The objectives of the University shall be to disseminate and advance knowledge by providing instructional and research facilities in such branches of learning as it may deem fit; to pay special attention to the improvement of the social and economic conditions and welfare of the people of the hill areas of the North-Eastern region, and, in particular, their intellectual, academic and cultural advancement.

North-Eastern Hill University was set up by an Act of Parliament and notified on 19th July 1973. The objectives of the University, as laid down in the act, are "to disseminate and advance knowledge by providing instructional and research facilities in such branches of learning as it may deem fit; to pay special attention to the improvement of the social and economic conditions and welfare of the people of the hill areas of the North-eastern region, and in particular, the intellectual, academic and cultural advancement". The jurisdiction of the University extended originally to the states of Meghalaya and Nagaland and the erstwhile Union Territories of Arunachal Pradesh and Mizoram. With the establishment of the Nagaland University on 6th September 1994, the jurisdiction of NEHU ceased over Nagaland. Likewise with the establishment of the Mizoram University the jurisdiction of NEHU over Mizoram also ceased from June, 2001. Arunachal Pradesh has its own university. However the North-Eastern Regional Institute of Science and Technology located in Arunachal Pradesh is affiliated to NEHU.

Initially, the academic departments and administration of the University at Shillong functioned from hired buildings. Very soon, however, NEHU acquired two prime properties in the city, one belonging to the former Maharaja of Mayurbhanj and the other to the Rani of Bijni. The academic departments then moved to these two sites. Meanwhile, the Government of Meghalaya acquired, for the University, a substantial plot of land (measuring about 1225 acres) in Umshing, a little outside the city limits, for setting up its permanent campus. This picturesque land, gently undulating and thickly wooded - a perfect location for the University - was a gift from the Government of Meghalaya. The survey of the land and the master plan for the University were completed during the VI Five Year Plan; and construction activities began in a modest way during the VII Plan period. By the year 1991, with the completion of the construction of several residential quarters for the faculty, hostels for men and women, a ring road, a modern workshop for the University Scientific Instruction Centre, a building for the Regional Sophisticated Instrumentation Centre, and Guest House-cum-Seminar Complex, a complex of buildings for the science departments and with our own electricity and water supply system in place, the campus took the visible shape of an attractive University in the making.