

The Third (3rd) NEC Recreation Week:

Celebrating Team Spirit & Wellness at NEC

The North Eastern Council Employees Welfare Association (NECSEWA) proudly organized the 3rd NEC Recreation Week from 15th April to 30th April, 2024. The event commenced with an opening ceremony led by Planning Advisor, NEC, Shri Som Kamei, in the presence of officers and staff at the NEC Secretariat, Shillong.

For this year's Recreation Week, participants were divided into four teams: White, Green, Yellow, and Blue. The event featured a diverse range of competitions in various disciplines, including Football, Cricket, Badminton, Table Tennis, Carom, and Chess, a 100-meter race for men, a 50-meter race for women, and an Elocution contest. These activities fostered a sense of teamwork, camaraderie, and healthy competition among all involved.

The tradition of the NEC Recreation Week began with its inaugural event held from December 14th to 19th, 2020, under the theme 'Fit India, Healthy India.' This inaugural event featured games such as Badminton, Table Tennis, Carom, and Chess, promoting physical fitness and wellness among NEC employees.

Due to the COVID-19 pandemic and the NEC Golden Jubilee Celebrations, the Recreation Week was suspended in 2021 and 2022. The second Recreation Week resumed from April 19th to 28th, 2023, with the theme 'Healthy Mind Dwells in a Healthy Body.' This edition expanded its activities to include Football, Cricket, Badminton, Table Tennis, Carom, Chess, Tug-of-war, and 100/50-meter races, further enhancing the engagement and enjoyment of all participants.

In addition to the main events, a trekking activity was organized on October 27th, 2023, at the Rhododendron Trek in Shillong, which saw enthusiastic participation from officials of all ages.

The 3rd NEC Recreation Week in 2024 continued the tradition of promoting wellness and camaraderie among NEC employees, with a successful and enjoyable series of events that highlighted the importance of recreational activities in fostering a healthy and motivated workforce.

RESULTS

A. 50 m Race (Women)

1. Miss. Larisha Ryntong
2. Miss. Anisha Wahlang
3. Miss. Ibakordor Thangkhiew

B. 100 M Race (Men)

1. Shri. LariKupar Lyngdoh
2. Shri. Nusiblang Bthuh
3. Shri. Mohit

C. BADMINTON MEN'S DOUBLES

1. Shri. B.T.S. Dong & Shri. Joseph Syiem
2. Shri. L.S. Gangte & Shri. Paul F. Wahlang
3. Shri. Carrymore Mawniuh & Shri. LariKuparLyngdoh

D. BADMINTON MEN'S (SINGLE)

1. Shri. Carrymore Mawniuh
2. Shri. Joseph Syiem
3. Shri. R.K.P. Sana

E. BADMINTON MIXED DOUBLE

1. Shri. Joseph Syiem & Smti. Olivia Rangslang
2. Shri. LariKupar Lyngdoh & Miss. Nisha Diengdoh
3. Shri. CarrymoreMawniuh & Miss. Ibakordor Thangkhiew

F. BADMINTON WOMEN'S (DOUBLES)

1. Smti. Donna Christie Lyngdoh & Smti. Olivia Rangslang
2. Miss. IbakordorThangkhiew & Miss. NishaDiengdoh
3. Miss. AnishaWahlang & Miss. Divalyne Nengnong

G. BADMINTON WOMEN (SINGLE)

1. Smti. Olivia Rangslang
2. Smti. Donna Christie Lyngdoh
3. Miss. NishaDiengdoh

H. CARROM BOARD (MEN DOUBLES)

1. Shri. Raju Biswa Karma & Shri. E. Lapang
2. Shri. Don Sohphoh & Shri. Ibohanbi Singh
3. Shri. Shekhar Nag & Shri. Paul F. Wahlang

I. CARROM BOARD (MEN SINGLES)

1. Shri. Raju Biswa Karma
2. Shri. E. Lapang
3. Shri. Don Sohphoh

J. CARROM BOARD (WOMEN DOUBLES)

1. Smti. IbakordorThangkhiew & Smti. Olivia Kharumnuid
2. Smti. Anamika Lama & Smti. Lakyntiew Kharkongor
3. Smti. Olivia Rangslang & Smti. Donna Christie Lyngdoh

K. CARROM BOARD (WOMEN SINGLES)

1. Smti. Olivia Rangslang
2. Smti. Lakyntiew Kharkongor
3. Smti. Ibakordor Thangkhiew

L. CHESS COMPETITION

1. Shri. B.T.S. Dong

2. Shri. W. Ibohanbi Singh
3. Shri. Paul F. Wahlang

M. ELOCUTION COMPETITION

1. Dr.Saumitra Mishra
2. Shri. Sujeet Kumar
3. Smt. SusmitaKar

N. TABLE TENNIS (MEN'S DOUBLES)

1. Shri. CarrymoreMawniuh&Shri. LariKupar Lyngdoh
2. Shri. Benjongwati & Shri. Lamphang Kharbangar
3. Shri. L.S. Gangte & Shri. N. Kishan Singh

O. TABLE TENNIS (MEN'S SINGLES)

1. Shri. Benjongwati
2. Shri. L.S. Gangte
3. Shri. N. Kishan Singh

P. TABLE TENNIS (WOMEN'S SINGLES)

1. Smti. LaysangAngmu Lama
2. Miss. IbakordorThangkhiew
3. Smti. Donna Christie Lyngdoh