emerging Trends in Biological Sciences: A North East India Perspective"

Date - March 1st, 2023: The National Seminar on "Emerging Trends in Biological Sciences: A North East India Perspective" had the privilege to be inaugurated by Prof. Prabha Shankar Shukla, Honorable Vice Chancellor, NEHU, Shillong. The ceremony was also graced by the presence of Mrs. Abhilasha Mahapatra Basaiawmoit, IRS as the Chief Guest, Prof. Pramod Tandon, former VC, NEHU, Shillong and Prof. N. Saha, Dean, School of life sciences, NEHU, Shillong as the guests of honor in the community hall, NEHU, Shillong. The eminent dignitaries and guests of the inaugural ceremony proceeded to the ribbon cutting ceremony of the major attraction of the national seminar which was

the "Bioentrepreneurs Exhibition" in the indoor stadium premises, NEHU, Shillong. Prof. P.S. Shukla in his auspicious speech mentioned his excitement to see the creativity and enormous participation of young bio-entrepreneurs and start-ups ranging from food based products, medicine, plant and petroleum based products from different parts of the country. He also encouraged organizing such types of events more often and igniting the young minds. The chief guest, Mrs. A. M. Basaiawmoit also showed her keen interest and assured to support the young minds. It was an honour for our department to have Prof. P.S. Shukla, Mrs. A. M. Basaiawmoit, Prof. P. Tandon and Prof. N. Saha as a part of the inaugural ceremony.



There were three categories in the Seminar:

(1) Category I included Oral and Poster

Presentation on the research areas relevant to the theme of the seminar. More than 130 participants and resource persons were present in this category.

(2) Category II included Bioideathon where M.Sc. students to faculties were encouraged to submit and present their ideas infront of the selection committee. In total 51 participants participated in this category.

(3) Catergory III included Bioentrepreneurs Exhibition cum Sale with 32 bioentrepreneurs/ startups of Meghalaya and from different parts of India. They showcased their products and a huge crowd of customers was noticed in the stalls. The feedback of the customers and the entrepreneurs were encouraging.

The invited speakers on first day were Prof. Pramod Tandon, Prof. Rup Lal, Prof. N.K. Dubey, Prof. B.B.

Mandal, Dr. C. Bhattacharjee, Dr. N. K. Singhal and Prof. S.R. Rao. On the second day, Prof. A. Chatterjee,

Dr. R. Kutum, Dr. P. Singh, and entrepreneurs, Dr. S. Sinha, Dr. A. K. Chaliha, Smt. D. Majaw, Sh. B. Marwein, A.Priyadarshan were the invited speakers. The lectures of the invited speakers were followed by a panel discussion on "From Academia to **Opportunities** startupsand challenges in NE Region" joined by experts

from Academics, industry and startups which was moderated by Prof. S.R. Joshi. The panel discussion was followed by the valedictory function. The valedictory function was graced by the presence of Prof. N. Saha, Dean, School of life Sciences, NEHU, Shillong and Prof. P. Tandon, former VC, NEHU, Shillong. The prizes of Oral/Poster presentation and Bioideathon category were distributed to the winners and the vote of thanks was delivered by Prof. K. Aguan.

A three days International Symposium "Emerging Trends in Chemical Sciences" (ETCS-2023) organized by Department of Chemistry, North-Eastern Hill University (NEHU)

Date: March 4th, 2023: Department of Chemistry, North-Eastern Hill University (NEHU), Shillong, organized a three days International Symposium "Emerging Trends in Chemical Sciences" (ETCS-2023)" from 2nd to 4th March 2023 at the Multi-Use Convention Hall of NEHU. The Vice-chancellor of NEHU inaugurated the symposium. Other dignitaries like Prof. T.S. Basu Baul, Head, Dept. of Chemistry, Prof. A. K. Chandra, Dean, School of Physical Sciences, Prof. Kayang, Head, Department of Botany, Prof. K. M. Rao, Former Dean, School of Physical Sciences, Prof. R. Subadar, University Engineer (I/C), Prof. H. K. Mishra, Director (I/C), UGC-HRDC NEHU were present in the inaugural session. Vice-Chancellor Prof. P.S. Shukla and Prof. T.S. Basu Baul nicely explain the importance of ETCS-2023 and the glory of NEHU. Dr. Snehadrinarayan Khatua, Convenor, ETCS-2023, delivered the welcome speech and Dr. Amarta Kumar Pal, Co-Convenor, addressed the vote of thanks. Twenty-five national and six eminent international scientists and five young scientists participated and delivered their lectures on the recent inventions and development



in chemical science and chemical biology around the globe. Renowned scientist, Prof. Michael Schmittel (Universitat Siegen, Germany), known for his name reaction Schmittel cyclization and supramolecular machine, delivered a plenary lecture at the beginning of the technical session. Prof. R.S. Mukherjee from IICS Bangalore delivered a plenary lecture on chiral resolution. Prof. J.J. Vittal, an eminent scientist in the field of crystal engineering (National University of Singapore) delivered a plenary lecture on chiral and luminescent metal-organic frameworks. Research scholars and students from NEHU and other universities or institutes presented their research work and interacted with the scientists during the poster session. NEHU, and DST-SERB provided funds for arranging the symposium. The Royal Society of Chemistry and American Chemical Society sponsored and provided the best poster and oral presentation awards. We offered cash prizes to the three best poster presentations and the three best oral presentations. A cultural program was arranged to showcase the rich culture of the North-Eastern states. The research scholars and undergraduate and postgraduate students of NEHU performed in the cultural event and mesmerized the spectators. The symposium successfully ended with the valedictory session. Prof. T.S. Basu Baul, Head, Dept. of Chemistry, felicitated Prof Schmittel, and Prof. Vittal during the valedictory session. Both of them and other invited speakers gave feedback and declared the success of the ETCS-2023.

NEHU commemorated International Women's day commemorated with a Women's fair cum Food Court and A panel Discussion



Date: March 9th, 2023: North Eastern Hill University under the banner of Azadi Ka Amrit Mahotsav commemorated the International Women's day with a Women's fair cum Food Court and A panel Discussion held on the 9th of March 2023 at Multi-Use Convention Hall .The Women's Fair comprised sale of food items like organic vegetables and local cuisines by women vendors from Khweng village ,Ri-Bhoi and also sale of handicrafts by WISE,St. Mary's convent ,and many other stalls .The Vice Chancellor



,NEHU Prof. P.S Shukla grace the occasion as the Chief Guest at the Panel discussion and Prof. Desmond Kharmawphlang gave the welcome address. The panellists were Dr. Bhogtoram Mawroh, NESFAS, Dr. Pynsuklin Syiemiong ,Sankardev College ,Miss Careen Joplin Langstieh, Artist, Miss Iba Mallai Fashion designer and Miss Neena Rabha ,DSP, CID . The theme of the panel discussion was "Daughters of the soil" and the moderator was Prof. Rekha M Shangpliang.

Refresher Course in Biomedical on the theme "Advancements in Healthcare Technologies" gets underway in NEHU



Date - March 1st, 2023: The UGC Human Resource Development Centre (HRDC) is organizing a two weeks Refresher Course in Biomedical on the theme "Advancements in Healthcare Technologies" in collaboration with the Department of Biomedical Engineering, NEHU, Shillong from 1st to 15th March, 2023. The course is being attended by more than 30 faculty members from different institutes pan India. Several prominent academicians, experts and industry resource persons would be sharing the insights with the course participants during the course.

The course was inaugurated on 1st March, 2023 by Prof. Iftekhar Hussain, Dean, School of Technology highlighted the various activities being conducted by

> UGC-Human Resource Develo North-Eastern Hill Universi

REFRESHER COURSE IN BIOMEDICA

the HRDC and how the Refresher course plays an important role in the learning and performance improvement of faculty members. He impressed upon the diversity of the course participants and enrolment of higher number of female faculty

members in the refresher course. He requested participants to take keen interest and interact with experts and in their group for meaningful outcome. The Chief Guest Prof. Hussain highlighted the role of transformation from Industry 4.0 to Industry 5.0 and how technology is changing at a rapid pace. Hence, need to keep abreast with recent technological trends

who was the Chief Guest, NEHU, Prof.Prasenjit Biswas, Officer Incharge, Office of International Affairs as Guest of Honor, Prof. H.K. Mishra, Director, HRDC, NEHU, Dr. K.B. Das, Faculty, HRDC, NEHU, Dr. Dinesh Bhatia, Course Coordinator and Dr.PunitGautam, Course Co-coordinator.

During her welcome speech, Dr. K.B. Das welcomed the participants on behalf of the HRDC and NEHU. Dr. D. Bhatia, the Course Coordinator outlined the objectives of the course, the mode of conduct and the background of experts who would be interacting with the participants over the next two weeks. Prof. Mishra, where such courses play a pivotal role. He emphasized

on role of NEP 2020 which allows intermingling of different disciplines.

Prof. Biswas highlighted on the need for higher learning and engaging oneself to acquire new skills and knowledge so as to contribute their best in the field of work.

He hoped participants would immensely benefit from such courses to enlighten themselves and adapt to recent advancements in the field.

Dr.PunitGautam delivered the vote of thanks by thanking all involved in the smooth conduct of the event and the course participants who had joined from all parts of the country for this Refresher Course

Music for Harmony Concert organized by School of Education, NEHU



Date: March 9th, 2023: On the occasion of 75th Years of Celebration of Independence and in order to Commemorate the Golden Jubilee of North-Eastern Hill University, the School of Education, North-Eastern Hill University in collaboration with National Foundation for Communal Harmony organized an Evening Concert on the theme 'Music for Harmony' on March 9th, 2023 at 2.30 pm in U Kiang Nongbah Auditorium, NEHU. Program was convened by Prof E Jyrwa, Dean, School of Education, along with Dr Vandana and Mrs Shadani Devi as coordinators for the program. Prof P S Shukla, the vice-chancellor, NEHU graced the occasion as the chief guest and expressed the need for conducting more cultural activities for promoting peace and harmony among students from different communities. The program was attended by 300 post-graduate students of NEHU. The program highlighted the musical talent of youths from the seven North-eastern states. More than 100 participants presented the group and solo cultural performances showcasing the traditional and cultural music of their respective states.

The Meghalaya State Film Policy Summit



Date: March 9th, 2023: The Summit on the Meghalaya State Film Policy was held on 9th March 2023 at the Conference Hall of St. Anthony's College, Shillong. The programme is jointly organized by the Department of Journalism & Mass Communication, North-Eastern Hill University, and the Department of Mass Media, St. Anthony's College. The Inaugural Session was attended by Prof. B. Panda, Director ICSSR-NERC, as the Chief Guest while Father Gervasius Nongkseh, Vice-Principal of St. Anthony's College, presided over it.

The summit had a diverse audience ranging from members of the film fraternity to the students of both Mass Media, St. Anthony's and JMC, NEHU. Dr. Cherry Kharshiing, in her welcome speech, along with welcoming the chief guest, Prof B. Panda, emphasized on the attendees being a part of the history in establishing the film policy of Meghalaya. This was followed by the felicitation ceremony and a welcome song by Esther and team.

Dr. Kamaljit Chirom gave the keynote address in

which he spoke about the importance of a film policy in promoting new artist and generating more revenue within the film industry. He went on to explain how it would be beneficial for different stakeholders in film fraternity including directors, producers, distributors, film study scholars, spot boys, etc. thereby including



each and every one engaged in the filmmaking process. The summit was further intellectually glorified by Prof. B. Panda, who went ahead to explain the importance of a policy in any field. He highlighted the role of the government as an enabler of the policies in the right direction and provider of the economic subsidies and incentives to the filmmakers.

The Summit had four sessions and each session was attended by a panel of filmmakers, exhibitors, distributors, producers, directors, actors, artistes, and other stakeholders of the film industry in Meghalaya. In the first session Dr. Cherry Kharshiing gave a presentation on the basic elements of a Film Policy that was already drafted by the organisers.

In the session on "Film Distribution, Taxation and Exhibition Mechanism in the state" moderated by Dr. Kamaljit Chirom, the panelists included Siddhant Goenka (Film Distributor and exhibitor), Commander Shangpliang (Filmmaker and President of Meghalaya Filmmaker Association) and Lucky D Kharsati (Filmmaker). While the session witnessed deliberated on the film distribution, mechanism and drafted policy, points were also made regarding the lack of distribution of Khasi films in the state. The focus was more on establishing new cinema halls in the state which are multi-purpose and in-line with malls in bigger cities.

The next business Session was on the topic "Status,

Challenges and Requirements of Film Making in Meghalaya." The session was moderated by Freddie Majaw and the panelists were producers and directors, namely Nicholas Kharkongor, Dominic Sangma, Prakash Chhetri and Simi Khongthiang. The panelists emphasized on the business of filmmaking in the state



and the challenges faced by the individuals involved. The lack of experienced individuals both in terms of acting and behind the camera crew is something which was highlighted during this session. The speakers emphasized on how the policy needs to be future proof in order for it to be relevant even after 50 years. The next business session discussed on the topic of autonomous film development societies" and it was moderated by moderated by Dr. Cherry Kharshiing, and the panelists included Lapdiang Syiem (theatre artist), Dr Barath N (Assistant Professor, Dept of JMC, NEHU), Dr Etawanda Saiborne (Associate Professor, Dept of Mass Media, St. Anthony's College), and Raphael Warjri (painter, musician, filmmaker). The primary points of discussion included: easier certification for regional films, make the policy children and gendersensitive, need of a film archive in the state.

The summit concluded with a summarizing speech by Dr. Rajni Chhetri in which she explained the major points and suggestions from across all the three sessions. Followed by a vote of thanks and a valedictory function, the Meghalaya State Film Policy summit successfully came to an end. The organizers intend to take notes of the discussions of the summit and frame a draft Film Policy to be submitted to the Meghalaya State Government for consideration.

The University Level Yoga Committee Organised Three Days 'Yoga Shivir'

Date: March 16th, 2023: The University Level Yoga Committee organised a three days 'Yoga Shivir' from the 16th to 18th of March 2023 at the Indoor Stadium, NEHU Permanent Campus, Shillong. Dr. Anamika Upadhaya, An AYUSH Certified Trainer and a member of Art of Living and her team has assisted





the committee to organise the Yoga Shivir. Approximately 100 participants have participated in the yoga shivir and every participants were awarded with participation certificates. Chairman of the Committee Prof. D.K.Choubey and Asst. Director (PE & Sports) & Convener, Shri N. Das congratulated participants for their enthusiasm and paeticipation.

Screenwriting Workshop was organized by the Department of Journalism & Mass Communication



Date: March 17th, 2023: The Department of Journalism & Mass Communication, North-Eastern Hill University, with the support of Meghalaya Filmmakers Association, organised a Screenwriting Workshop from 15th-17th March 2023 as part of the 1st Meghalaya International Film Festival. The workshop was conducted at the U Soso Tham Auditorium, Shillong. The workshop was coordinated by Dr. Kamaljit Chirom, Assistant Professor, Department of JMC, and the resource person was Mr. Borun Thokchom, a National-Award winning Filmmaker from Manipur. The participants also had interaction with Ms. Sonam Yangday, writer and actress from Bhutan. Forty-seven participants registered for the workshop during which they were trained on the art of writing script for both fiction and non-fiction films. At the end of the workshop the participants came up with five different scripts for films. On the 17th of March, the participants were given their participation certificates at the closing session by Ms. Nga Thu Huyen, film producer, director and actress from Vietnam.

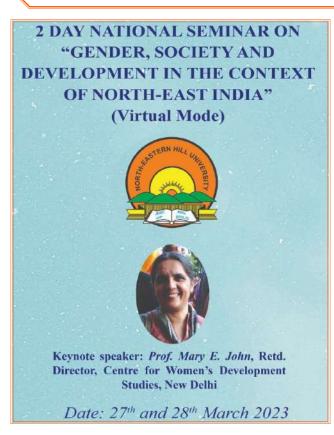
10 Ka Dum Celebration of International Women's Week (Empowering Women through Sports) from 21st to the 24th of March 2023



Date: March 25th, 2023: The Sports Department of the North-Eastern Hill University, Shillong, Meghalaya in collaboration with the Internal Complaint Committee of the University has organised 10 Ka Dum Empowering Women through sports viz Badminton, Table Tennis, Volleyball, Tug of War, Cricket, Football and Athletics at the NEHU Permanent Campus, Shillong from the 21st of March to the 24th of March 2023 for women of the University. The women participants from the UG, PG, Research Scholars and teaching & Non-teaching staff took part in the events

The Chairman, Internal Complaint Committee, NEHU Prof. S. M. Sungoh, Director In-charge, Sports Department, NEHU Prof. L. Kma and Asst. Director of Physical Education & Sports cum Organising Secretary were present during the events and gave away the prizes and certificates to the participants.

National Seminar (Virtual Mode) - Gender, Society And Development In The Context Of North East India



Date: March 25th, 2023: Much academic research on North-East India has tended to look at the region as homogenous from the perspective of gender and gender relations thereby ignoring the diversity in gender related issues. Studies have revealed that women in the North-East India have been marginalized on various issues of which relations of rights and power have been matters of concern to social scientists. Feminist research have often focused on the need to raise the issue of women's exclusion from the power structure but the fact remains that power is still very much male centric. Even in matrilineal societies like that of the Khasi, Jaintia and Garo, women are excluded from the decision-making process.

Besides power relations, other spheres of subordination of women in the North-East India have been in the areas of resource distribution and security over resources like land, economy, livelihood, etc. Literacy and education which are the most important indicators of social development also reveal disparity between the sexes. Another matter of serious concern is the discrimination of women in the economic sector and commodification in the new era of

globalization. It is in this context that the Department of Sociology, NEHU organized a National Seminar on "Gender, Society and Development in the Context of North East India" on the 27th and 28th of March, 2023. The inaugural session was chaired by the Vice-

Chancellor, NEHU, Prof. Prabha Shankar Shukla and the welcome address was given by Head of the Department of Sociology Prof. B Panda. The keynote address was delivered by Prof. Mary E John, Retd. Director, Centre for Women's Development Studies, JNU, New Delhi who spoke on the topic "Gender, Education"

The Valedictory session was chaired by Head of Department of Sociology, Prof. B. Panda and Mr. D. Shira, Director Social Welfare Department, Government of Meghalaya was the Chief Guest on the occasion. A brief report of the seminar was given

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by Miss Jessica Rymbai, a research scholar of the Department and the Vote of Thanks was delivered by the Convenor, Prof. Rekha M Shangpliang. Altogether there were eight technical sessions spread over two days and a total of 35 papers were presented by academicians and scholars from various

and Empowerment" A brief note of the theme of the disciplines and institutions across India. seminar was given by the Convenor, Prof. Rekha M Shangpliang.

A Glimpse of Meghalaya, "The Myth about U Lum Sohpet Bneng"

U Lum Sophet Bneng is a bare dome-like hill, which is located nearly 20km from North of Shillong. Its name signifies the centre of heaven.

It was believed that from the time of the creation of the world a tall tree, reaching to the sky, grew on the top of this hill, bridging heaven and earth through what is known as ka Jingkieng Ksiar or a golden bridge.

Legend says that when the Sophet Bneng was fertile and goodly, there were 16 huts of heaven and among the 16 huts, the Hynniew Trep, Hynniew Skum or seven clans or hut made a pact with god to cultivate the land.

However, because of the sins and greed of people the Golden Bridge or the 'Jingkieng Ksiar' that briged the Creator and the people was severed separating them from their kin, the nine huts.

Today, the seven huts are known as War, Jaintia/Pnar, Lyngngam, Maram, Diko, Khyriem and Bhoi and the hill is a sacred place where pilgrimage is organised by the Seng Khasi Seiñ Raij, an indigenous cultural and socio-religious organisation in Meghalaya, on the first Sunday of February every year when the Hynniewtrep people seek blessings from the Almighty to strengthen their inner-self and aura.

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