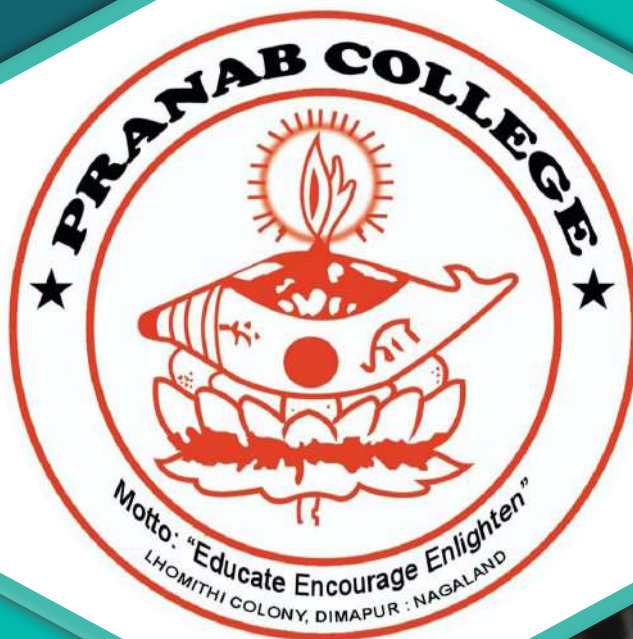


# PRANAB VISION

## PRANAB COLLEGE

(Managed by Bharat Sevashram Sangha)  
Dimapur : Nagaland



**ANNUAL  
MAGAZINE**  
2024

17<sup>TH</sup> ISSUE



## VISION & MISSION OF THE COLLEGE

- To impart inclusive, equitable and holistic education for the youth of the society.
- To create an atmosphere favourable to moral and spiritual growth.
- To provide quality education so that learners can become responsible social assets.
- To promote the exchange of knowledge, research and innovation and equip the students with the skills needed to meet ever changing labour markets.
- To create a sense of national integrity that is secular and multi-cultural with respect of tolerance to all culture and religions.



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# Governing Body

Pranab College, Dimapur : Nagaland

1. President : Swami Dhyaneshanandaji Maharaj
2. Secretary : Swami Gurupadanandaji Maharaj
3. Joint Secretary : Swami Chinmayanandaji Maharaj
4. Member : Dr. Santosh Kumar, Principal, PC
5. Member : Ms. C. Narola Ao, Vice Principal, PC
6. Member : Prof. C. S. Maiti, Dept. of Horticulture, SASRD (University Representative)
7. Member : Mr. Saurav Dowarah, Teacher Representative & Advisor (IQAC)
8. Member : Shri. Monoj Bhattacharjee (Principal, P.V.H.S.S)
9. Member : Shri. P.B. Paul (Advocate, Guwahati High Court, Kohima Bench)
10. Member : Dr. S.K. Dey (Physician)
11. Member : Shri. Dulal Majumder (Retd. Asst. Professor, Dept. of Commerce, PCC)
12. Member : Shri. Badal Bhadra (Former Executive Engineer, DMC)
13. Member : Shri. Bikah Chowdhury (Businessman)
14. Member : Shri. Arun Kumar Nandy (Class-1 Govt. Contractor)
15. Member : Smt. Falguni Sharma (Social Worker)



# BHARAT SEVASHRAM SANGHA

( A Registered Socio - Cultural & Philanthropic Organisation )

Founder : Acharya Srimat Swami Pranavanandaji Maharaj

**BRANCHES :**

Varanasi, Gaya, Puri, Allahabad, Vrindaban, New Delhi, Hardwar, Kedarnath, Gourikunda, Ukhimath, Badrinath, Kurukshetra, Hyderabad, Surat, Ahmedabad, Jamshedpur, Navadwip, Gangasagar, Dwarka, Guwahati, Rameswaram, Kanniyakumari, Bajitpur, London (UK), Cove & John (Guyana), Felicity (Trinidad), Toronto (Canada), New York (U.S.A )

**HEAD OFFICE :**

211 , Rash Behari Avenue , Kolkata - 700 019  
Phone : 440-5178 / 2327



## Message

I am delighted to know that the Pranab College, Dimapur is going to publish its 17<sup>th</sup> issue of the College Magazine “The Pranab Vision” during the month of September 2024.

The role of this College in the field of Education is undoubtedly a revolutionary work in the state of Nagaland. It has become possible only due to the able guidance and untiring efforts of both the members and the teachers of this institution.

It will be the finest tribute to Acharyadeva if you can carry forward his noble ideals and teachings to every corner of the country and the world.

I send my best wishes for your Fresher’s Social and pray to Guru Pranabanandaji Maharaj to bestow his blessing upon the inmates of the College.

Always well wisher

*Swami Biswatmananda*

**Swami Biswatmananda**

General Secretary

**BHARAT SEVASHRAM SANGHA**

211, R. B. Avenue, Kolkata - 700 019



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211 , Rash Behari Avenue , Kolkata - 700 019  
Phone : 440-5178 / 2327



## Message

I am happy to know that Pranab College, Dimapur is going to publish the 17<sup>th</sup> issue of the College Magazine, entitled “Pranab Vision”.

I take pleasure to mention here that Pranab College, Dimapur run by the Sangha is an ideal institution that follows the ideology and principles of Acharya Srimat Swami Pranabanandaji Maharaj for building a powerful nation by the selfless properly educated women having the qualities of realisation of self and service to humanity, subdued passions, self-controlled attitude, honest companion and strong determination.

I send my greetings and felicitation to the management, teachers, staff, students and persons associated directly or indirectly with the activities of publication of the 17<sup>th</sup> issue of the College Magazine, ‘Pranab Vision’. I wish its every success.

I also pray to Acharya Shreemat Swami Pranabanandaji Maharaj to bestow his divine blessings upon you all for happy and peaceful life and the institution to be ideal one following the guidelines of Shri Shri Guru Maharaj.

(SWAMI GURUPADANANDA)

Secretary  
Pranab College  
Dimapur, Nagaland



# BHARAT SEVASHRAM SANGHA

( A Registered Socio - Cultural & Philanthropic Organisation )

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**HEAD OFFICE :**

211 , Rash Behari Avenue , Kolkata - 700 019  
Phone : 440-5178 / 2327



## Message

It gives me immense pleasure to learn that Pranab College, Dimapur has acquired the status of one of the premier altars of learning in the state of Nagaland.

It is pleasing to note that the afore-said institution is bringing out its Annual Magazine "The Pranab Vision" 2024 on its Fresher's Social 2024. I fervently hope that this Magazine will have a great impact on every reader.

I send my best wishes to the management, all the teachers and the taught and wish the publication a grand success.

Always well wisher

**Swami Chinmayananda**

Joint Secretary

PRANAB COLLEGE

Dimapur, Nagaland



# Editorial

Welcome to the 17<sup>th</sup> edition of the annual college magazine 'Pranab Vision'.

The magazine reflects the consolidated efforts of the faculty, students, staff and alumni to contribute to the magazine in a creative manner. It also serves as a platform for the students to unleash their creativity and express themselves.

Unlike previous issues, this year, the committee did not keep a theme for the magazine to enable students to write on any topic.

This year's edition showcase achievements, highlights events and celebrate the diverse talents within the institution fostering a sense of belonging and pride.

We also consider this edition special as the college embraces co-education, opening its door to boy students thus embarking on a journey of inclusivity.

The committee extends a deep sense of gratitude to all the contributors, office staff and all those directly or indirectly associated with the publication of the magazine.

While all possible care has been taken, we seek excuse for any errors or printing mistake if any.

With Best Wishes,  
**Editorial Team**

## Chief Editor:

Mrs. Imtijugla Longchar  
Asst. Professor, Department of History.

## Associate Editors:

Mr. Tongpok,  
Asst. Professor, Department of Sociology.

Ms. Bendangmongla Lemdur,  
Asst. Professor, Department of Commerce.

## Student Members:

Ms. Analika T Zhimomi, BA 5<sup>th</sup> Sem  
Ms. Lepo Konyak, BA 5<sup>th</sup> Sem  
Ms. Lohman Konyak, BA 5<sup>th</sup> Sem  
Ms. Choiam Konyak, BCom 5<sup>th</sup> Sem  
Ms. Lumpila Y Sangtam, BA 3<sup>rd</sup> Sem  
Ms. Kedarai Chewang BA 3<sup>rd</sup> Sem  
Ms. Veronica K. Yeptho BA 3<sup>rd</sup> Sem  
Ms. Priyanka Dey BA 5<sup>th</sup> Sem

## Advisory Board Members:

Swami Chinmayanandaji Maharaj,  
Joint-Secretary.

Dr. Santosh Kumar,  
Principal.

Ms. C. Narola Ao,  
Vice-Principal.

Dr. Sanjukta Bhattacharjee,  
Co-Ordinator, IQAC.



## FROM THE *Principal's* DESK

**I**t gives me great joy that the Magazine Committee of Pranab College is bringing out the 17<sup>th</sup> edition of Annual College Magazine titled “**Pranab Vision**”. As we reflect on the past year, I am filled with immense pride and optimism for the future of our beloved institution. This year has marked a significant transformation and a series of remarkable achievements that underscore our commitment to excellence and inclusivity.

One of the most exciting developments has been the transition from a women's college to a co-educational institution. This pivotal change reflects our dedication to fostering a diverse and dynamic learning environment where both young men and women can thrive equally. We warmly welcome our new male students and look forward to the enriched perspectives and experiences they will bring to our college community.

In line with this transformation, we introduced a new uniform that symbolizes our renewed identity and unity. The fresh look not only represents our evolving ethos but also reinforces our sense of belonging and pride in our institution.

Our academic achievements this year have been nothing short of exceptional. We are thrilled to announce that this year our students secured five ranks in the recent Under Graduate result declared by the Nagaland Uni-

versity. This outstanding performance is a testament to the hard work, dedication and talent of our students and the unwavering support of our faculty. We are particularly proud of our student Ms. Binita Sinha, who secured 1<sup>st</sup> Rank in the Department of Education, whose exceptional achievements have brought great honour to our college.

In our continuous effort to adapt to the evolving educational landscape, we have also launched a new Diploma Course in Computer Application in collaboration with IISC. This program aims to equip our students with essential skills for the digital age, providing them with the knowledge and expertise needed to excel in a technology-driven world.

Here's to another year of progress, innovation, and success. Together, let us embrace the opportunities ahead and strive for excellence in all that we do. Finally, I congratulate the entire Editorial team led by the Convenor Mrs. Imtjungla Longchar for the 17<sup>th</sup> edition of the magazine.

Warm regards,

**Dr. Santosh Kumar**  
Principal.



## ABOUT THE SPONSORING SOCIETY



The College has been sponsored by Bharat Sevashram Sangha (Head Office-211, Rash Behari Avenue, Kolkata - 700019), a spiritual brotherhood of monks and selfless workers devoted to the services of humanity. It was founded in 1917 by the illustrious patriot Acharya Srimat Swami Pranabanandaji Maharaj. It is purely a philanthropic and charitable organization with non-

sectarian,

non-communal and non-political character and outlook.

The Sangha has been maintaining several educational institutions in different places all over the country and also abroad. The main function of the institution is to impart true education which makes ideal personages and helps to build a powerful nation.





## CAREER GUIDANCE AND PLACEMENT CELL

**RUPA DUTTA,**  
Convenor,  
Career Counselling and Placement Cell,  
Pranab College.

The Career Guidance and Placement Cell conducted various events during the academic year 2023-2024. These activities aimed to enhance students' career prospects and provide valuable insights.

### **Key Events and Workshops:**

1. Seminar on Opportunities in Armed Forces  
Date: October 9, 2023  
Conducted by 113 Infantry Battalion TA Rajput  
Venue: College Auditorium
2. Dry Flower Making Training Session  
Dates: October 23 - November 17, 2023  
Collaboration with Nagaland Tool and Training Centre
3. Motivational Seminar with Imperial IAS Academy  
Date: October 30, 2023
4. Career Awareness Programme with Royal Classes Dimapur  
Date: October 30, 2023
5. Attending Educational Fair at Holy Cross Hr. Sec. School  
Date: November 2, 2023  
Organized by Alpine Concern
6. Scholarship Exam Conducted by Royal Classes Institute  
Date: November 4, 2023
7. Career Awareness Campaign in Central Banks by RBI Kohima  
Date: November 14, 2023
8. Webinar on Tally Job Placement  
Date: January 29, 2024  
Conducted by Tally Dimapur Centre
9. Seminar on University Offerings and Skill Enhancement Courses  
Date: February 8, 2024  
By Royal Global University, Guwahati
10. Workshop on National Apprenticeship Awareness  
Date: March 12, 2024  
Department of Skill Employment and Entrepreneurship, Nagaland.



11. Workshop: "Experience America - Building Bridges of Opportunity"  
Date: March 22, 2024  
Conducted by YRGCARE
12. Seminar on Job Opportunities Outside Nagaland  
Date: March 22, 2024  
Expectron Dimapur
13. Seminar on Subjects and Courses Offered by Kaziranga University  
Date: March 28, 2024
14. Craft Training with Naga Heirloom (Cane Concept)  
MOU signed on October 8, 2023  
Weekly sessions on mat making
15. Visit to Royal Global University, Guwahati  
Date: May 22, 2024

These activities fostered holistic development and prepared students for their future careers.





## CULTURAL COMMITTEE REPORT 2023-24

The Cultural Committee of Pranabananda Women's College has conducted the following activities and programs during the academic session 2023-24:

### **Annual Function cum Fresher's Social 2023**

The Cultural Committee organised the 32nd Annual Function Cum Fresher's Social on 7th October 2023 in the College auditorium. The event commenced with the reception of the Chief Guest, Sri Sachin Jaiswal, IAS, Deputy Commissioner of Dimapur District, and Distinguished guests members of the governing body, staff and students. This was followed by the garlanding and lighting of the lamp in honor of Acharya Srimat Swami Pranabananda Maharaj by the Chief Guest and Swami Chinmayanandajee Maharaj, Joint Secretary, Pranabananda Women's College.

Thereafter a universal peace prayer song was presented by the students of the college. This was followed by words of blessing and felicitation of the distinguished guests by the Joint Secretary of the college highlighting their valuable contribution and presence. The Principal, Dr Santosh Kumar, gave a warm welcome address, extending a cordial reception to all the attendees, setting the stage for the day's proceedings.

A delightful welcome song by the students further energized the atmosphere, followed by the presentation of the **Governor Acharya's Award** to three outstanding students namely:

1. Ms. Jamuna Aktar Mazumdar (Syama Prasad Mookerjee Award, 2023, for Academic Excellence)
2. Ms. Liyingbeni Tungoe (Deendayal Upadhyay Award, 2023, for extracurricular activity) and

3. Ms. Rosne Das (Kamaladevi Chatoopadhyay Award, 2023) for Social Work.

The inauguration of our College Magazine "Pranab Vision" was a significant highlight, showcasing the creativity and hard work of the college community at large. This was followed by a special felicitation of the Special Guest Smt. Bambi Kevichusa, a renowned fashion entrepreneur. Mrs Bambi Kevichusa shared her inspirational journey and accomplishments.

The speeches on behalf of the Freshers were given by Ms Neetali Kumari, B.Com 1<sup>st</sup> Semester and Ms. Aghatoli Kinimi, MA (Sociology) 1<sup>st</sup> Semester respectively. The Chief Guest delivered a profound speech, giving insights, motivation and encouragement to the students.

The event concluded with a vote of thanks by the compere, Ms. Meyisangla Jamir, Assistant Professor, Department of English, PWC.

At the end of the formal session, Smt. Bambi Kevichusa inaugurated the "Wall Magazine" making the culmination of a memorable and impactful major annual event of the institution.

### **Annual Charity Day 2024**

The annual Charity day cum College fete was organised on 5th April 2024. The program started with the welcome speech from Principal, Dr. Santosh Kumar. Ms Wubangthong, BA 6th Semester presented a welcome song. Keynote address by Mrs Majakhon kamei, Convenor Cultural Committee PWC. The event was marked by special performances from various bands and dance Troupes and artists based in Dimapur such as 7 Sea, Chumukedima Dance and Fitness Studio, Roh, Agu Kath. A Special highlight of the day was a performance by one of our alumni Ms Eva Rongmei, Singer, content



creator, influencer, and Singer Keto Swu, who enthralled the audience with their magical voice. Other major attraction of the event were Mobile legend, PUBG and Cosplay Competition which was successfully organised.

### **CULTURAL DAY 2024**

Cultural Day was organised on 6<sup>th</sup> April, 2024. The program started with a speech from Ms C Narola Ao, Vice Principal, PWC which was followed by presentation of Sumi folk song Konyak Folk dance, storytelling (Folk tales), Rongmei folk dance, and Kuki Folk dance. Traditional dish cooking, Conch Shell blowing, traditional water carrying, winnowing and Five Stones Competition were the highlights of the day. The program concluded with vote of thanks by Ms Kedarai Chewang, Assistant Cultural Secretary, PWCSU.

### **PARTING SOCIAL 2024**

Parting Social 2024 was organised on 27<sup>th</sup> April, 2024 at the college auditorium. The program was compered by Ms. Chumei M Konyak of BA 2nd Year and Ms. Analika T . Zhimomi of

BA 5<sup>th</sup> Semester. The event commenced with a warm welcome address by Ms Amykim, General Secretary, PWCSU. Ms. C Narola Ao, Vice Principal delivered an inspiring speech that deeply resonated with both students and faculty, reflecting on the growth and achievement of the outgoing students. This was followed by a speech from Mrs. Vili Chophi, representative of the college Alumni Association, who emphasized on the enduring connection between the alumni and the college. The presentation of Certificate to some of the outgoing student was a poignant moment as they leave the college to embark on a new destination in their lives.

Ms Imjungwatila, BA 6<sup>th</sup> Semester of Department of Sociology was declared as “Student of the Year “. This was followed by the distribution of parting gift to the outgoing students. Ms Imjungwatila of BA 6<sup>th</sup> Semester, Ms Alisha of BCom 6<sup>th</sup> Semester, and Ms Hekashi of MA Sociology 4<sup>th</sup> Semester delivered speech on behalf of the outgoing class, expressing their gratitude and sharing fond memories and experiences in the college. The event concluded with a vote of thanks from Ms Sujata Dey, Assistant General Secretary, PWCSU.

**MAJAKHON KAMEI**

Convenor  
Cultural Committee



## ECO- CLUB

The Eco-club of Pranab College is actively involved in maintaining greenery in the campus, planting trees and in creating Awareness among the students towards conservation of environmental by observing World environment day, Earth day etc.

Eco Club organized a training program on Compost making to provide free -hand knowledge to the students regarding Compost making and to reduce bio-degradable waste load from the college. It tries to maintaining a clean and green college campus.

**PURNIMA DAS,**  
Convenor  
Eco- Club  
Pranab College





## INNOVATION & DEVELOPMENT CELL

MEYISANGLA JAMIR,  
Convenor,  
Innovation and Development Cell,.

The Innovation and Development Cell (IDC), Pranabananda Women's College organized the 3<sup>rd</sup> Inter-Higher Secondary Girls' Futsal Tournament at the college campus. All together 9 teams from 7 institutions of Dimapur Town participated in the tournament. The final match was played between Pranabananda Women's College and Pranab Vidyapith Hr. Sec School, Dimapur, wherein the **Pranabananda Women's College** team emerged as the **champions**. The opening ceremony was chaired by Ms. Temsusenla, Sports Secretary, PWCSU. The welcome address was delivered by Ms. Meyisangla Jamir, Asst. Prof. and Coordinator of IDC, PWC. Exhortation speech was delivered by Dr. Santosh Kumar, Principal, PWC. The second day marked the closing ceremony after the final match was over with awarding the running trophy to the winning team. The event was sponsored by: ALPINE CONCERN, JAPUKONG YOUTH ORGANIZATION, APEX MOTOR ENTERPRISES, ROYAL GLOBAL UNIVERSITY, ROYAL CLASS/NEXXT EDU, PWC ALUMNI ASSOCIATION, KAZIRANGA UNIVERSITY.



First Runners-Up, Team PVHSS



Champions, Team PWC



## IQAC REPORT

**Dr. Sanjukta Bhattacharjee**  
IQAC Coordinator,  
Pranab College.

The recent completion of our 2<sup>nd</sup> cycle of accreditation marks a significant milestone in our institution's journey towards academic excellence and continuous improvement. The accreditation process has been both rigorous and rewarding, offering us an opportunity to introspect, innovate, and implement best practices across all facets of our institution.

This cycle has highlighted our commitment to quality education, and comprehensive student development. Throughout this journey, our faculty, staff, and students have shown remarkable dedication and enthusiasm. We have witnessed a substantial enhancement in our curriculum, infrastructure, and teaching methodologies, ensuring a holistic learning environment for our students. The collaborative efforts between departments have enriched our academic culture.

The feedback from the accreditation body has been overwhelmingly positive, reaffirming our strengths and providing valuable insights for future improvements.

### **Post-Accreditation Initiatives by IQAC**

Following the successful completion of our 2nd cycle of accreditation, the IQAC has actively engaged in various initiatives to promote holistic development and awareness among our students and staff.

#### **Poshan Maah Celebration:**

IQAC organized the 'Poshan Maah' celebration (29/9/2023) to emphasize the importance of nutrition and health. These activities aimed to educate and inspire our community to adopt healthier lifestyles.

#### **Awareness Program on Cyber Security and Emerging Technologies:**

Recognizing the growing importance of digital literacy and safety, the IQAC conducted an awareness program (31/10/2023) on cyber security and emerging technologies. Experts from the field provided insights into safe online practices, data protection, and the latest advancements in technology.

These initiatives reflect our commitment to fostering an informed, healthy, and technologically adept campus environment.

We are committed to addressing the recommendations with a proactive approach, aiming for even higher standards of excellence in the coming years.

Together, we look forward to the future with optimism and a renewed commitment to our mission and values.



## LITERARY COMMITTEE

**Anju Rai**  
Convenor,  
Literary Committee,  
Pranab College.

The aim of the committee is to inculcate among students a love for language and enhance their literary skills. The committee provides a platform for the students to display their intellectual and independent thinking skills and imbibe a sense of confidence.

Every year the Literary Club of Pranab College organizes a programme to mark the International

Mother Language Day on 21st February. The programme includes poetry recitation in different dialects and also folksongs and deliverance on the significance of the day.

Rabindra Jayanti is also celebrated on 9th May as a tribute to the poet laureate Rabindranath Tagore. The programme includes poetry recitation in Bangla, Hindi and English.





## RESEARCH, SEMINAR, WORKSHOP AND JOURNAL COMMITTEE

**Dr. Alomi Cynthia Shikhu,**

Convenor,  
Research, Seminar, Workshop and Journal Committee,  
Pranab College.

The Research, Seminar, Workshop and Journal Committee have been working towards encouraging students and faculty in the fields of research, organising and attending seminars, attending orientation etc. Over the year, there has been increase in participation and the Cell will continue to excel in providing and promoting further research interest. As such, some of the activities achieved so far are:

1. The Department of Sociology organised Inter- College seminar on the theme “Current Topics and Debates of 21<sup>st</sup> Century” on 16<sup>th</sup> April 2024
2. Two students from Sociology Department presented paper at St John College on 23<sup>rd</sup> April 2024 organized by Department of Sociology and Political Science in Collaboration with Research Cell, St John College
  - a. Yinglichumei(PG 4<sup>th</sup> Sem)- Online Shopping behavior among college students in Dimapur
  - b. Imjungwatila Longkumer(UG 6<sup>th</sup> Sem)- Mental Health issues among Genz: Causes, Impact and Measures.
3. Dr. Alomi Cynthia Shikhu, Asst Professor, Department of Sociology co-published paper in an edited book *Farmers Innovations and best practices by Shifting Cultivators in Asia-Pacific* on the topic *Traditional use of Macaranga Trees for soil fertility*, edited by Malcolm Cairns, UK, Croydon, CR(2023)
4. Dr. Alomi Cynthia Shikhu, Asst Professor, Department of Sociology attended as an external member for A. Mary Jahini, Ph.D scholar, St Joseph University, Ikishe Model Village, Chumoukedima on 28<sup>th</sup> May 2024 on the topic Role of Self-Help Group in promoting social transformation among schedule tribes with special reference to Kalvarayan Hills in Salem District of Tamil Nadu
5. Olivia Kikon, Asst Professor, Department of Sociology
  - a. Participant in a Ten-Day Research Methodology Course in Social Sciences. Organized by Dept. Of Sociology, Nagaland University under the sponsorship of Indian Council for Social Science Research, New Delhi. Dated 21st - 31st May, 2024
  - b. Participant as well as organising member on a Two-Day National Workshop on Qualitative Research Methods organized by dept of Sociology, Nagaland University. Dated 27th - 28th March, 2024
6. Peulungling and Chemdenchila(UG 4<sup>th</sup> Semester) presented paper on the topic *Malala Yousafzai: An activist for WomenEmpowerment* in the Inter- College seminar organized by The Department of Sociology, Pranabananda Women’s College on the theme “Current Topics and Debates of 21<sup>st</sup> Century” on 16<sup>th</sup> April 2024
7. Pintu Chakraborty, Liberian, Pranabananda Women’s College published an article in the 4<sup>th</sup> edition of the College Journal(2023)on the topic *Changing Roles and Responsibility of Library Professionals in Adopting the Digital Revolution*.
8. Following PG students published article in the 4<sup>th</sup> edition of the College Journal(2023)
  - a. Hanluchi- Socio-Economic Status of Street Vendors in Dimapur



- b. Litoli B Muru- Self Help Group and Women Empowerment in Kivikhu Village
  - c. Talijungla jamir- Women Entrepreneurs: A study of Naga Society
  - d. V. Alokali Tuccu- A Study on folktales and folklores of Sumi Naga
  - e. Wikami Chewang- Study on Street- food Vendors with special reference to safety and hygiene in Dimapur town
9. Rina Anal, Asst Professor, Department of Education, completed 5<sup>th</sup> NEP 2020 Orientation and Sensitization Programme under Malaviya Mission Teacher Training Programme(MM-TTP) of University Grants Commission organised by MMTTC, Central University of Haryana, Mahendergarh (India) from Feb 5-14, 2024.
  10. Nayan Basu, Asst Professor, Department of Education
    - a. Completed 5<sup>th</sup> NEP 2020 Orientation and Sensitization Programme under Malaviya Mission Teacher Training Programme(MM-TTP) of University Grants Commission organised by MMTTC, Central University of Haryana, Mahendergarh (India) from Feb 5-14, 2024.
    - b. Published article on the topic “Integrating Skills to Prepare Students for 21st Century – As per NEP 2020” published in Public College Journal of Economics & Commerce, Vol XIII, in 2023.
    - c. Published book Communication Skills (As per latest curriculum of the directives of NEP 2020) Nagaland University in 2023. ISBN: 978-81-19948-17-8 and Communication Skills (As per latest curriculum of the directives of NEP 2020) FYUGP North Eastern Hills University in 2024. ISBN: 978-81-19948-49-9
  11. Ulla Laureen Fernandez, Asst Professor, Department of Education Attended 5<sup>th</sup>NEP 2020 Orientation & Sensitization Programme’ under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission organised by MMTTC, Central University of Haryana, Mahendergarh (India) from February 5-14, 2024.
  12. Rupa Dutta, Asst. Professor attended 5 days Non Residential Faculty Development Programme organised by Indian Institute of Entrepreneurship, Lalmati, Guwahati(Assam) from 19-02-2024 to 23-02-2024.





## WOMEN'S DEVELOPMENT CELL

**Gracia K Jimo**

Convenor,  
Women's Development Cell.

The Women's Development Cell envisions to create a campus culture that values and upholds the rights and well being of women. Keeping in view, the cell organised programmes related to women's issues, status, rights, safety and health during the academic year of 2023-2024.

### SENSITIZATION PROGRAMME

A programme on sensitization on women centric legislation and safety and security of women was organised by the District Administration and District Hub for Empowerment of women DHEW and Sakhi – One Stop Centre, Dimapur with the women's development cell on 7<sup>th</sup> march 2024 with the objective to sensitize the students on Indian Laws relating to women and to create awareness on the safety and security measures for women.

The talk on women- centric legislation was delivered by Ms Dhonthaidi Langthasa, Gender Specialist, DHEW, Dimapur. She spoke on legislation provisions in India, the aims and objectives of legislative enactment and measures that were identified under the Indian Penal Code.

Mrs Werie Mero, Centre Administrator, Sakhi-One Stop Centre, Dimapur, spoke on safety and security of women, the various laws, codes and measures the government has implemented for safety and security of women in India.

### GRAND MARATHON RACE

With an aim to invest in women's health, the cell organised a grand marathon race in collaboration with the Inner Wheel Club, Dimapur on International Women's Day, 8<sup>th</sup> March 2024. Approximately 60 women from different age group in different category took part in this event. Each winner from all category received a cash prize, medal and certificate. Also all the participants were given participation certificate.





## ANNUAL REPORT FOR NATIONAL SERVICE SCHEME FROM JUNE 2023 TO MAY 24

Ulla Laureen Fernandez  
NSS, programme officer  
Pranab College

The National Service scheme cell carries out a number of social activities, every year that contributes to community building, creating awareness of important social issues and enhancement of personality of the students.

Following are the activities that were carried out during the above mentioned session

- World environment Day, 5 June 2023
- International Yoga Day, 21 June 2023
- Independence Day, 15 August 2023
- One day seminar on Kadi mahotsav organised by khadi and village industries commission in collaboration with national service scheme, cell Pwc 18 October 2023
- Cleanliness drive on 30 September 2023
- Essay composition on the team, Swadesi: understanding Gandhi's vision of self, reliance and debate competition of the topic development of village industries in prerequisite of India's economic growth on 17 October 2023
- 75th Republic Day celebration on 26 January 2024
- Election campaign, the month of February 2024
- International women's Day celebration in the month of March 2024







## ACHIEVER'S COLUMN

*Nagaland University Under Graduate Examination 2024, Subject Toppers*



Bibita Sinha, Education Honours 1st Rank (6.97 CGPA)



Priyanka Katheria, Education Honours 6th Rank (6.5 CGPA)



Hafiza Begum, Education Honours 7th Rank (6.46 CGPA)



Angolu, BCom BCM Honours 2nd Rank (6.36 CGPA)



Imjungwatila Longkumer, Sociology Honours 10th Rank (6.51 CGPA)



Dausanliu Rentta Gold Medal in Regu (team event) at 12th Senior National Championship at Odisha



Dausanliu Rentta got Bronze Medal in Pencak Silat, Tanding Female Class B (50-55Kg) during the 3rd North East Games 2024



Edwina Lhinghoithem Hangal got Gold Medal in Pencak Silat (Tungal) Female Category during the 3rd North East Games 2024



Miss Kechangunuo Suokhrie bagged 3rd position in Spoken Word Competition organized by Dimapur Government College on International Youth Day 2023



Priyanka Dey bagged 2nd position in speech competition organised by National Students Union of Nagaland at Congress Bhavan on Teachers' Day 2023



Lito V Sumi, 2nd Position in Marathon Race organized by NSACS on the occasion of International Youth Day 2024



Sujata Dev (BCom) and Kiranmoye Dutta (BA) Secured 2nd Position in Inter-Collegiate Quiz Competition, 2024 at Eastern Christian College



# IMPORTANCE OF EXTRACURRICULAR ACTIVITIES

Anil Kumar Das (HOD)  
Political Science  
Pranab College

Extracurricular activities play a vital role in the holistic development of students, extending learning beyond the confines of the classrooms. While academics form the foundation of education, extracurricular activities offer opportunities for students to explore their interests, develop new skills, and grow personally and socially. These activities, which take place outside the regular academic curriculum, include sports, arts, clubs, volunteer work, and more.

**1. Personal Development:** - Participating in extracurricular activities helps students discover their talents, which can boost their self-esteem and confidence. Whether it's excelling in a sport, performing in a play, or leading a club, these successes contribute to personal growth. Balancing academics with extracurricular activities teaches students how to manage their time effectively, an essential skill for success in both personal and professional life.

**2. Social Skills and Teamwork:** - Activities such as team sports, debate clubs, or group projects foster teamwork and collaboration. Students learn to work with others towards a common goal, an experience that is valuable in any career. Extracurricular activities allow students to meet peers with similar interests, forming friendships and networks that can last a lifetime. This networking can also provide opportunities for future career



prospects. These social interactions are crucial for developing interpersonal skills, such as empathy, teamwork, and leadership, which are valuable in both personal and professional life.

**3. Academic Benefits:-** Many extracurricular activities, such as science clubs, math competitions, or writing workshops, reinforce academic skills. These activities often allow students to apply classroom knowledge in real-world situations, deepening their understanding. Engaging in extracurricular activities can positively impact academic performance. Many studies suggest that students who participate in activities outside the class room often have better time management skill and a stronger sense of responsibility.



**4. Physical Health and Well-being:-** Sports and physical activities promote a healthy lifestyle, helping students to maintain physical fitness and reduce the risk of health issues such as obesity. Engaging in activities that bring joy and fulfillment, such as playing a musical instrument, painting, or participating in sports, can significantly reduce stress levels and promote mental well-being.

**5. Career Exploration and Skill Development:**  
- In today's competitive world, colleges and employers look for well-rounded individuals who have more to offer than just academic excellence. Participation in extracurricular activities is often seen as a positive indicator of a student's time management, commitment, and ability to balance multiple responsibilities. Moreover, specific extracurricular achievements, such as winning competitions, holding leadership positions, or organizing community service projects, can enhance a student's resume and make them stand out in college or job applications.

**6. Cultural Awareness and Diversity:** - Engaging in activities outside the classroom allows students to interact with peers from different cultural and social backgrounds, fostering an appreciation for diversity. Extracurricular activities in the arts, such as theater, music, or dance, promote cultural awareness and provide a platform for students to express their creativity.

**7. Encouraging Civic Responsibility and Community Engagement:** - Many extracurricular activities, especially those related to community service or volunteer work; instill a sense of civic

responsibility in students. Participation in such activities encourages students to give back to their communities, understand social issues, and develop a sense of empathy and compassion. This involvement helps shape students into responsible, socially conscious citizens who are aware of the needs of others and are motivated to make a positive impact in society.

**8. Building Self- Confidence:** - Participating in extracurricular activities allows a student to step out of their comfort zones and take on new challenges. Whether it's performing in front of an audience, leading a team, or organizing an event, these experiences help build self-confidence and resilience. As students overcome obstacles and achieve their goals, they develop a sense of accomplishment and self-belief that extends beyond the activity itself.

Extracurricular activities are not just a supplement to academic learning; they are an integral part of education that contributes to the all-round development of students. They complement academic learning by promoting personal growth, social skills, physical health, and ethical values. By participating in these activities, students not only enhance their educational experience but also prepare for future success in their careers and personal lives.



# POSITIVE STUDENT-TEACHER RELATIONSHIPS TO IMPROVE THE TEACHER-STUDENT INTERACTIONS

**Nayan Basu (HOD)**  
**Department of Education**

*Positive student-teacher relationships are crucial for fostering a supportive and productive learning environment. Teaching is a profession which demands a large amount of time being devoted to personal interaction. This article aims to make teachers recognize the importance and necessity of improving the quality of teacher-student interactions and do actions to promote students' learning and thinking abilities as a human being. Teachers build relationships with their students through strong emotional supports and high-quality teaching, which leads to increased cooperation and engagement in the classroom.*

According to Johnson, teaching and learning is an interactive process between teachers and students understanding. How students interpret, what teachers say and do will also shape the patterns of classroom communication. Teachers who have positive interaction with their students create classroom environment that is more helpful to learning and meet students' developmental, emotional and educational needs. The teacher-student relationships impact productively on students' self-esteem and enhance their skills. Student-teacher interactions are very important for the development of the students' academic self-concept and enhancing their enthusiasm and success. Colleges and universities that actively promote close and frequent contact between their students and faculty members are more likely to reap a host of benefits from such initiatives. Faculty members taking an interest in their students' academic progress could potentially make significant contributions in increasing their intellectual and professional development.

## Positive Student-Teacher Relationships

The relationship between teachers and students plays an important role in the path of children's academic success and social development. Establishing a positive relationship with their teachers helps the students to feel more comfortable and safe in their classroom environments. Teachers often talk about how hard it is to connect with and get to their students. They say students view them as out of bounds; hence according to students, teachers cannot understand them. This is a wrong and dangerous assumption on the students' part, and teachers should do their best to expose this myth and form connections with their students. Developing positive relationships between teachers and students has a positive, significant, and long-lasting impact on the students' lives, both academically and socially. Students would work better in class if they felt that their teacher valued and cared for them. We all would want to feel loved and cared for, and so do students. They feel valued if the teacher not only cares about their grades but also their wellbeing and social life.

Teachers who have a good relationship with their students report an improved performance in academics. This is because students can easily approach their teacher for help if they have a problem in a particular course, and also because a student is motivated to work harder if they know that their teacher genuinely looks after them. The teachers can also come up with the best and most effective teaching methods since they know their students well, instead of adopting a generic method that doesn't work well.



## Classroom Management

It refers to the ways teachers help the children develop skills to regulate their own behaviour, get the most learning out of each school day and maintain interest in learning activities. This includes:

- Behaviour Management – How well teachers monitor, redirect, prevent, and misbehaviour.
- Productivity – How well the class runs with respect to routines, how well students understand the routine, and the degree to which teachers provide directions and activities so that maximum time can be spent in learning activities.
- Instructional Learning Formats – How teachers engage students in activities and facilitate activities so that learning opportunities are maximized.

## Improving Academic Success

Studies have shown that strong relationships between teacher and students can have a significant impact on academic success. When students view their teachers as partners rather than adversaries, they are more open to learning. In addition, this can turn classrooms collaborative environment where students are more willing to listen to both the teacher and each other. Teachers can help improve academic success in students by clearly expressing positive expectations from each student, presenting students with equal opportunities to participate in class discussions, and expressing to students that they are confident of their ability to succeed when it comes to their coursework.

## Encompass Growth in the Classroom

Growth encompasses many different areas. These include academic growth, emotional growth, physical growth and spiritual growth. Unfortunately, many classrooms are focusing only on growth in

terms of academics. When teachers are able to take the time to build a strong relationship with their students, it's possible to create a strong understanding of what individual students need to achieve higher level of growth. By doing this, teachers can adopt their classroom activities to better meet the needs of students. Teachers gain the ability to help their students grow beyond academics. They can learn how to help their students grow in many different facets of their lives and ensure students have a successful future for themselves and those around them. Teaching profession requires the ability to clearly communicate information even during stress-inducing scenarios. It is important for the teachers to find ways to successfully manage stress, in order to express concepts and avoid frustration.

## Improved Student Mental Health

Healthy student-teacher relationships are often most beneficial for specific categories of students, including male students, who suffer from learning difficulties, and students with low economic status. Students with low self-esteem, often those considered at-risk, will react positively to positive reinforcement from their teacher, providing students with a sense of pride.

## Create Successful Classrooms

There are many significant benefits of positive student-teacher relationships. When students feel a sense of classroom delight and teachers are able to effectively communicate with their class, engagement occurs. A classroom in which students and teachers can focus on education rather than disturbances is one in which they both can thrive. As a result, students are more likely to participate actively in class and challenge themselves academically. It pays to pursue a strong relationship with a teacher from the first day.

Healthy and positive relationships between teachers and students can be extremely beneficial at



all levels of an educational establishment, within the classroom and across the school environment as a whole. From improved self-esteem to increased engagement, there are a number of benefits of establishing positive student-teacher relationships between educators and pupils of all ages. Educators and students can experience these benefits with the use of the methods that include communicating positive expectations, and developing classroom pride. As positive student-teacher relationships continue to develop, the abiding effects benefit not only students and teachers but parents and administrators as well.

#### Improve Teacher-Student Relationship through

- Providing positive comments where necessary.
- Being positive and enthusiastic when teaching.
- Showing students that you are not only interested in them but also that you care about

them.

- Avoiding the using of threats and punishment.
- Creating a supportive and cooperative classroom environment.
- Creating an environment where questions and answer—even wrong answers are encouraged, motivated and valued.
- Conducting a values analysis discussion about some current event or topic.

The relationship between teachers and students can have a permanent impact on the development of a child. Teachers who have strong bonds with their students have been shown to be more effective and useful in their teaching roles. In addition to lower levels of behavioural problems, teachers with strong classroom bonding are also able to achieve higher levels of academic success among students.

## Book Review

*Ms. Olivia Kikon*

*Asst. Professor, Dept. of Sociology*

*Ceasefire City: Militarism, Capitalism and Urbanism in Dimapur.*

**Dolly Kikon and Duncan McDuie-Ra. Oxford University Press. 2021**

**C**easefire City offers a compelling exposition on the forces and events that gives Dimapur, a peculiar character as an emerging city in a tribal land. Situating in three key intersecting themes, namely, Militarism, Capitalism, and Urbanism, the book captures how these multi-dimensional factors have shaped both the city's development as well as the social fabric, especially in the context of the lingering Naga conflict and the ceasefire agreement between the Indian State and the Naga insurgent groups.



## Ceasefire City

MILITARISM, CAPITALISM, AND  
URBANISM IN DIMAPUR

Dolly Kikon | Duncan McDuie-Ra

OXFORD



The introductory pages encapsulate, in an important way, the question of how militarism is not just about measures of security but is also a broader spatial and cultural phenomenon that has an effect on the daily lives of the people. For instance, the Indian military infrastructure represents an invasive, developed, and gated space starkly contradicting the dilapidated, often unplanned civilian infrastructure. Moreover, empowered by the Armed Forces Special Powers Act 1958, the military has unlimited power over the public where military territorialization pervades along with what Kikon terms as a “culture of impunity”. The city is further enveloped by two camps – Hebron camp and Vihokhu Camp, inhabited by the cadres of NSCN -IM and NSCN -U, respectively, and actively making their presence felt mostly through taxation. Given such a parallel armed military setting, Kikon and Mc Duie-Ra, argues that all sides of the long-lasting conflict converge in the city with their opposing ideologies, tactics and practices, ultimately shaping the urban form and experience.

The book is divided into two parts: Part I, titled as “Space”, is contained in two chapters, and investigates the core themes analyzed around spatial politics, in particular the lynching of 2015, and the month-long bandh of 2017. The authors take a critical stance on such developments that has indeed marred the image of the city. In the first chapter, they contend a rather factual idea that Dimapur is a migrant city vis-à-vis a tribal territory. As such, while the social fabric of Dimapur may exhibit a cosmopolitan atmosphere, there are definitely elements of identity politics that

looms over, making the space a sensitive one. The second chapter moves over to the city’s developing urban characteristics, as a result of political apparatus. Taking cognizance of the 2017 municipal council election imbroglio, the authors offer an insightful argument that a city emerges as a space that can challenge conventional norms. They also take note of how capitalism is growing steadily transforming Dimapur into a vibrant commercial center. The influx of goods, services and capital is changing the economic landscape of the city, attracting migrants across borders. However, the capitalist market has inevitably led to rising inequalities triggering tensions among different social categories.

The next part of the book presented as part II titled “Stories”, is set in rich ethnographic narratives, highlighting the lived experiences of the people in the city. The three chapters under this part centers around the areas of sound and music, traditional hunting practices, and mortal life, in the city. Kikon and Mc-Duie-Ra brings into context what it takes and what it means to live and breathe in city like Dimapur, with all its nuances. The interactions with musicians based in the city, with the urban hunters and with urban residents, accounts for a prolific, and varied life experience amidst a migrant city, albeit having a common aspiration - that of a sense of belonging, of preserving values, and of peace.

Grounded in extensive fieldwork with a wide coverage of array of voices of the people in the city, the book reveals the complexities of life in Dimapur that is simultaneously a site of conflict and economic



opportunities. One key takeaway of the book is the challenge the authors pose on conventional narratives of the Indo-Naga conflict and its associated ceasefire. They offer instead, a viewpoint of the common people in terms of the way they experience these events and processes. They, thus, argue that the outcome of the ceasefire is not necessarily peace, but rather the emergence of a new form of violence and insecurity in the city. The book could have benefitted more had it also shone light on the historical processes and developments that have morphed Dimapur into its present state. Additionally, addressing the broader regional and border dynamics that influence the city

would have been insightful as Dimapur is dubbed as a “migrant city”.

“Ceasefire City: Militarism, Capitalism and Urbanism in Dimapur”, is a valuable work for academicians, students, policymakers, and anyone who is interested in understanding the complex and interrelated forces that define contemporary urban life in Dimapur. The book’s detailed analysis and rich ethnographic data provide important revelations into the challenges and opportunities facing this city. Kikon and McDuie Ra’s contribution will undoubtedly inspire further research and debates on critical urban issues in local and regional contexts and beyond.

# OPEN ACCESS TO INFORMATION AND KNOWLEDGE

Pintu Chakraborty

Librarian

Pranab College, Dimapur

## INTRODUCTION

The Open Access movement began in 2002 with the setting up of the Budapest Open Access Initiative by a group of international scholars who were keen to allow unrestricted access to journal literature for the public good. This type of access allows the free exchange of knowledge and resources to widen its impact and to encourage creativity. Open access publishing models continue to successfully transcend traditional modes of publishing, from one where there is a cost involved in accessing the research, to one that allows free access. In this way, research is being made accessible to all to read, or to reuse, with libraries once again, playing a leading role in transforming the communities it serves in many different ways. Open Access can play a significant part in the long-term development of communities in any number of ways.

Open access is a broad international movement that seeks to grant free and open online access to academic information, such as publications and data. A publication is defined ‘open access’ when there are no financial, legal or technical barriers to accessing it - that is to say when anyone can read, download, copy, distribute, print, search for and search within the information, or use it in education or in any other way within the legal agreements. Open access is a publishing model for scholarly communication that makes research information available to readers at no cost, as opposed to the traditional subscription model in which readers have access to scholarly information by paying a subscription (usually via libraries).



### Why Open Access?

- Open Access enhances visibility and impact of ones own work as Open Access articles are downloaded and cited more frequently than articles from non-Open Access journals
- Free access to scientific knowledge, information and data strengthens the basis for knowledge transfer.
- Developing countries and small or specialized research institutions and corporations have access to all Open Access articles.

### TYPES OF OPEN ACCESS INITIATIVES IN INDIA

The following are the various attempts made by the Indian systems to bridge the gap between information/knowledge “haves” and “have-nots”.

#### DIGITAL LIBRARY INITIATIVES

- **Archives of Indian Labour**

Principal Implementing Agency: V.V. Giri National Labour Institute, Noida Participating Institutions: Association of Indian Labour Historians, Delhi; N. M. Joshi Centre for Labour Research and Education; Workers' Education Trust, Chennai; RojaMuthiah Research Library, Chennai; SARAI- A New Media Initiative, Center for Study of Developing Societies, New Delhi Supporting Agency: Ministry of Labour, Government of India Software Used: Greenstone Digital Library

- **CSIR Exploration**

Principal Implementing Agency: CSIR Unit for Research and Development of Information Products (URDIP) at Pune 106 Supporting Agency: Council of Scientific and Industrial Research (CSIR), Government of India

- **Cultural Heritage Digital Library in Hindi**

Implementing Agency: Cultural Informatics Laboratory, Indira Gandhi National Centre for the Arts (IGNCA), New Delhi, India Supporting Agency: Ministry of Communications and Information Technology, Government of India

- **Mobile Digital Library**

Implementing Agency: Centre for Development of Advanced Computing, Noida (CDAC Noida) Supporting Agency: Ministry of Communications and Information Technology, Government of India Partner Institutions: Shri Shivanand, SastaSahitya Mandal

- **Digital Library of India**

Principal Implementing Agency: Indian Institute of Science (IISc), Bangalore Mega Scanning Centres: Indian Institute of Information Technology Hyderabad (IIIT Hyderabad); Centre for Development of Advanced Computing, Noida (CDAC Noida); Centre for Development of Advanced Computing, Kolkata (CDAC Kolkata) Participating Institutions: Indian Institute of Information Technology Hyderabad; ERNET (Education and Research Network) India; Centre for Development of Advanced Computing (CDAC) Supporting Agency (Indian): Ministry of Communications and Information Technology, Government of India

- **India Education Digital Library**

Principal Implementing Agency: Education Development Center (EDC), Bangalore Participating Institutions (Indian): International School of Information Management (iSIM), University of Mysore;



National Informatics Centre, Karnataka Supporting Agency (Overseas): United States Agency for International Development (USAID) Software Used: Greenstone Digital Library Software 107

- **Indian National Digital Library in Engineering Science and Technology (INDEST)**

Principal Implementing Agency: Indian Institute of Technology Delhi (IITD), New Delhi Supporting Agencies: All India Council for Technical Education (AICTE), Ministry of Human Resource Development (MHRD), Government of India

- Muktabodha: DL and Archiving

Principal Implementing Agency: MuktabodhaIndological Research Institute, New Delhi Participating Institution (Indian): French Institute of Pondicherry (IFP) Participating Institution (Overseas): Ecolefrançaised'Extrême-Orient (EFEO) Supporting Agency (Overseas): SYDA Foundation, USA

- Traditional Knowledge Digital Library of India (TKDL)

Principal Implementing Agency: National Institute of Science Communication and Information Resources (NISCAIR), Council of Scientific and Industrial Research (CSIR), New Delhi Participating Institutions: Council of Scientific and Industrial Research (CSIR), Ministry of Science and Technology, Government of India; Contoller General of Patents Designs and Trademarks, Department of Industrial Policy and Promotion, Ministry of Commerce and Industry, Government of India; SAARC Documentation Centre, India Supporting Agency: Department of Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health and Family Welfare, Government of India

- Vidyanidhi

Digital Library / Electronic Theses and Dissertations (ETD) Principal Implementing Agency: University of Mysore, Mysore Supporting Agencies: National Information System for Science and Technology (NISSAT), Department of Scientific and Industrial Research (DSIR), Government of India; Ford Foundation; Microsoft India

- VigyanPrasar Digital Library

Principal Implementing Agency: VigyanPrasar, Noida Participating Institutions: National Council for Science & Technology Communication (NCSTC), New Delhi; NCSTC Network, Delhi; National Children's Science Congress Supporting Agency: Department of Science & Technology, Government of India 108

### Open Access Journals

- E-Journals @INSA

Type of Initiative: Open Access Journals Principal Implementing Agency: Indian National Science Academy (INSA), New Delhi Supporting Agency: National Information System for Science and Technology (NISSAT), Department of Scientific and Industrial Research (DSIR), Government of India Web Address: [www.insa.ac.in](http://www.insa.ac.in)

- Indian Academy of Science

Type of Initiative: Open Access Journals Principal Implementing Agency: Indian Academy of Sciences (IAS), Bangalore Partner Institutions: Current Science Association, Bangalore; Indian Institute of Sciences, Bangalore; SpringerLink, Germany Supporting Agency: Ministry of Science and Technology, Government of India

- MEDIND@nic

Type of Initiative: Open Access Journals Principal Implementing Agency: Indian MEDLARS Centre (IMC),



Bibliographic Informatics Division, National Informatics Centre (NIC), New Delhi Supporting Agency:  
Indian Council of Medical Research (ICMR), Ministry of Health and Family Welfare, Government of India  
Web Address: <http://medind.nic.in>.

### OPEN ACCESS E-BOOKS PLATFORM

1. Alex Catalogue of electronics Texts (<http://infomotions.com/alex/>)
2. American Verse Project (<https://quod.lib.umich.edu/a/amverse/>)
3. AMS (American Mathematical Society) Books (<https://bookstore.ams.org/>)
4. Authorama Public Domain Books (<http://www.authorama.com/>)
5. Bibliomania (<http://www.bibliomania.com/>)
6. Bookboon (<https://bookboon.com/>)
7. Bookyards (<https://www.bookyards.com/mobile/authors.php>)
8. CABI (<https://www.cabi.org/products-and-services/cabi-open-access/open-access-books/>)
9. DE GRUYTER (<https://www.degruyter.com/page/open-access-books>)
10. Digital Library of India (DLI) (<http://www.dli.ernet.in/>)
11. Directory of Open Access Books (DOAB) (<https://www.doabooks.org/>)
12. eBook Lobby (<https://ebooklobby.com/>)
13. E-Books Directory (<https://www.e-booksdirectory.com/>)
14. EGayanKosh (<http://www.egyankosh.ac.in/>)
15. ERUDIT (<https://www.erudit.org/en>)
16. Free Book Spot (<http://www.freebookspot.es/>)
17. Free eBooks for Life (<https://www.free-ebooks.net/>)
18. Free Engineering Books (<http://www.freeengineeringbooks.com/>)
19. Freebookcentre.net (<http://freebookcentre.net/>)
20. FreeComputerBooks.com (<http://freecomputerbooks.com/>)
21. Get Free eBooks (<https://www.getfreeebooks.com/>)
22. Google Books (<https://books.google.com/>)
23. HathiTrust Digital Library (<http://www.hathitrust.org/>)
24. Intech (<https://www.intechopen.com/books>)
25. Internet Archive (<https://archive.org/>)
26. JSTOR (<https://about.jstor.org/whats-in-jstor/books/open-access-books-jstor/>)
27. Knowledge Unlatched (<https://www.knowledgeunlatched.org/>)
28. Librarian Resources (<https://librarianresources.taylorandfrancis.com/books/taylor-francis-open-access-books/#>)
29. LibriVox (<https://librivox.org/>)
30. ManyBooks (<https://manybooks.net/>)



31. MIT Online Textbooks (<https://ocw.mit.edu/courses/online-textbooks/>)
32. National Digital Library-NDL (<https://ndl.iitkgp.ac.in>)
33. Northcentral University Library (<https://ncu.libguides.com/ebooks/openaccess>)
34. Notre Dame De Namur University (<https://www.ndnu.edu/academics/open-and-free-journals-books-theses-and-dissertations/>)
35. O'REILLY (<https://www.oreilly.com/openbook/>)
36. OAPEN (<https://oapen.org/>)
37. OPEN ACCESS eBOOKS (<https://openaccessebooks.com/>)
38. Open Library (<https://openlibrary.org/>)
39. Open Textbook Library (<https://open.umn.edu/opentextbooks>)
40. Palgrave Macmillan (<https://www.palgrave.com/gp/rights-permissions/open>)
41. PDF Drive (<https://www.pdfdrive.com/>)
42. Project Gutenberg (<http://www.gutenberg.org/>)
43. Public Books Database (<https://www.publicbooks.org/public-books-database/>)
44. Rare Book Room (<http://www.rarebookroom.org/>)
45. ReadPrint (<http://www.readprint.com/>)
46. Science Direct (<https://www.sciencedirect.com/browse/journals-and-books>)
47. Social Science Cyber Library (<https://www.socscylibraryamu.ac.in/>)
48. South Asian Archive (<http://www.southasiaarchive.com/>)
49. Springer Open Books (<https://link.springer.com>)
50. World eBook Library (<http://community.worldlibrary.in/>)
51. World Library Foundation Branches and Portals (<http://worldlibraryfoundation.com/>)
52. ZLibrary (<https://z-lib.org/>)

#### **OPEN ACCESS E-JOURNALS PLATFORM**

1. AIRCC (<http://airccse.org/journal.html>)
2. BioMed Central-BMC (<https://www.biomedcentral.com/>)
3. COGENT OA (<https://www.cogentoa.com/>)
4. DOAJ (<https://doaj.org/>)
5. ELSEVIER (<https://www.elsevier.com/about/open-science/open-access/open-access-journals>)
6. ERUDIT (<https://www.erudit.org/en>)
7. HIGHWIRE (<https://www.highwirepress.com/>)
8. IEEE Open Access Journal (<https://open.ieee.org/>)
9. Indian Academy of Sciences (<https://www.ias.ac.in/Journals/Overview/>)
10. Indian Society for Education and Environment (<https://www.iseedyar.org/>)



11. Indianjournals.com (<https://www.indianjournals.com/ijor.aspx>)
12. JSTOR (<https://about.jstor.org/oa-and-free/open-access-journals/>)
13. KARGER (<https://www.karger.com/OpenAccess>)
14. Knowledge Unlatched (<https://www.knowledgeunlatched.org/>)
15. LUND UNIVERSITY LIBRARIES (<https://www.lub.lu.se/en/services-support/publishing-registering/open-access>)
16. MDPI (<https://www.mdpi.com/about/journals/wos>)
17. National Digital Library-NDL (<https://ndl.iitkgp.ac.in>)
18. NISCAIR Online periodicals Repository (<http://nopr.niscair.res.in/>)
19. Notre Dame De Namur University (<https://www.ndnu.edu/academics/open-and-free-journals-books-theses-and-dissertations/>)
20. OMNICS OPEN ACCESS (<https://www.omicsonline.org/>)
21. Open Access Journals from Scopus (<https://www.scopus.com/sources.uri>)
22. Open Access Library (<https://www.oalib.com/>)
23. Open Knowledge Repository (<https://openknowledge.worldbank.org/>)
24. OXFORD ACADEMIC ([https://academic.oup.com/journals/pages/open\\_access](https://academic.oup.com/journals/pages/open_access))
25. Public Library of Science-PLOS (<https://plos.org/>)
26. PubMed Central (<https://www.ncbi.nlm.nih.gov/pmc/>)
27. Science Direct OAJ (<https://www.sciencedirect.com/browse/journals-and-books>)
28. Springer OAJ (<https://www.springeropen.com/>)
29. Taylor & Francis (<https://www.tandfonline.com/openaccess>)
30. THIEME OPEN (<https://open.thieme.com/web/19/home>)
31. Web of Science OAJ (<https://clarivate.com/webofsciencegroup/solutions/open-access/>)
32. WILEY (<https://authorservices.wiley.com/open-research/open-access/index.html>)

## CONCLUSION

Open access to knowledge and information is an ambitious initiative, which provides the Social and Economic inclusive growth and brings down the disparity amongst information haves and have not. It is largely achievable in a country where policy frameworks, institutional frameworks, information infrastructure, trained manpower, and financial resources are adequately available. The effect of focused capacity building programmes in the areas of digital preservation, digital libraries and open access to literature is encouraging in a country like India, where significant proliferation of open access and digital library initiatives have been achieved in the last decade.

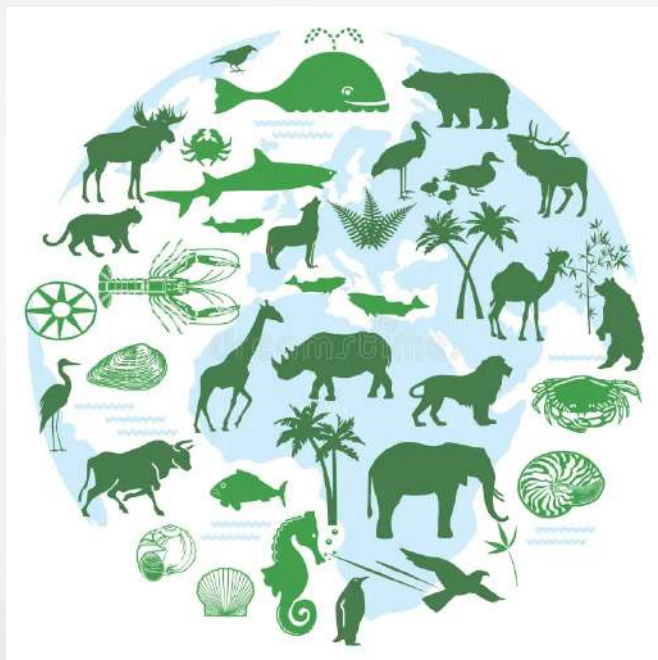


# Biodiversity OF NAGALAND

**Mrs. Purnima Das,**

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India is one of the Mega diversity Nation, with huge reservoirs of floral and faunal species. The diverse landforms and varied climatic conditions supports its rich biodiversity.

Nagaland is a small hilly state in the North Eastern corner of India, also endowed with rich diversity of floral and faunal species. The State's lush green landscapes, undulating hills and forests are home to an array of unique Plants and wildlife, many of which are endemic to the region.

Nagaland comes under the Indo-Burma bio-diversity hotspot of the world, and therefore the flora of Nagaland shows great affinities with the flora of Indo-

Malaya and Indo-China. There are over thousand species of Orchids in India and Nagaland alone has about 360 orchid species. There are about 71 bamboo varieties, 12 cane variety and 41 allied species are reported from Nagaland. The world's biggest and tallest 'Rhododendron tree' is found at the base of Japfü Peak in Nagaland, and is recognized as the State Flower of Nagaland. Nagaland has the finest tropical, sub-tropical evergreen forests and a unique broad-leaved moist temperate forests, which provides shelter to large variety of flora and fauna species.

The Guinness World Records recognized the Melhite Lha (paddy) as the tallest paddy in the world on December, 2021, and the Naga King Chilly as the World's Hottest Chilly in 2007.

However, deforestation, degradation of forest resources, change in land use pattern, hunting of flora and fauna are the major challenges that threaten the bio-diversity of the state.

The Faunal diversity in Nagaland include about 67 common wild animals, 519 bird species and 149 fish species, and a number of reptiles and amphibians. 'Blyth's Tragopan', a vulnerable species, is the State Bird of Nagaland. The 'Great Indian Hornbill' is one of the most famous but endangered species of bird found in the state. 'Mithun', an endemic animal to the North-East India is the state animal of Nagaland. The state is also known as the 'Falcon Capital of the World' as it is the primary roosting site for Amur Falcons.



# Investment and options of Investment

**Rupam Dasgupta**  
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## What Is an Investment?

An investment is an asset or item acquired to generate income or gain appreciation. Appreciation is the increase in the value of an asset over time. It requires the outlay of a resource today, like time, effort, and money for a greater payoff in the future, generating a profit

## Best types of Investments:

### 1. Investing in stocks:

Investing in the stock market or equities can be a great way to grow wealth over time. It takes careful analysis to be able to determine the best stocks to invest in, as well as when to enter and exit the market. Market volatility can have an effect on the capital growth of investments, and the returns on these investments depend on the types of investors in India and their risk tolerance. Fortunately, many stocks have been shown to deliver returns that outperform inflation over the long run.

### 2. Certificate of Deposit:

Investing in a Certificate of Deposit (CD) is a money market instrument regulated by the Reserve Bank of India (RBI) and issued by the Federal Deposit Insurance Corporation (FDIC). The minimum amount that can be invested in a CD is Rs.1 lakh and its multiples. Commercial banks typically issue CDs with a maturity period ranging from 7 days to 1 year, while financial institutions offer CDs with a maturity period from 1 year to 3 years.

### 3. Bonds:

Bonds are a form of debt investment that has become popular in India. Bond investors provide money to the issuer of the instrument, and in exchange, the bond issuer pays interest to the investor at a pre-defined coupon rate until the bond matures. Upon maturity, the investor gets their original investment back. Although most bonds in India come with a fixed coupon rate,



other types of bonds such as floating rate bonds and zero-coupon bonds are increasingly gaining favour. To invest in bonds in India, one can either do so directly or through Debt Mutual Funds. Investors should be aware that the bond issuer is obligated to return the principal amount to them at the time of maturity.

### 4. Mutual Funds (MFs):

Investing in Mutual Fund (MF) can involve stocks, bonds, or a combination of the two. Depending on your financial goals and risk appetite, different types of investors in India can choose between equity funds, debt funds, and balanced funds. Additionally, you can also use Systematic Investment Plan (SIP) to invest smaller amounts periodically. Before investing, review your risk preferences and be aware of the taxation system. Moreover, you may opt for tax-saving mutual funds such as the ELSS (Equity Linked Savings Scheme) to help maximise your returns.

### 5. Public Provident Fund (PPF):

Public Provident Fund (PPF) is viewed as one of the safest forms of investment in India, since it is backed by the government. Opening an account with any bank or post office is the first step to investing in PPF and can be done with a minimal amount of Rs.100 in some



banks (can vary for different banks). Yearly deposits range from a minimum of Rs.500 to a maximum of Rs.1.5 lakh, and these investments are locked in for 15 years, as well as qualifying for tax deductions under section 80C of the Income Tax Act, 1961. To get the most out of PPF, it is advisable to invest before the 5th of every month, taking advantage of online transfers for convenience and efficiency.

#### 6. **National Pension System (NPS):**

The National Pension System (NPS) is an investment plan sponsored by the government of India, which is suitable for long-term savings, particularly for retirement. NPS investments can be diversified across 4 asset classes – Equities, Government Bonds, Corporate Bonds and Alternative Investment Funds (AIFs). Currently, NPS investments are eligible to be annuitized after the investor reaches the age of 60, though they can continue to be invested in up to the age of 75 without annuitization. To maximise the benefit of your NPS investment, you can take advantage of the tax deductions available under sections 80CCD (1), 80CCD (1B), and 80CCD (2). There are two types of investment options for NPS - active and auto choice. An active choice allows you to choose the asset allocation as per your preference, while an auto choice has a predetermined asset allocation. If you have good financial knowledge, you can opt for an active choice. Otherwise, auto choice would be the better option.

#### 7. **National Savings Certificate (NSC):**

National Savings Certificate (NSC) is a government-backed fixed-income investment scheme offered by India Post. This scheme attracts conservative investors making medium to small-scale investments for five years. The interest rates for NSC are pre-determined and reviewed/revised by the Ministry of Finances under the Government of India on a quarterly basis.

#### 8. **Exchange-Traded Fund (ETFs):**

An ETF, short for Exchange-Traded Fund, is just like a

stock and can also be called a basket of securities that trade on the stock market.

Exchange-traded funds pool the financial resources of several people and use them to purchase various tradable monetary assets, such as shares, and debt securities, such as bonds and derivatives. Most ETFs are registered with the Securities and Exchange Board of India (SEBI).

Hence, it is an appealing option for investors with limited expertise in the stock market.

#### 9. **Post Office Monthly Income Scheme (POMIS):**

This account provides monthly interest against your deposit with the post office. The minimum deposit amount is Rs. 1,000 and the maximum deposit is Rs. 9 lakh (Rs. 15 lakh for a joint account). The interest rate on offer is 7.4%. Any number of such accounts may be opened in any post office subject to the maximum balance limit (after adding balances in all accounts). The term of the POMIS is 5 years. You can set up an ECS facility to automatically credit the monthly interest from POMIS to your savings account. You can prematurely encash it after one year of opening the account. The premature encashment penalty for such termination is 2% of your deposit within 1-3 years. If you prematurely encash it after 3 years but before maturity at 5 years, the penalty is 1%.

#### 10. **Kisan Vikas Patra (KVP):**

KVP offers an interest rate of 7.5% compounded annually. It can be purchased from any post office. The invested amount doubles every 115 months. The minimum amount for investing in KVP is Rs. 1,000. Thereafter you can invest in multiples of Rs. 1,000 with no upper limit. Premature encashment of the KVP Certificate is allowed 2.5 years after purchase. The KVP certificate can be held either by a single holder or as a joint holding between two individuals. It can also be purchased on behalf of a minor. This scheme offers no tax rebate on either contributions or interest earned.



# Where there is a will, there is a way.

This old proverb is one of the most used proverbs till date and also one of the most impactful proverbs. I am sure everyone has seen and heard of this proverb at least once in their lifetime. This very proverb teaches us an essential meaning that if we set our mind to do something, then nothing can stop us from achieving it. And this is applicable in all arenas of life. This proverb holds a special place in my heart as it has always helped me push my limits. Shall we take a gentle amble down memory lane?

My NPSC journey started fashionably late. It was 2 years after I completed my Masters that I seriously decided to embark on the journey of competitive exams. I was somehow a little aware that the journey will be rough but when on board realised that it was treacherous yet fulfilling. So, like any other aspirants, I began the knowledge seeking process but the initial year was a failed preparation since I had no proper guidance. Later I decided to seek help from seniors and friends who were already in this journey prior and then I started from square one, - from the recommended books to the preparation strategy. This was a turning point of my exam journey and also a good lesson learnt i.e. ***Never shy away from asking help from the experienced.*** Now, this applies to all aspects of life.

Like I have mentioned above, the journey was perilous and the number of failures I've had at this point of time was infinite. I left no stone unturned to any exams along the way and every time, I could not make it by a margin or two. It was nerve racking. In the meantime, I also had my hands on some projects and taught in some civil service coaching institutes in between my preparation schedules to cool my nerves. This went on for a while when the Pandemic hit and the whole world was affected. The pandemic was the biggest bane for me as I hit the rock bottom of my competitive exam journey. I decided to accept my fate that the exam thing was not meant for me and started looking for a better opportunity.

It was during this time I got the opportunity to teach at my Alma mater, Pranabananda Women's College now Pranab College which was a boon to me. My short stint in this college was again a turning point. Even though I had accepted my fate, my heart still longed for that will Le., the will to embark on the peril journey again. It was at this point I realised that I need to prioritize. As much as I like to teach, I also wanted to fulfil my dream of reaching the finishing line of the competitive exams. Hence, I chose the latter as it transcends the former and off, I was back on track again. From this I learnt another great lesson i.e., ***One should be willing to take risk, no matter the cost.*** (P.S. I would like to thank Maam Majakhon and Maam Tainla for being so encouraging and to Miss Olivia for being the sweetest). And so, after many tiresome bumpy journeys and numerous failures, the nerve racking experiences, the time invested and hard work finally paid off. Most importantly, it is through God's immense blessings that I could finally succeed in an astounding manner.

Dear friends, the definition of Success is very wide. In addition, it all depends from person to person. Success is never 'One size fits all'. Success is what makes a person happy. To achieve success, it is very important to understand what your goal is, and once the goal is set, run for it. No matter how challenging the paths may be ***'Never ever Give Up.'*** From my personal experience, an important ingredient to success is Hard work coupled with Self-confidence not Over-confidence. Always believe in yourself and motivate yourself because You are your best motivator. Lastly, I would wind up with this, ***'If you have the Will, you will always find a way'.***

God Bless.

**Arhoni C Jami Lotha**

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(Batch of 2010 PWC)



# Dream Big

**T** rue growth commences the moment you elect to transcend the confines of your comfort zone. Embrace the inevitability of failure—it is an intrinsic element of the odyssey. Authentic growth and triumph emerge from confronting adversities with fortitude. Do not recoil from fear; rather, embrace it with poise. Dare to dream magnificently! You become what you resolve to be. Tomorrow is never assured, so do not squander today living another's life. Your time is finite—relishes the voyage. Let wisdom, erudition, integrity, resolve, kindness, and compassion be the attire you don. Learn to rest, but never capitulate. Allow your dreams to instill awe within you.

**Imjungwatila Longkumer**  
Batch of 2024





# “Unity in Diversity”

Aongsenla

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India is a land of unity in diversity. It is a vast country with numerous variations in race, cultures, languages and even geographical features. In many countries of the world, major geographical features divide international borders, e.g. Nepali and China are separated by the Himalayas. However, in India we have learned to live in diversity, and our geographical features further solidify this bond. The Panjab region is known for being one of the most potent agricultural lands on earth. The Northern Mountainous region has come across different people and different languages. In Rajasthan desert, we come across Rajasthani languages and culture, all apart of India, yet distinct in their culture and language. To the further South cometh the people of Tamil Nadu, Telangana, Kerala, and Karnataka, all distinctive languages and cuisines.

India is a plural society. It's unity and diversity characterize it. Despite several foreign invasion, Mughal rule and British rule, the nation's unity and integrity have been maintained. It is this synthesis that has made India a unique mosaic of cultures. India fought against the British Raj as one unified entity. The existence of diverse languages, religions and cultures, foreign visitors and immigration from other parts of the world have made India's culture tolerant. The source of diversity in India may be traced in a variety of ways.

India has been able to project itself as a single territorial unit in the face of physical, social and economic contrasts. The Great Plains, which is between the Himalayan ranges on the one hand and Peninsula India on the other has a unifying

role. Climatically, the monsoonal rhythm of seasons provides a strong element of uniformity. Many cultural traditions are strongly tied to the monsoons. Saints have spread the message of universal brotherhood, which has helped a great deal in uniting different sections of the society in India and making the country a unified nation.

India's vast diversity is matched by its geographical features and shows the strength of the country. The extraordinary characteristic of India is that in spite of all diversity in different fields - physical, social, linguistic, cultural, foods and religious; there is a fundamental thread of unity.

In India, there are followers of different religions such as Hinduism, Buddhism, Jainism, Sikhism, Islam and Christianity. All religions have their sects and sub-divisions. So, there is diversity not only in regard to religious, racial compositions and linguistic distinction but also in patterns of living, occupation pursuits, land tenure system, lifestyles, inheritance and succession of law. Even the practices and rites related to birth, death, marriage and various functions are performed differently by each religion.

In the book “ The Discovery of India “, Jawaharlal Nehru says that Indian unity is not something imposed from the outside but rather, “ It was something deeper and within it's fold, the widest tolerance of belief and customs was practised and every variety acknowledge and even encouraged”. It was Nehru who coined the phrase “Unity in Diversity” to describe India.



## *How do you describe loneliness?*

~ K Eli Chishi

“Loneliness is a field of vibrant daffodils, swaying together in harmony, yet amidst the beauty, a single lavender bloom stands out, unseen and unspoken. It’s the silence of a crowded room, where thoughts are trapped on paper, longing to be heard.

Loneliness isn’t about physical isolation; it’s the feeling of being invisible in a grand mansion, surrounded by people yet utterly alone. It’s the faint mark of a white marker on a whiteboard, barely perceptible, yet aching to be seen.”

It’s the darkness of night, waiting for the solace of dawn’s light. It’s witnessing a breathtaking sunset, yet feeling disconnected, lost in the sound of one’s own thoughts, with headphones on.

## PHOM MONYU

**F**estivals are an integral part of human culture and society. They bring people together; provide a sense of belonging and one of the most significant aspect of festival is the ability to unite people. Festival comes in different forms and sizes, each with its unique traditions and celebration. Phom is an ethnic group of Nagaland with four major festival with unique significant they are Monyu, Mora, Banguum and paangno. Among all, Monyu festival is the greatest of all celebrated on the month of April every year after the sowing season. The festival is celebrated for six days from 1<sup>st</sup> to 6<sup>th</sup> April every year. This festival is observed after sowing is done in paddy fields. it also marks the end of winter and the beginning of summer or monsoon.

A day or prior to the festival the green signal of the dawn of festival is made by beating log drums with a distinct tone synchronized purposely for the event. Traditionally made “LAN NYANGSHEM”. The priest or the village

elders preform a ritual and predict forthcoming festival would be-a blessing

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Shamla K Phom,  
Manpang Y Phom.  
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or a curse. In case the prediction shows a sign of danger, the villagers are warned to be careful during the festival. Monyu is the time to bid farewell to the on-going year and herald the dawn of the new year. The main features of the Monyu is the the occasions when all the family members show love and concern by exchanging gift, rice beer, meat and various food items young and old people dress up in traditional attires where they preform folk songs and dance. During the festival relatives and close friends are invited to have feast which is called Mong Chemba Hahying. The preparation for the Monyu festival is a year-long affair. People had to rear number of pigs well ahead of two or three years to be slaughtered during the festival. Well ahead of one or two month, the womenfolk had to pound to prepare rice beer, collect fire woods,



wrapping leaves, vegetables, tobacco, betel leaves and other necessary items. The coming of the festival is a bitter- sweet time for the young man with fiancé. In addition to preparation for his family, he has to bear extra burden to prepare and give all necessary things for his fiancé such as dresses, head-dress, one very fine basket, tea leaves and other edible food items .He also had to collect a particular type of orchid from the woods to adorn his fiancé. In the present day civilised world one may think and wonder why such things was burden for some people. But the simple answer is the fact that economic condition of those days was very tough. The whole young people had to work in fields just for fifty paise or one rupee

The fixation of date for celebration of festival was very delicate issue. They would fix the date according to their lunar calendar month. The size and position of the moon was observed in preceding month. When the new moon starts, they carefully count the day for fixation of the festival. A very high form of superstition was believed that the wrong fixation of date was believed to cause damage of the crops resulting in famine, occurrences of accidental deaths and excessive untimely death. The festival was a time of feasting, enjoyment, drinking rice-beer, singing and drumming. The heroes were highly idolised, the hero worship was already in place due to social elevation. people had to look up to him as the protector of the community. The folk song, which is called vannyau, is completely different that the romantic folk songs called Maibong. The brotherly and sisterly who have married either to the villagers or to the other village are heavily gifted with gifts such as full thigh of pig along with other food items .failure of doing so was considered a great shame for the family .

The six days long festival follows a circle of ritual and activities. The first day for overall preparation of domestic chores, every household goes to collect wrapping leaves and bamboos, which is called 'SHONGTAN –LAIPHEN'. The second day is for compulsory brewing of all kinds of rice beer. The third day is meant for the different age group from oldest to the youngest .They gather together and feast amidst dancing and merry making. Thus, the day is named "AIHA OKSHOK". The fourth day is coined as 'CHINGI OSHOK' which practically means general festivity and also the day of arrival of guests .on the fifth day parties of young and old men and women wear their respective colourful costumes keep themselves busy eating , drinking , inviting friends and enjoying every moment , which is called 'PAANGMOHAH'. The sixth day and the last day is elderly people feast by exchanging purest rice beer and meet the young ones. The most common game played during the last day is Swing made out of wild rope locally called Shakok this whole process is carried out in ritualistic manner. With the arrival of Christianity in mid 19<sup>th</sup> century in Nagaland with the change in belief people do not give much importance to traditional way of festival and old practice as devilish. Now in the Present time the way of celebrating Monyu festival has been modernized. Young people make a strong effort to preserve rich heritage. Along with adopting Christian values.

Festival play as crucial role in preserving culture heritage and traditions people look forward to festival all-round the year. It sparks joy and unite the people for the sole purpose of celebration and happiness. It beautifies the look of community.



## Level up Your Resume: *Why Internships Matter*

**Moileng Jhemphang**  
BA 5<sup>th</sup> Sem (Eng. Honours)

**W**orried about what to add to the 'Experience' section of your resume? That's where internships come in.

In today's competitive job market, a degree alone won't cut it. Employers want to see real-world experience, the kind that makes you stand out from a sea of applicants. Internships are the ultimate resume booster, bridging the gap between academic theory and practical skills.

According to the Cambridge Dictionary, 'an internship is a period of time during which a student works for a company or organization to gain experience of a particular type of work'. Internships have become an essential bridge between academic education and professional employment, offering valuable opportunities for students and graduate students to gain hands-on experience and develop skills. Internships also allow students to explore different roles and industries, helping them identify their interests and strengths to make informed career choices. They also give individuals experience in the careers they want to pursue.

### **Hands-on Experience**

Internships offer hands-on experience, which is valuable for students and graduate students, as it bridges the gap between academic learning and real-world application, preparing individuals for their future careers.

Interns learn to apply theoretical knowledge to practical tasks, enhancing their skills. Internships allow students to connect with industries or companies, which can lead to future job opportunities. Students can also explore different career paths and discover their interests through internships, as this hands-on experience helps in making career decisions. Overall, undertaking internships is essential for achieving career success and personal growth, as having internship experience gives individuals an edge in their desired career fields.

### **Personal Feedback**

Reflecting on my internship at Eastern Mirror, it was a transformative experience. It taught me about overcoming challenges, whether dealing with competitive deadlines, writing articles, or interacting with people. These obstacles taught me resilience and problem-solving skills. I was also given the opportunity to work on writing articles; at first, I found it quite difficult, but it helped me gain knowledge about writing. This significantly enhanced my understanding of writing. One of the most significant benefits of the internship was skill development. Both hard skills and soft skills, like communication and teamwork, are learned during this period. For instance, my role required me to improve my proficiency in writing, which has been beneficial in my subsequent roles.



I also learned the importance of writing and communication, which will continue to benefit me in my future professional endeavors. Therefore, I encourage others to pursue opportunities by embracing internships. Individuals can gain a competitive edge in the job market and set a solid foundation for their future careers.

### **Feedback from Others**

K. Mongsen Phom, a graduate student, shared, 'Internships, in today's age, are very beneficial for students as they give them an idea of the real working world. My internship has been helpful in a way that it not only broadened my understanding of going out to work and earn but also the fact of how seriously we have to take our duties and work. When we are young, sometimes we choose a career by looking at the outer layer of it. It is only when we actually start working that we understand the depth of life. The internship gave me a prior idea of how my life could be if I continue in the field I chose, which can further help me make a firm decision for my future.'

Nuksungmenla, currently pursuing a BA at St. John College, shared, 'I have attained the mastery to bake cakes and cookies during my internship. It has helped me comprehend and analyze the knowledge of baking and allowed my instructor to articulate expectations and cooperate successfully throughout the internship phase.'

Chemdenchila, currently pursuing a BA at Pranab College, shared, 'In my internship,

I found dealing with the children to be particularly challenging. Many of them were hesitant to share information about themselves and their experiences. Additionally, some of the children did not know their age, making it difficult to gather basic details. To make them feel comfortable and secure around me, I started by engaging them in light, friendly conversation and incorporated games and activities to help break the ice.'

Vemusholu, currently pursuing a BA at Pranab College, shared, 'My internship has really set me up for future opportunities in my field. It has given me practical experience that I can directly apply to future opportunities.'

### **Conclusion**

Overall, internships play a vital role in career development. They provide practical experience, skill development, networking opportunities, and career exploration. As we navigate an increasingly competitive job market, the practical insights and connections gained through internships are essential for standing out and achieving long-term success. My own experiences, along with the feedback from others, highlight the transformative power of internships in shaping careers and building confidence. Embracing these opportunities with an open mind and a proactive attitude will undoubtedly pave the way for a fulfilling and successful future career journey.



# THE IMPACT OF MUSIC ON HUMAN EMOTIONS

**Solunla R. Lims**

B. A 5th semester

Department of English.

When my hopes and beliefs crumble at my feet, I turn to one of my favorite songs, “When You Believe,” sung by Whitney Houston and Mariah Carey. It reminds me that even when hope feels fragile, miracles can happen if we believe. They may not always occur on our timetable, but a small, resilient voice whispers that hope is near. This song embodies positivity, urging us to find the bright side of each day.

And speaking of inspiration, take Mariah Carey’s 1993 hit “Hero.” The opening lines resonate deeply: “There’s a hero if you look inside your heart / You don’t have to be afraid of what you are / There’s an answer if you reach into your soul / And the sorrow that you know will melt away.” This song reminds us to be strong and brave, to find the hero within ourselves to face and overcome challenges.

Music has a profound ability to evoke a kaleidoscope of memories and emotions. It can make us feel deeply sad, incredibly energized, lighthearted and silly, joyful, reflective, or pensive – the possibilities are endless. Each genre touches and inspires different facets of our lives. Pleasant melodies and harmonious chords can evoke feelings of happiness, relaxation, and nostalgia.

Personally, I’m drawn to the music of Celine Dion. Her voice is captivating, and her dedication to her craft is inspiring. Her songs blend genres like rock, classical, and gospel, making her music all the more appealing to me.

Music transcends boundaries. It’s a universal language. We connect with our local music, especially gospel songs, on a deep level. The melodies and lyrics resonate deeply, speaking to our souls. This impact stems from the meaning woven into the lyrics, connecting with listeners on a personal level.

Music is transformative. It can transport us to fantastical worlds and touch our lives in countless ways. It influences our emotions, shapes memories, enhances social interactions, and even impacts our physical health. Listening to gospel music, for example, is like experiencing a taste of paradise, illuminating our souls. Music keeps our spirits alive. Deep within each heart lies a spark that ignites the fire of our imagination, and music fans those flames.

**But why do people fall passionately in love with music, even without understanding the lyrics?**

It is because Music transcends language barriers. Just as love knows no bounds, neither does music. It communicates emotions and ideas without relying on words. A melody or rhythm can evoke similar feelings across different cultures and languages.

Music travels across hearts, mending and purifying wounded souls with its melodic presence. It’s a mood amplifier, capturing the essence of a particular time and offering a glimpse into the artist’s mind. This is what makes music so special.



# এ কোন সমাজ!!

প্রমিলা পাল  
সহকারী অধ্যাপিকা, বাংলা বিভাগ

যদিও আমরা ভিন্ন রাজ্যে বাস করি তবুও অদ্ভুত এক অবস্থার মধ্যে দিয়েই দিন অতিবাহিত করছি আমরাও। কিছুই ভালো লাগে না। জীবনটা কেমন যেন এলোমেলো হয়ে আছে। সারাদিন মন ভারাক্রান্ত হয়ে থাকে। মনে হয় যেন কিছু একটা হারিয়ে গেছে পারিপার্শ্বিক সমাজ জীবন থেকে। বাতাসের গায়ে কান পাতলেই শুনতে পাই, অন্যায়, অন্যায় ঘোর অন্যায় হয়েছে মেয়েটির সঙ্গে। এর থেকে পরিত্রাণ পাওয়া বড়ই কঠিন। সমগ্র দেশ উত্তাল হয়ে উঠেছে এই হৃদয় বিদারক পাশবিক মৃত্যু দেখে। কিন্তু যে রাজ্যে ঘটনাটি ঘটল সেখানকার দল্লমুণ্ডের কর্তা একেবারে নির্বি কার যেন কিছুই হয়নি এমন এক ভাব নিয়ে সারাদিন ভাঁট বকে চলেছেন। আন্দোলন বন্ধ করার জন্য মরিয়া হয়ে উঠেছেন। ভাবছেন এটা করতে পারলেই মানুষ সব ভুলে যাবে এবং চিরাচরিত প্রথায় সব অন্যায় চাপা পড়ে যাবে। এ কোন সমাজ, যেখানে রক্ষকই ভক্ষক!! তবে তিনিও কিন্তু একজন হিংস্র ক্ষমতালোভী নারী। তাই যতদিন না নির্যাতন তিতমেয়েটি সঠিক বিচার পায় এবং আসল দোষীরা দৃষ্টান্তমূলক শাস্তি না পায়, ততদিন পর্যন্ত আন্দোলন চলাই বাঞ্ছনীয়। সাধারণ জনগনের হাতেই এই আন্দোলনের রাশ থাকুক। তদন্ত হোক নিরপেক্ষ। মেয়েটির উপর ৯ আগস্ট রাতের পাশবিক অত্যাচারের কথা মনে এলে কি এক অব্যক্ত যন্ত্রণায় মন ছটফট করে ওঠে। আঁতকে ওঠে, শিউড়ে ওঠে শরীর মন। কী কষ্ট সহ্য করেই না এই পৃথিবী থেকে চিরবিদায় নিল ফুলের মত নিষ্পাপ মেয়েটি! সকালে ঘুম থেকে উঠে রাতে ঘুমোতে যাওয়া পর্যন্ত শুধু একটাই ছবি ভেসে ওঠে আর বড় বিষন্ন বোধ করি।

সেই রাতে যারা এই পাশবিক অত্যাচার করেছিলো সমাজের চোখে তারা ক্রিমিনাল, অনেক বড় হাত তাদের পিছনে না থাকলে তারা এটা করতে সাহস পেতো না। নিষ্পাপ মেয়েটাকে অন্যায় ভাবে পৃথিবী থেকে বিদায় নিতে হলো, কিছুতেই মেনে নিতে পারছি না। খুব কষ্ট মনের মধ্যে। প্রশাসনের কাছে আর্জি জানিয়ে কোন লাভ হবেনা। ধীরে ধীরে আইন আদালতের উপর ও ভরসা হারিয়ে যাচ্ছে। তাই আপামর জনগণ ও নারীশক্তিই আমাদের ভরসা। তাঁদের কাছে আন্তরিক আর্জি, 'আর একটু তৎপর হোন আপনারা, কিছুতেই দমে যাবেন না, অন্যায়কারিকে কঠোর তম শাস্তি দিন। এই পঁচা গলা পুঁতি গন্ধময় সমাজকে একটু হলেও ক্লেশ মুক্ত করুন'। যতদিন না নির্যাতন তিতার নিরপেক্ষ বিচার হচ্ছে ততদিন সবাইকে অন্তরের এই আগুন প্রজ্জ্বলিত রাখতেই হবে। তবে সব কিছুই শেষ আছে। আমি খুব আশাবাদী। আমার কেবলই মনে হচ্ছে, "ওই নরপশুদের বধিবে যে, গোকুলে বাড়িছে সে"।।



**Rupa Dutta**  
Asst. Professor,  
Dept. of English,  
Pranab College

**Inferno :**

Deep down, an inferno burns within me,  
And oh! I know my gaze can consume.  
Mysterious waves of emotions entwine,  
Urging me to burn you to ashes,  
So you can rise like a phoenix anew

**Unforgettable You:**

Walking down the empty road, feeling lost and shattered ,  
Flashback of your gentle voice caressing my ears;  
As tears of longing made a lump in my throat ;  
The apocalypse of our togetherness flashed like the last lightning that made the sky shiver with angst,  
I sigh and walk ahead on the dark empty road

**Echoes of a Silent Scream**

I want to scream out the pain I've bottled for ages,  
Confess my frailty, my exhaustion, my need for embrace.  
I've loved without expectation, given without receiving.  
You left me in a cliffhanger state desolate and bereft,  
No trace of love remains within my soul.  
Why, oh why? I cried into the infinite darkness,  
And the only reply was the echo of my own scream.



**Kedarai Chewang**  
BA 3<sup>rd</sup> Sem (Eng. Honours)



## *Fleeting Autumn*

Autumn, if we were to never cross paths,  
Who would walk me through my childhood lane?  
Will spring do it? I doubt.  
For I would be too joyful to remember past.



The shouts of the neighborhood kids at dusk,  
Miseries of school, bonds of friendships,  
Those innocent handwritten letters,  
Playing an adult And excited to be one.  
Inexpressible joy and meaningless cries.  
Everything wakes up in the fall.



Last Autumn I made memories.  
This Autumn I looked back;  
Regret some few, cherished all.  
And next, I will pen them down  
For the next next autumn when I no longer possess the  
strength to remember.  
For I fear autumn will never come back.



Kedarai Chewang  
BA 3<sup>rd</sup> sem (Eng major)



**Veronica K Yeptho**  
BA 5th Sem (Eng. Honours)

## MENTAL BATTLE

A LOT THINGS HAPPENS BEHIND THE  
CURTAIN OF PRIVACY.

SILENTLY STOOD INFRONT OF THE  
MIRROR

I LET MY TEARS CLEANSE THE INWARDLY  
SUFFERING.

I FIGHT AGAINST MYSELF  
I AM WEAKLY SURVIVING

I DON'T KNOW IF I WILL BE ABLE TO GET  
OVER THE TRAUMA.  
I FEEL THAT I DESPERATELY NEED TO  
SCREAM:

I'M NOTHING, I'M WORTHLESS, I'M EMPTY.  
I CANNOT GET IT RIGHT  
I CONFESS THIS ISN'T EASY.

TEARS IN MY EYES, BEGGING MYSELF TO  
HOLD ON AND BE STRONG.  
I'M HOLDING ON BUT BARELY.  
NOTHING IS MORE TERRIFYING THAN  
BATTLING WITH MY YOUR OWN.

A WARM SMILE ON MY FACE I SAY,  
NO MATTER HOW HOPELESS AND  
DEPRESSED YOU FEEL, NO MATTER HOW  
MANY DAYS YOU'VE SPENT SOBBING.

I PROMISE YOU WON'T FEEL THIS WAY  
FOREVER.  
THE TRUTH WILL ONE DAY EMANCIPATE

VERONICA K YEPHTHO (ENGLISH MAJOR)

**Vilo**

BA 5th Sem (Pol. Sc. Honours)

## "To Be Known "

Thought de kind in one's soul;  
that everyone's a being.  
Waited like de king of beasts for its prey,  
Where sometimes a moment go invain.  
Thought time and moments lead us;  
but yet.. it's being to lead...  
Everyone's be like a good Ewes and Rams.  
Yet a Wolf in Sheep's clothing...  
Be like a Shakespeare's 'The world a stage '  
Where beings merely de actors... playing a  
role ..of theirs...own.  
Sees , like a Lamb.. gentle, meek, innocent,  
but yet could explicit de thorns in one's...  
Sees...the goodness in all ;yet like, breaking  
de silence of de seas ...  
A blissful thing; wish 'to be known '  
A bread with butter, pen to paper,  
Sagacity of beings nature, giving a shot for  
one's triumph..  
Alas! mourn for de  
immaculateness ,impeccability.  
Like a Sheep without a sheepard.  
Yet , delighted for de loss ,  
As the truth can finally change something.



## *“Compare Your Life To A Tree”*

**Elena Ayemi**  
BA 5<sup>th</sup> Semester  
Sociology Houours

A tree that stands in a lonely spot,  
Your life is grounded in the earth it's got.  
Its leaves fall if not given care,  
Just like emotions, lost in despair.

Your life can bloom with new branches bright,  
Yet it can easily be plucked out if you lack insight.  
A tree is surrounded by creatures so near,  
As your life is surrounded by people you hold dear.

As the tree grows old, it's cut away,  
Just as life fades to the grave someday.

.....

## *In the Mirror's Embrace*

**Engaugong**  
BA 1st Semester  
(English Dept)

In the quiet pause of morning light,  
Where shadows melt and hopes ignite,  
There lies a truth we often miss—  
The art of self-love's gentle kiss.

In the mirror's tender gaze,  
We find our worth in simple ways.  
No need for grandeur or grand schemes,  
Just the reflection of our dreams.

With every flaw and every scar,  
We're stitched together, who we are.  
Embrace the flaws, the imperfect lines,  
In every crack, our spirit shines.

So when you stand before that glass,  
Remember, love is meant to last.  
Cherish the self that you have grown,  
In self-love, you're not alone.

For in your heart, a light is true,  
A beacon bright, reflecting you.  
Celebrate each moment's grace,  
With love that starts in your own embrace.



## «IN THE HALLS OF LEARNING»

**Ihecile Siang**  
BA 3rd Semester  
Sociology Department

In the halls of learning, where Shadows play,  
A student's heart finds both night and day.  
Books are piled high, and dreams take flight,  
Yet hidden struggles often blur the light.

In the rush of deadlines, the pressure mounts,  
Amidst the lectures and endless amounts.  
A mind once sharp begins to fray.  
As worries whisper and steal the day.

Sleep is a treasure, so fleeting, so rare,  
Stress paints circles beneath tired eyes' glare.  
Amidst the chatter of late - night talks,  
Silent cries echo through quiet walks.

Yet hope remains in the darkest night,  
In friendships forged and moments bright.  
A hand to hold, a listening ear,  
Can turn the shadows, calm the fear.

In the crowded halls and bustling scene,  
Lies a struggle few have seen.  
Grades and goals, an endless quest,  
Yet finding peace is pressed.

Late- night coffee, endless notes,  
Dreams are stitched with hopeful quotes.  
Yet in this storm, there's strength to find,  
In self-care and a peaceful mind.

Seek the balance, take a breadth,  
In the midst of academic depth.  
Reach for help when shadows fall,  
Support is there, through every call.

In the hustle, make space for rest,  
For mental health, it's all for the best.  
So in the journey through the fray,  
Find the moments in each day.

Amidst the learning, laughter and pain,  
Nurture your heart, and embrace the gain.  
For in these years, both tough and bright,  
Mental health is the guiding light.  
Through every trial, every test,  
Find peace within and give your best.



Laxmi Das

In the desolate expanse of existence, I drift aimlessly  
Tormented by the unrelenting anguish that claws at my soul  
Life's journey is a grueling, merciless odyssey  
Through a wilderness of shattered dreams and crushed aspirations  
The weight of sorrow is a crushing, suffocating force  
That threatens to consume me whole, leaving nothing but a hollow shell  
Each step forward is a battle, a war waged against the darkness  
That seeks to claim me as its own, to snuff out the faint flicker of hope  
The path unwinds before me, a bleak and barren landscape  
Stretching out into an endless, featureless horizon  
I search for a glimpse of solace, a respite from the pain  
But find only the cold, unforgiving vastness of existence.

---

## “The heart’s compass”

**Tania Fardosh Chowdhury**  
B.A 5th semester

Your words illuminate my heart's darkest night  
This connection, I've felt since our first tender light  
The one who sacrificed everything to make us shine  
Is our mother, oh so divine

The more crowds I meet, the more I realize  
How well my mother raised me, with loving eyes  
She can scan our feelings without any machine's aid  
Our mother, with a heart that's always displayed

Yet, we fail to respect her, despite her loving ways  
When her face grows pale, like a corpse's ashen gaze  
We consider her a burden, oh what a shame  
For the one who's unique, and only found in her name

Ask someone who's experienced the pain of her loss  
And they'll tell you, a mother's love is the greatest cross  
So be the superhero of your mother's eyes  
And cherish her love, until the end of time's sigh



## ECHOES OF LOVE

**Tete Saka**  
BA 1st sem

I ponder, am i a hopeless romantic,  
Or are my priorities in life specific?  
Deep in my heart, self-love i hold,  
Not desperate, but seeking love that's bold.

My words and dreams, they guide my way,  
Each day, I strive to prove myself,  
But not mistakes, i desire someone true.  
Someone who fills every space, with a never-ending alluring hue,

Someone who will be my favorite place to be ,  
someone with whom I'm meant to be,  
"I'd run five miles just to give him a hug", you see.

Forever with him I hope

TITLE: "SAVE THE EARTH" ●

**Kironmoye Dutta**  
BA 5<sup>th</sup> Sem (History Honours)

A MAGNIFICENT PLANET ON ITS VERGE OF  
DECLINE ,  
FLORA AND FAUNA VANISHING BEFORE THE  
TIMELINE.

BIT BY BIT NATURE FADES ITS HUES,  
CATASTROPHES AND DISASTERS CONTINUE.

MAN AND NATURE GO HAND IN HAND,  
DESTRUCTION OF THE LATTER CAUSES THE  
FORMER TO BE SLAIN.

IT'S HIGH TIME TO PRESERVE THE ALLURE  
OF NATURE,  
BECAUSE WHO KNOWS WILL IT EXIST IN  
THE FUTURE.



## Ode to friendship

**Sonia Sahani**  
B. Com 5th Sem.

In the tapestry of life, a golden thread etwine ,  
Creating a bond, so pure and so fine .  
A friend is a light in the darkest night ,  
A beam of love burning bright.  
In the moment of joy ,in time of sorrow ,  
A friend is the hope for a brighter tomorrow .  
Through laughter that echoes and tears that fall ,  
A friend is the one who answers the call.  
Though miles may part us and times may wane,  
But the essence of friendship will ever remain the same.  
In the tale of life, they play a crucial part ,  
By leaving their footprint on the canvas of our heart .





Nevidita Deb  
B.com 3rd semester

দিনের আলো ঘনিয়ে এলো সন্ধ্যা ঢলো ঢলো, নদীর জলে অস্তাচলে যতই দূরে চক্ষু চলে এখন তো  
আর যায়না দেখা মধ্য দিনের আলো। ঘাটে বাঁধা নৌকো গুলি  
উঠল হেলি দুলি  
ছোট্ট একটি নৌকো বেয়ে  
দূর দেশী এক মাঝির মেয়ে  
গান গেয়ে যায় চলি।  
কোন সে আশা কোন সে ভাষা কোন সে মধুর স্বপ্নে ভাসা, এই জীবনের চলার পথে কল কল, কল,  
জলের স্রোতে নিত্য যাওয়া আসা ॥

## আমার আছে অঙ্ককার

Bornali Roy  
B.Com 5th Sem

চমকে দিব তোমাকে  
কোন এক অমাবস্যার রাতে ।  
কারণ পূর্ণিমা আমার ভাল লাগে না ।  
অহংকারী চাঁদ তখন ম্লান করে দেয় তারাদের আলো ,  
কোন এক অমাবস্যার রাতে আকাশের পানে তাকিও-  
দেখবে জ্বলজ্বল করা সপ্তর্ষী তারা  
বিতোর করবে তোমায়ে সাত সাতটি স্বপ্নে  
আর ধ্রুবতারা পথ দেখাবে তোমায়ে অনাগত ভবিষ্যতের।  
ধীরে ধীরে তুমি যখন নিজেকে হারাবে  
ঠিক তখনই তোমাকে চমকে দিব আমি  
  
জেনে রেখো কোন এক অমাবস্যার রাতে  
ঠিকই চমকে দিব তোমাকে



Sija Das  
B.Com 3<sup>rd</sup> Sem

প্রায় তখন সকাল দশটা যখন আমি শুনেছিলাম যে প্রায় ৩২ বয়সী একটি মহিলা তার কর্মক্ষেত্রে ধর্ষিত হয়েছেন। আমার শহর কলকাতাতে যেটি আনন্দের শহর হিসেবে পরিচিত। এটা সমাজে খারাপ ভাবে প্রতিফলিত হয়েছে যে আমরা কোথায় বাস করি এবং বিচার ব্যবস্থার ঠিক কেমন। এখন মেয়ে সন্তানকে বাড়ির বাইরে পাঠাতেও কেউ ভরসা পাচ্ছে না। এই ঘটনা আমার হৃদয় গভীর দাগ রেখে গেছে। এবং সেই শয়তানদের প্রতি আমার ঘৃণা এই কবিতার মাধ্যমে দেখানো হয়েছে।

ধর্ষ ৭

ধর্ষ ৭ প্রতি ৩০ মিনিট!! একটা নতুন শয়তান।  
অশুভ মন নিয়ে মানুষের ছদ্মবেশে,  
ভিন্ন চরিত্র ও ভিন্ন নামের সঙ্গে,  
একটা শয়তান লজ্জাহীন জানোয়ার।

এক বছর না হওয়া শিশু ও, এই নিষ্ঠুর কাজের স্বীকার।  
একটি নির্দোষ ঘরের মেয়ে আত্মচিৎকার করেছিল।  
তার জীবনের জন্য এবং তার স্বপ্নের জন্য।

লোকে বলে সে এই ধরনের জায়গায় ছিল,  
কিন্তু মন্দিরে ধর্ষ ৭ আমার মনে প্রশ্ন রাখে।  
লোকে বলে সে ভুল সময় সেখানে ছিল, কিন্তু প্রতি ৩০ মিনিটে ধর্ষ ৭ আমার মনে প্রশ্ন রাখে।  
লোকে বলে যে সে ভুল পোশাক পড়েছিল  
কিন্তু ৭ মাস থেকে ৭০ বছরের বৃদ্ধার ধর্ষ ৭ আমার মনে প্রশ্ন রাখে।

তার কি স্বাধীন জীবনযাপনের অধিকার ছিল না?  
সে কি সব সময় অপমানিত হবে???

সমাজের সকল মানুষ, সকল ধনী ও পরাক্রমশালী,  
এই কলঙ্ক কি সমাজের অবসান ঘটাতে পারে?

পরিবর্তনদরকার, সময়, কাপড় বা স্থানের পরিবর্তন নয়,  
সমাজের অনুগ্রহকে প্রভাবিত করে এমন মানুষের মানসিকতার।

যারা জীবনের দৌড়ে তাদের ভূমিকা ভুলে গেছে।  
যাতে পৃথিবী একটি ভালো জায়গা হতে পারে।



Sneha Kar  
B.Com 1<sup>st</sup> Sem

Sagar Shil  
B.Com 1<sup>st</sup> Sem

দিনের আলো ঘনিযে এলো,

সন্ধ্যা ঢলো ঢলো।

নদীর জল অস্তাচলে,

জতই দূরে চক্ষু চলে।

এখন তো আর যায়না দেখা,

মধ্য দিনের আলো।

ঘাটে বাঁধা নৌকা গুলি

উঠলো হেলী দুলী।

ছোট্ট একটি নৌকা বেয়ে

দূর দেশী এক মাঝির মেয়ে

গান গেয়ে যায় তরী।।

কোন্ সে আশা, কোন্ সে ভাষা

কোন্ সে মধুর সপ্নের ভাষা।

এই জীবনে চলার পথে

কল্ কল্ কল্ জলের স্রোত

নিত্য যাওয়া আসা।।

প্রাণ

ভুলবো না আর সহজতে

সেই প্রাণে মন উঠবে মেতে

মৃত্যু মাঝে ঢাকা আছে

যে অস্তহীন প্রাণ

বজ্রে তোমার বাজে বাঁশি

সেকি সহজ গান

সেই সুরেতে জাগবো আমি

সেই ঝড় যেন সেই আনন্দে

চিতবীণার তারে

সম্প্রসিদ্ধ দশ দিগন্ত

নাচাও যে ঝঞ্ঝারে

বজ্রে তোমার বাজে বাঁশি

সেকি সহজ গান

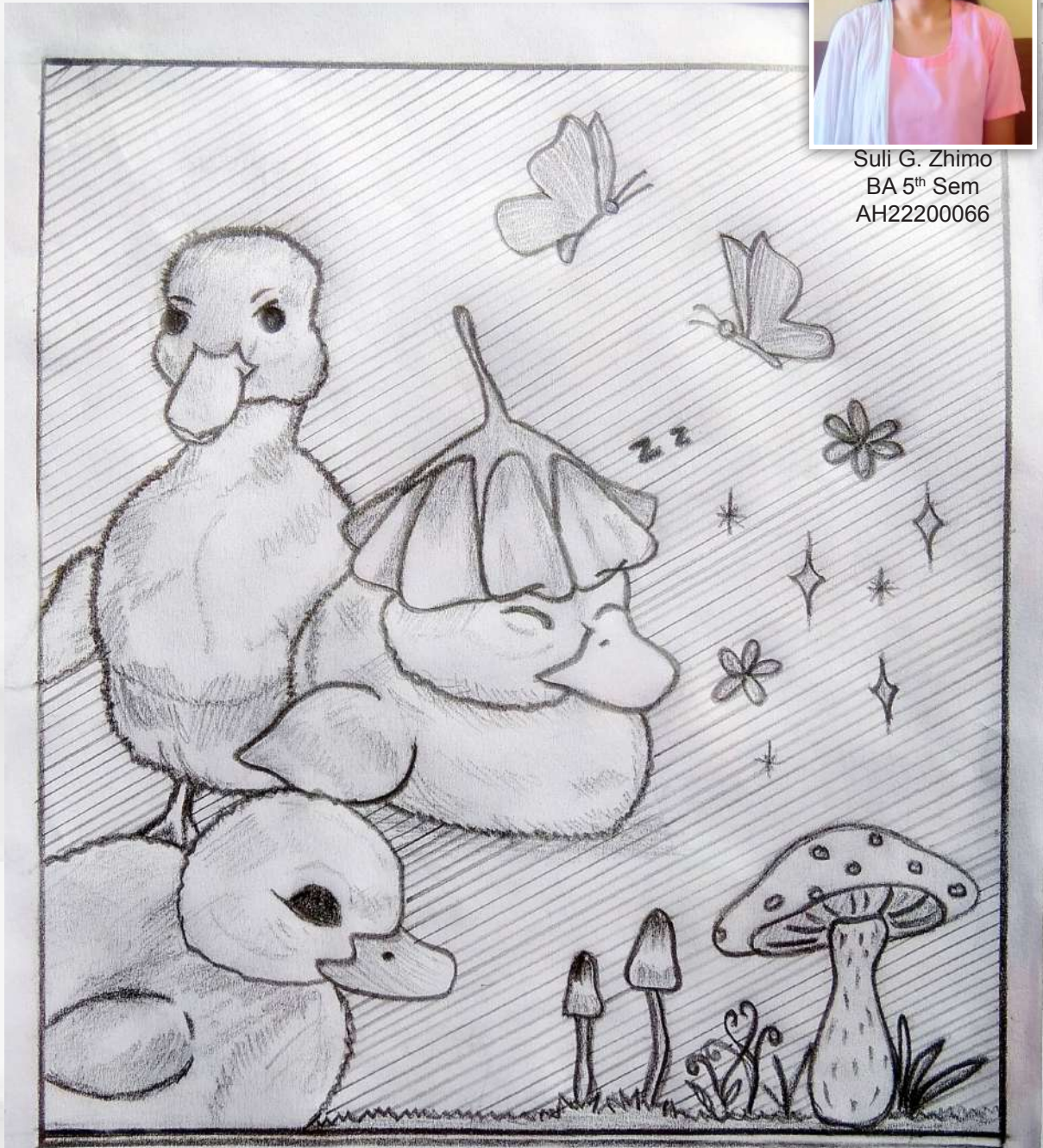
সেই সুরেতে জাগবো আমি



# Art

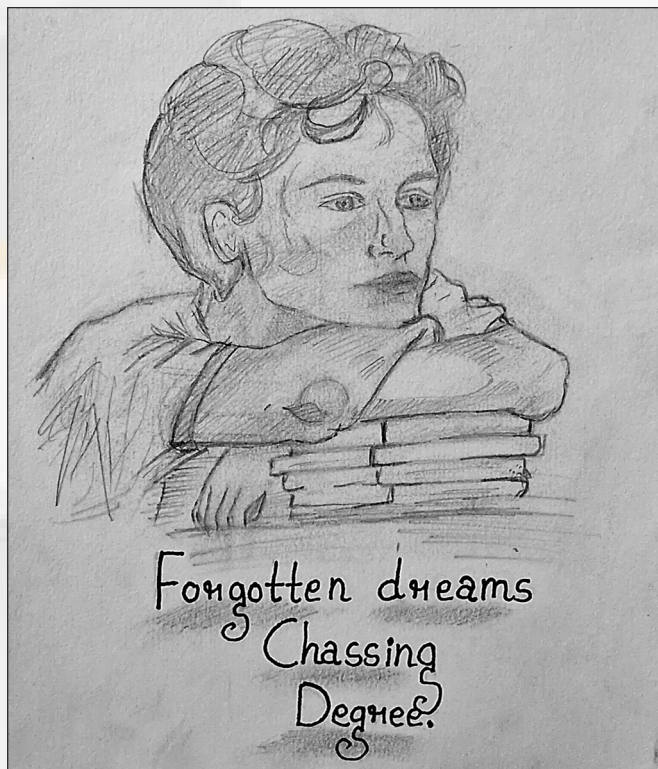
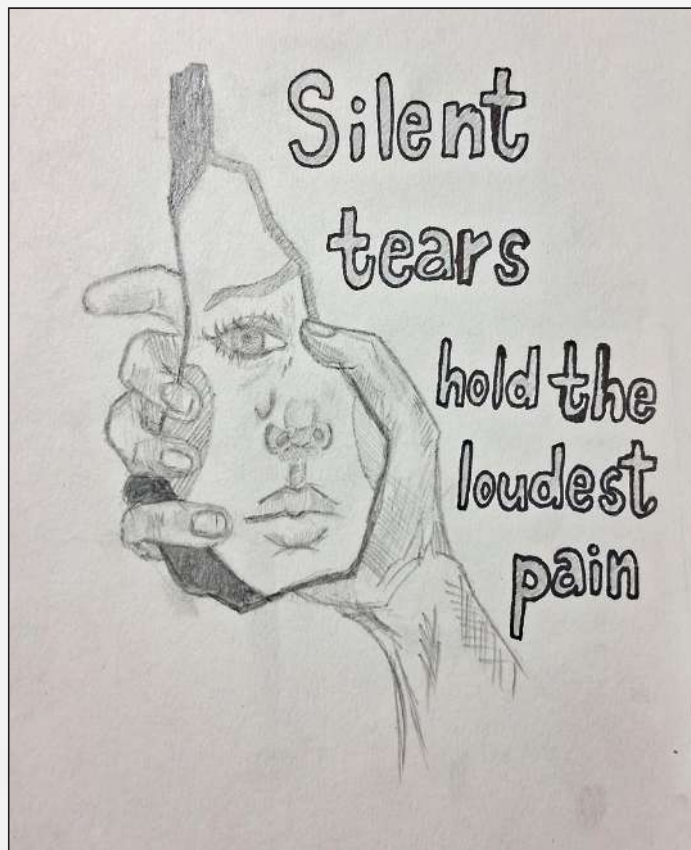


Suli G. Zhimo  
BA 5<sup>th</sup> Sem  
AH22200066





Lepo Konyak  
BA 5<sup>th</sup> Sem (History Honours)



# PHOTO

# Gallery





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**Dr. Santosh Kumar**



**VICE PRINCIPAL**  
**Ms. C. Narola Ao**

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**Mrs Gracia K Jimo**



**Mrs Rina Anal**



**Mrs Ulla Laureen Fernandez**

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## LIBRARY



**Mr. Pintu Chakraborty**  
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**Mr. Aditya Sharma**  
Library Asst. cum System Admin

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**Standing (L-R) Mr. Sujit Paul, Mr. Santanu Sarkar,  
Mr. Suvankar Dasgupta**

**Sitting (L-R) Mr. Sudiptam Dey, Mr. Ratan  
Bhattacharjee, Mr. Moloy Chowdhury,**

## GRADE - IV STAFF



**Standing (L-R): Mr. Nirmal Kr. Das, Mr. Nitya Gopal  
Debnath, Mr. Surya Bahadur Limbu, Mr. Dambur  
Bahadur Thapa,**

**Sitting (L-R): Ms. Aparna Sukla Bidya, Ms. Romita  
Sorgary, Mrs. Asha Devi, Ms. Chabi Debnath**



**BA 1<sup>ST</sup> SEMESTER (EDUCATION)**



**BA 1<sup>ST</sup> SEMESTER (ENGLISH)**



**BA 1<sup>ST</sup> SEMESTER (HISTORY)**



**BA 1<sup>ST</sup> SEMESTER (POLITICAL SCIENCE)**



**BA 1<sup>ST</sup> SEMESTER (SOCIOLOGY)**



**B. COM 1<sup>ST</sup> SEMESTER**



**BA 3<sup>RD</sup> SEMESTER**



**BA 5<sup>TH</sup> SEMESTER**



**B. COM 3<sup>RD</sup> SEMESTER**



**B. COM 5<sup>TH</sup> SEMESTER**



**MA - SOCIOLOGY 3<sup>RD</sup> SEMESTER**



**PRANAB COLLEGE STUDENTS' UNION 2024-25**



**PCSU OATH TAKING CEREMONY**



## ANNUAL SOCIAL CUM FRESHERS' DAY 2023





## FUTSAL TOURNAMENT 2023





## 2024 SPORTS MEET





## CHARITY CUM FETE DAY 2024





## CULTURAL DAY 2024





## 2024 INDEPENDENCE DAY





## AWARENESS PROGRAMME ON ROAD SAFETY MEASURES ORGANIZED BY DIMAPUR TRAFFIC POLICE IN COLLABORATION WITH IQAC, PRANAB COLLEGE



### RED RIBBON CLUB ACTIVITY REPORT

The Red Ribbon Club, Pranabananda Women's College, Dimapur during the Academic Session 2023-24 had organized two programmes. The first programme was a "Poster Campaign" from 21st August to 27th August 2023 on the theme "Spread Awareness on HIV/AIDS". All the classes were asked to make posters, which can be printed, painted or sketch by classmates and pasted in their classroom to spread awareness about HIV/AIDS. B.A 1st Semester was the winner, B.A 3rd Semester was the Runner Up and B.Com 3rd Semester and B.A 5th Semester were the second Runner-up.

The Red Ribbon Club also had observed "International Youth Day" on 12th August 2023 organized Extempore Competition on the theme "Rise Above HIV: Towards a Sustainable World". 34 (Thirty-Four) Students' participated in the competition. Miss. Anakali, Miss Priyanka Dey and Miss Temsusenla were the Winner, 1st Runner-up and 2nd Runner-up for Extempore Speech Competition. The Red Ribbon Club members also participate in the Marathon Organized by Nagaland State AIDS Control Society (NSACS) and District AIDS Control and Prevention Unit (DAPCU) on the theme "Youth Feth: Marathon Race" District Level.

The CAD Foundation (Community Awareness and Development Foundation) Dimapur: Nagaland in Collaboration Red Ribbon Club, Pranabananda Women's College, Dimapur: Nagaland had organized one day seminar on substance abuse and HIV/AIDS on 13th February 2024. The seminar was chaired by Reni Ovung Counselor, Adolescent & Youth Friendly Center CAD Foundation. The seminar had two sessions, in the first session Dr. AyanglaLongchar, Psychiatrist, MO. State Mental Health Institute Kohima (SMHIK), Adolescent and Youth Friendly Center CAD Foundation was the Resource Person on Substance abuse & HIV/AIDS. Dr. AynaglaLongchar highlighted the problems of substance abuse in India in general and Nagaland in particular. She also discussed the challenges faced by youth addicted to substances and how it leads to contraction of HIV/AIDS. She also suggested the ways and means of overcoming substance abuse.

The second session was on Stigma and Discrimination of people living with HIV/AIDS with Ms. LunglubuileIrangbe, Project Coordinator of CAD Foundation as the Resource Person. In this session Ms. LunglubuileIrangbe highlighted the challenges faced by people living with HIV/AIDS. She also pointed out the stigmatization of HIV infected person by the society. In this session she talked about the laws that protected the rights of HIV-Plus people and suggested new approaches on how to stop stigmatization and discrimination of people living with HIV/AIDS. The seminar was concluded with voluntary HIV Screening test of the students and teachers in collaboration with MICTC, DAPCU/NSACS.



Nodal Officer  
Red Ribbon Club  
Pranab College  
Dimapur: Nagaland.



# BHARAT SEVASHRAM SANGHA & IT'S SERVICE AT A GLANCE

(Reg. Under Act XXI of 1860)

(Nation-building movement on the basis of universal ideals of Indian Culture)

Founder: Acharya Sreemat Swami Pranabanandaji Maharaj

Birth: Maghi Purnima, 1896

Maha Samadhi: 8<sup>th</sup> January, 1941



The Bharat Sevashram Sangha is a spiritual brotherhood of monks and self-less workers devoted to the service of humanity. It was founded in 1917 by the illustrious patriot saint Acharya Srimat Swami Pranabanandaji Maharaj. It is purely a philanthropic and charitable Organization with non-sactarian, non-communal and non-political character and outlook.

## AIMS AND OBJECTIVES

The aims and objectives of the Sangha as defined in its Memorandum of Association are as follows:

1. To help the distressed, to nurse the sick, to feed the hungry and to clothe the naked.
2. To give necessary relief to the afflicted people in times of flood, famine and other disastrous conditions of the country.
3. To establish Sevashram in different parts of the country and to maintain, administrator and assist free educational and medical institutions and other charitable societies, to help the spread of education and to render help to the infirm, the invalid, the afflicted and the suffering humanity in general.
4. To ameliorate and improve the social and material condition of the people by encouraging home- industry irrespective of their caste and creed.
5. To create an atmosphere favourable to moral and spiritual growth.
6. To create, assist, preach, propagate and foster the spiritual culture and ancient heritage of India.
7. To promote sympathy, tolerance, good feeling and unity among the followers of different faiths, so as to evoke a high sense of religious and social goodwill and peaceful co-existence.



# SANGHA – VANI

MESSAGE OF THE GREAT ACHARYA FOR THE HUMANITY

“Sangha Vani are the great truths realized and applied in the life by the Sangha-Lord.”

## **What is the Goal?**

Self Realisation, Universal Emancipation.

## **What is Religion?**

Self-Discipline, Self-Sacrifice (Self-Abnegation), Adherence to Truth and Continence.

## **What is Real Death?**

Forgetfulness of the ‘Self ‘

## **What is Real Life?**

Self-Realisation, Self-Remembrance and Self-Consciousness.

## **What are Real Virtues?**

Heroism, Virility, Manliness and Aspiration for Emancipation.

## **What are Real Sins?**

Weakness, Fear (Defeatism), Cowardice, Meanness and Selfishness.

## **What are Real Sources of Strength?**

Patience, Fortitude and Endurance.

## **What are Real Assets?**

Self-Confidence, Self-Reliance and Self-Respect.

## **What are Real Enemies?**

Indolence, Slumber, Inertia, Lustful Senses and Passions.

## **What are Real Friends?**

Energy, Enthusiasm and Perseverance.

**Sister organisations under  
Bharat Sevashram Sangha**



Pranabananda Women's College, Dimapur, Nagaland



Pranab Vidyapith Hr. Sec.  
School, Dimapur



**PSN HOSPITAL**  
Pranabananda Seva Niketan  
A Centenary project of  
**BHARAT SEVASHRAM SANGHA**



Pranab Jubilee College, Bokajan, Assam