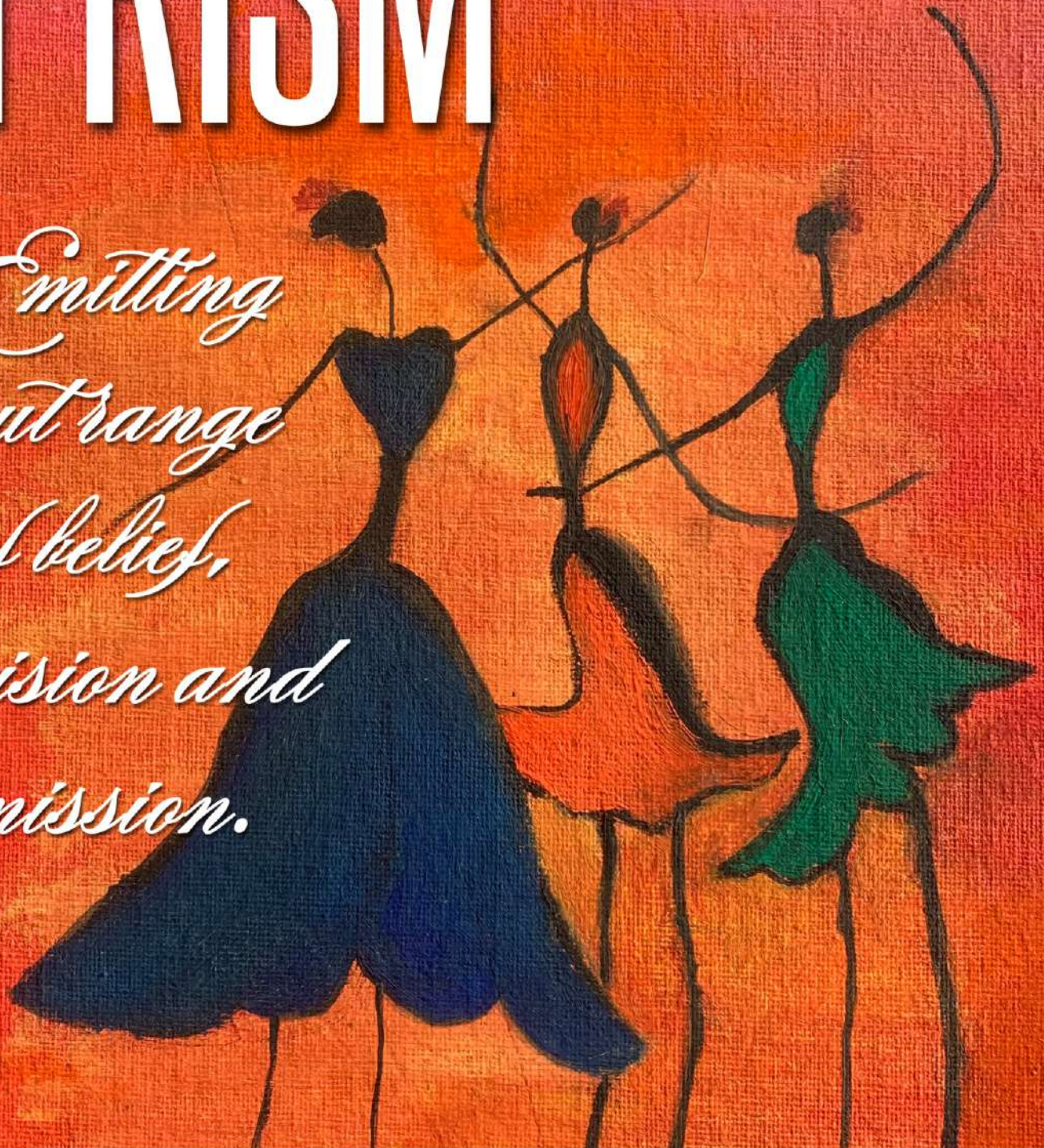


PRISM

Annual Magazine 2021
December 2021
Issue No. 15

*Emitting
out range
of belief,
vision and
mission.*



C-Edge College
'Aspire'

COLLEGE OF ARTS & MANAGEMENT

Affiliated to Nagaland University
NAAC Accredited Grade B
Recognized by UGC under Sec 2(f) & 12(B)

Cover picture designed by Imtiyangla, BA 5th Sem

Editorial Note



From left to right:
Ayinto (BA VI sem), Livi G (BA I sem), Lito Zhimomi (Asst. Prof. Dept of English),
Imnatila (BBA IV sem), Obed Patton (Asst.Prof. Dept of Political Science)

Dear readers,

With great joy we are pleased to place the 15th issue of Prism in your hands, an outcome of hard work of credential people and a collection of memories as we spin through the memories of how this year rolled.

It is a delectation that our college has collection of people who have immense gratification to say and speak about their certain engagements and the issues in their life, and for the society.

Through this column, we would like to acknowledge everyone who have been fervently involved in giving life and meaning to this magazine. Our indebt gratitude to the management for their encouragement and cooperation rendered for the successful completion of this annual book.

As the College continues to make its mark towards progress, the Editorial team hopes that this magazine will serve as a reminder for all to reminisce the past and to look forward for better days and opportunities

As you read through the pages, we hope that you enjoy the contents as much as we enjoyed compiling it.

The editorial board wish you all a happy Christmas and a prosperous New Year 2021

Editorial board.



Contents

Editorial Note

From the Principal's desk

President's Note

Academic Dean and IQAC Report

NSS Report

Canaan Hands Project Report

Library Report

Departmental Reports

Alumni Column

Poetry Section

Benefits of Journaling

Artwork

Photo Gallery



Principal's Note



Dr. Chubatola Aier

Another year will soon ring out, and reflecting on 2021 evokes many mixed emotions of gratitude as well as disquiet. In terms of riding over the Covid 19 pandemic in the context of our specific community, it is truly overwhelming to experience miraculous protection of our God. We offer heartfelt thanksgiving for all the curricular and extra-curricular activities we have managed to maintain in the midst of so many restrictions. It says a lot to the commitment and understanding of the management, faculty, staff and students.

As we continue to strive towards making alternative modes of learning more effective, it's good to see the Special Interactive Lecture and the Perspective Classes becoming efficient features. The regular activities of the Sports Meet, Public Speaking Championship, Literary & Seminars, The Entrepreneur, CECSF elections, Fine Arts & Cultural Day and such have been held smoothly. New initiatives like inter-institutional collaborations, raising of NCC, are welcome developments. It is particularly heart warming to see the Canaan Hands shaping up so well. We are very grateful to Krishi Vigyan Kendra (KVK), ICAR, Jarnapani, for donating a Water Harvesting Unit and two Vermicompost Units; and not to forget Mr. Tangit Longkumer, our Canaan Hands "Commander" for overseeing the successful implementation of the works.

Now with the Odd Semester End exams round the corner, we keep our hopes high that all students and teachers fully prepared for a high quality finish. We do have a little worry about how we may readjust to the offline mode after three online exams, yet let us draw on our "Cutting Edge" mindset, that we will give our best shot whatever the mode. Let us remember that taking short cuts and the easy way out will only be shortchanging ourselves.

The uncertainty of the times have meant that many a time we have been compelled to tweak actions and sometimes even cancel events at the last moment. In spite of that, a good number of departments have conducted field trips, study tours as well as internship stints. A special achievement is getting approval for the NAAC sponsored National Seminar to be held in January 2022. A huge congratulation to the convenor and members of the Organising Committee, we are looking forward to a meaningful programme. Other events to look ahead in January 2022 will be the carried over "Beyond Gravity 2021" and Sports Meet 2022. These mega events should put us in the right tone for a new year full of life and attainments.

This session we expect to see the Prism edition in a new avatar. As the editorial team work tirelessly towards this, we extend our deep appreciation and eagerly await to enjoy the colours of your creativity.

God Bless.

President Note



*Er. Moa Aier
President*

What a pleasure it is to be writing this short message for Prism 2021. After the prolonged pandemic induced lockdown life is now almost limping back to normal as far as offline classes and College activities are concerned. But we feel for the many lives disrupted in many different ways, some even tragic, by the pandemic. We pray that the worst is now over.

We will now need so many re-adjustments in so many ways but success is for those who can most quickly adapt to changes. May our faculty, staff and students rise to the occasion and the challenges.

Merry Christmas and a Happy New Year.

ACADEMIC AND IQAC REPORT

Wapanginla Ao

Academic Dean & IQAC Coordinator



Warm Greetings to all the readers! I am pleased to present the CEC Academic and IQAC Report for the year 2021.

Academic Report

- University Final Exam Result: It was a successful year with 100% pass percentage in both Bachelor of Arts (BA) and Bachelor of Business Administration (BBA). 18 students were subject distinction holders and 3 students were Rank Holders.
- Mr. Imsunok Lemtur: 3rd Rank (English)
- Ms. C. Bethunglo Ezung: 7th Rank (Sociology)
- Ms. D. Esther Sonar: 6th Rank (BBA)
- Special Lecture Series: The lecture series 2021 with external resource persons has been effectively conducted by each department. The topics that were covered were on Language Acquisition & Learning, Importance of Foreign Language, Data Intelligence, Building Resilience, Cultural Identity, Impact of Social Media, Women Empowerment, Sustainable Development of NER, Customary Law & Gender Justice, and Career Path & Production Management.
- Commemorative Events: International Mother Language Day by English Department, International Women's Day by Sociology Department, World's Entrepreneurs Day by Management Department and National Education Day by Education Department were observed successfully.
- Academic Related Activities: The following are some of the academic related activities for the year –
- 9th Literary Day was organised and held successfully on 11th & 12th March 2021. Activities included Debate, Quiz, Extempore, Story Writing, Spelling Bee and Painting competition.
- 3rd Public Speaking Championship final was held on 24th September 2021. Ms. Nyimang Mong S. of BBA I Semester was declared the winner.
- Business Quiz by Department of Management and Debate Competition by Department of Political Science in collaboration with MGM College were held on 6th October 2021 and 29th October 2021 respectively.
- Career Guidance Event on the theme “Career Choices after Graduation” in collaboration with Young Indians (YI) was held on 16th April 2021 with resource persons from various areas/fields.
- National and International Interface:
- An interactive talk with Augustine Reading (Senior Consultant & Entrepreneur from China & an MBA Graduate from France) was held on the topic Guidance

on Import/Export in India with special reference to NER on 8th May 2021.

- A webinar on Blockchain Technology was held on 5th July 2021 with Raj Kapoor, Founder of India Blockchain Alliance and Director India-Blockchain Canada.

IQAC Report

Internal Quality Assurance Cell (IQAC) is a part of the college system that has been working towards realisation of the goals of quality enhancement and sustenance. The following are some of the activities that have been dynamically implemented for the year:

- AQAR: Annual Quality Assurance Report (AQAR) is a yearly report that is submitted online to NAAC (National Assessment and Accreditation Council) after accreditation. This report gives an overall picture of the institutional growth in all aspects of quality education. The AQAR for the Academic year 2020-2021 has been submitted successfully.
- National Seminar: CEC IQAC will be conducting a NAAC Sponsored National Seminar on the theme “Quality Sustenance and Quality Enhancement Measures in Higher Education” on January 28th & 29th 2022. Preparation for the seminar is underway with the establishment of a Seminar Organising Committee.
- FSDP 2021 (Faculty & Staff Development Programme): It was held successfully on 25th February 2021 on two themes: (Teaching Faculty) – “Education in transition: Rethinking online and blended mode of education” and (Staff) – “Office Management & Work Ethic”.
- PTC 2021: Parents Guardian Teachers Conference was held on 27th September 2021. A total of 49 parents/guardians attended the event.
- Quality Orientation Workshop: IQAC also successfully conducted Quality Orientation Workshop on 18th November 2021 for Faculty and Staffs and on 23rd, 24th and 25th November 2021 for the students.

The College first cycle of Assessment & Accreditation by NAAC was on September 2017 (Accredited with B grade). In preparation for the second cycle, the Academic and Administrative Audit (AAA) will be conducted at the beginning of 2022. The IQAC looks forward to the second cycle and seek the support and cooperation of all the stakeholders to prepare and execute it efficiently and effectively.

NSS and RRC Report

Activities Undertaken by NSS & RRC



National Service Scheme (NSS)

1. March 8 - 21, 2021: NSS unit C-Edge college represented Nagaland in the North East NSS Festival that was held in Arunachal. Two Program officers and 21 Students took part in the event and won the best Discipline Award.
2. 5th June 2021: NSS C-Edge celebrated World Environment Day under the theme 'Save our Planet' through Online mode and 34 volunteers took Part in the event.
3. 1 -7 July 2021: NSS Took Part in massive plantation drive under the theme 'Forestry Week' (Van Mahotsav).
4. October 2021: Four volunteers took part in the inter district quiz competition organized by Nagaland State NSS office.
5. 31 July 2021: 23 NSS Volunteers along with the Program Officer participated in the plantation drive organized by 175BN CRPF and Nagaland NSS Unit at Chumukedima.
6. 12 August 2021: NSS volunteers and the Program Officer Participated in the International Youth Day (Virtual) observing the launch of 'New India'.
7. BA V semester Rohoshe and Abelo of III semester attended the Orientation cum Personality development Seminar for 3 days that was held from Oct 16 -18 at St. Joseph University Dimpaur 2021.
8. October 16, 52 NSS Volunteers along with program officer organized a Trekking Cum Picnic at Triple Falls Seithekima. Free transportation was Provided by ARTC Assam Rifle 3rd mile Dimapur.
9. Lyingbeni of BA V semester and Abelo of 3rd Semester were selected to represent Nagaland for the Pre- Republic Parade Camp that was held from 25 Oct to 3 November 2021 at CIT (Central Institute Technology Kokragar Assam).
10. Regular social Work (Khatharizo) is practiced by all the Four Houses every Saturday alternatively.

Mr. Ikaito V Zhimomi
NSS Program Officer

RRC

1. Three Red Ribbon Club Volunteers from C-Edge college participated in the State Level Quiz Competition that was conducted by Nagaland State Aids Control society on 18 August 2021
2. Nodal Officer and RRC member Secretary attended the Online Orientation held on 10 Sept 2021 Organized by Red Ribbon Club Nagaland Unit.
3. 18 September 2021: Nodal Officer Ikaito V Jimo attended a program on "Implementation of New India" organized by RRC Nagaland through Online mode.
4. 22 October 2021: Principal Dr. Chubatola Aier Principal, C-Edge College along with the Nodal officer attended 75 Azadi ka Amrit Mahotsav Awareness Campaign.
5. 28 October 22: RRC Members Attended the Launch of Phase II Awareness Campaign on HIV and TB.
6. 13 November 2021: Nodal Officer along with 2 RRC Secretary of C-Edge college attended Orientation program organized by Department of Health and Family Welfare on the theme "Elimination of Mother to child transmission (EMTCT)" in collaboration with NSAC Development and in partnership with AHAN.

Canaan Hands Project Report, 2021.

About Canaan Hands: The principle of work and work ethics are taught under C-Edge Canaan Hands Project. The concept of Canaan Hands is an inspiration of and borrowed from the Canaan Farmer's South Korea, where the Canaan Spirit of work turned wastelands into lush and abundant farms. At the core of the Canaan Hands lies the mission "work, sacrifice and service towards self-reliance".



Ms. Temjenmenla Longchar
Canaan Hands In-charge

August 2021: New team of faculty was given in-charge of the Canaan Hands, Ms. Temjenmenla Longchar, Department of Sociology and Mr. Tangit Longkumer as the "Commander" with the motto "Self-reliance and sustainability".

At present there are altogether twenty six (26) students enrolled in Canaan Hands Group.

Activities (August-November): A water harvesting unit and two (2) vermicompost pits were set up in the college campus near Principal's residence. The materials were provided by the ICAR, Jharnapani.

Canaan Hands Sales Day: Canaan Hands Sales Day was organised on 18th of November, 2021. Varieties of flowers ranging from succulents, water plants and other flowers were sold. Some food items like chicken fried rice, egg chow, Pakoras, pani puri, tea and juice were also sold. The income generated was decided to be split at a ratio of 20:80. The sales Day of Canaan Hands went quite well.



Library Report



It is with immense pleasure to highlight and address the report of the library.

As the saying goes library is a place of universal knowledge nurturing each one of us as a user.

In the field of library and information science, library is an information centre which focus on working with information as strategic assets for the users and to satisfied the users needs.

It also act as a gateway to knowledge and culture, playing a fundamental role in society. Libraries play a very healthy role throughout our life. Every time we visit a library it vibrates us with new ideas opening the arena of possibilities.

The C-Edge College library offers various resources in different fields to create opportunities, support literacy and education. All the members of C-Edge College can access and use the resources available to cater to their needs

One should understand the purpose and importance of library and respect and follow the etiquette of the library as well as the library staff.

The department also plans to increase the collection of the library and automation the library system for better services to all the users of C-Edge college. We also have a vision to acknowledge the students who make use of the library the most.

Below is an attachment of resources available in the library as on 30/06/21

Sl.	Subject	Quantity
1.	English	578
2.	Sociology	166
3.	Pol. Science	185
4.	History	159
5.	Economics	119
6.	Management	227
7.	Language	63
8.	General	391
9.	Ao	183
10.	Religion	1211
11.	EVS	19
12.	Education	70
13.	Reference Books	82
14.	Faculty reference	60
15.	Unclassified books	315
	Total	3828

Department of Management



Achievements:

1. University Result 2021: D. Esther Sonar 5th Batch (2018 batch) secured the 6th Rank in the UG Nagaland University Final Examinations.
2. Nyimang Mong S. of BBA 1st Semester emerged as the winner of the 3rd Public Speaking Championship 2021 organised by the College.

Activities:

1. The department along with the Economics department had visited Bokajan Cement Factory on 20th March 2021 as part of the Industrial exposure trip.
2. A Special Interactive session on the topic "Guidance on Import/Export in India with special reference to North East and Nagaland" was virtually held on 8th May 2021 with Mr. Augustine Reading Senior Consultant and Entrepreneur with industry experience in China, India, USA, Europe, Mena and SE-Asia region- & MBA Degree from France as the resource person.
3. BBA V Semester students successfully underwent their one month internship programme. The names of the organizations where the students interned: TATA NEO MOTORS 4th MILE and ENTREPRENEURS ASSOCIATES.
4. First Special Lecture series for the academic session 2021 was virtually held on 30th July 2021 on the topic "Data Intelligence and its Application" by Mr. Ashish Chandra India Transition Lead at British Petroleum GBS and Former Director of WNS Global Services Ltd.
5. World Entrepreneurs' Day was celebrated on 21st August 2021 by organising quotation writing competition on the theme "Economic and Social significance of Entrepreneurship in the present context". Tamsulila of BBA I Semester won the competition
6. The Department of Management successfully organized Business Quiz on 6th October 2021. 11 teams participated and team pirates won the competition.
7. Second Special Lecture series for the academic session 2021 on the the topic "Career Path and Product Management" was virtually held on 13.11.2021 by Ms. Shisainla Ao Asst. Vice President Axis Bank.

Future plans

- To organize activities in collaboration with other Colleges in Nagaland.
- To continue with the special lecture series.
- To go for Departmental study tour outside Nagaland.
- To continue organizing Business Quiz and other academic activities every year as part of yearly Management Activities.

Department of Economics

The Department of Economics, C-Edge College was established in the year 2012 and its functional from 2013. Currently there are two faculty members- Mr. Imsuakum Longkumer and Mr. Ikaito Zhimomi. The curriculum offered are revised and updated which are academically and socially relevant. The students are given ample opportunities to develop analytical thinking and creativity through regular programmes in the department.



Vision:

1. Academic Excellence
2. Economic upliftment of the society.

Achievements:

1. The department has produced 6 batches of graduates till date with 100% pass percentage.
2. University Result 2020: 6th Batch (2018 batch) graduated with flying colours at the Nagaland University Examination.

Activities:

1. The Department along with the Management department visited Bokajan Cement Factory on 20th March 2021 as a part of the Industrial exposure trip.
2. The Department also successfully attended Special Interactive session on the topic "Guidance on Import/Export in India with special reference to North East and Nagaland" was virtually held on 8th May 2021 with Mr. Augustine Reading Senior Consultant and Entrepreneur with industry experience in China, India, USA, Europe, Mena and SE-Asia region- & MBA Degree from France as the resource person.
3. A Special Interactive Lecture on the topic "Sustainable Development Goals in context of North East India" was successfully conducted virtually on 21st September 2021 with Miss Odimenla Jamir, Assistant Professor, Dept of Economics, ICFAI University as the resource person.
4. The Department also successfully collaborated with Management Department to organized Business Quiz on 6th October 2021 where 11 teams participated. Team Pirates was adjudged as the winner.
5. A Special Interactive Lecture on the topic "Prospects of Agricultural Economics" was successfully conducted on 24th November 2021 with Dr. Praveen Patrick Dukpa, Assistant Professor, Dept of Economics, St. Joseph University as the resource person.

Future Plan

1. To continue with the Special Interactive Lectures.
2. To organise more fieldtrips and exposure.

Department of Education

The Department of Education was formally founded on May 2019 and was headed by one faculty initially but was soon upgraded to two Faculty. Currently the department has Ms. Kumrila Yimchunger, Mr. Pongyei Konyak and one guest faculty Ms. Neikerheno.

The department is under the School of Humanities and Education. The department focus on imparting quality education and aims at giving equal opportunities to develop their personality, creative skills, leadership quality and to learn behavioral changes.

The syllabus of Education covers:

- *Educational psychology and Educational Sociology*
- *Teacher Education*
- *Educational Management and Educational Technology*
- *Special education and Distance Education (open learning)*



Departmental Activities (2020-2021)

1. The department organized a One Day Workshop on NEP 2020 with Prof. T. Lhungdim from Rajiv Gandhi University and Prof. Dr. Rakesh Rai (HoD) Education Department, Nagaland University on 16th Sept. 2020.
2. Special Lecture with Mr. D Vanlalmuon Haokip on the topic “Leadership” was organized on 11th Nov. 2020.
3. One Webinar in collaboration with Political Science Department, Sociology Department was held on 27th Nov. 2020.
4. Special lecture with Mr. Yonkai Asst. prof Immanuel College was held on 16th January 2021 under the theme –Language Acquisition and Learning.
5. The Department organized a Play cards making for 2nd Semester as part of their internal assessment on the topic –Social Change on 4th April 2021.
6. Special Lecture with Ms. Roselin chang, Asst Prof St. John College Dimapur was held on 10th September 2021 under the Topic- The Impact of Social Media on Education.
7. The Department in Collaboration with Tetso College observed “National Education Day 2021” with Ms. Wapanglingla Ao as the resource person under the Theme-Education A-Dynamic Versatility.

Department of English

The college resumed with blended mode of education and with the closure of the 2021 session we may say that, it has been a fruitful session. The department had 100 percent pass percentage in the final University Exam conducted in May- June 2021. The department of English C Edge college comprise of four full-time faculty headed by Mr. Meyatemsu Longukumer as the Head of Department, and a total of 28 honors students collectively from I, III and V semester. The Department initiated some activities by inviting scholars and subject



specialists to present special presentation/lecture in order to enhance the knowledge of the students. The department also encouraged students to take active part in curricular and co curricular activities in and outside the college.

Total strength of Honors students in each semester:

- I Semester : 10
- III Semester : 11
- V Semester : 7

Activities undertaken:

- Perspective class
- Special lecture on “Benefits of learning English and other foreign language for future” presented by Miss Sakhi Sinha, Foreign Language Trainer on 11th January 2021.
- Celebrated International Mother Language Day on 22nd February 2021.
- Special lecture on “women Empowerment” presented by Miss Vinatoli Francisca, Assistant professor, Yemhi Memorial College, Dimapur on 25th August 2021
- Students from I and III semester participated at an event organised by Unity College Dimapur on 28th September on the topic “Importance and preservation of English language”
- Special Lecture on “Mental Health and its Surging Concerns” was presented by Miss Senjumbeni Jami, Assistant Professor, J. N Aier College Dimapur on 23rd November 2021.
- Paper presentation was also conducted in order to enhance the knowledge ability of the students.

Achievements:

- Imsunok Lemtur secured 3rd Rank with distinction in 5 subjects in the End Semester University Exam conducted in the year 2021.
- Limugha V. Zhimo, distinction in 2 subjects
- Y. Manthak Konyak, distinction in 1 subject
- The Department aims to initiate theatrical performances, organize creative writing competition and quiz to heighten their knowledge and excel in their academic performances.

Department of Sociology

Various activities carried out by the Department of Sociology for the current academic session under the leadership of Miss Nokchachila, Asst. Prof. as HOD along with Miss Temjenmenla Longchar, Asst. Prof. are highlighted as follows;



1. The Department of Sociology, along with the rest of the world celebrated the International Women's Day with the theme, "*Women in Leadership*". The highlights of the day include Painting and Essay writing competition with the central theme of promoting and recognizing the contributions of women as a leader.
2. A special lecture was conducted on 13 Aug 2021 on "*Building Resilience*" by Miss Imnatila Aier. This is an initiative by the Dept. to broaden the avenues of learning for the students, giving them an opportunity to look beyond the classroom and learn from the expertise.
3. On 5 Nov 2021, as part of Dept activity "*Legacy Lane*", the Dept carried out the maintenance work of repotting the flowers in the lobby and corridor. This was an effort to instill the act of rendering selfless service for the bigger cause in the hearts and minds of the students community.

Future Plans:

1. The Dept intend to continue with the conduct of special class for the students. The guest speakers widen the horizons of the students with their experience and the impact on the students is promising.
2. "*Cheerful Heart*" is an initiative undertaken by the Sociology Dept wherein a little of whatever the students and faculty could pool in, in cash or in kind to donate to the needy. This initiative has been defunct for two years and we intend to revive the trend during this academic session.
3. To promote the greenery and tree plantation, the Dept intend to carry out a tree plantation drive under the theme "*Save Our Planet*". This project aims at encouraging the afforestation at grassroots level. This gesture will have a long term impact in decreasing the Greenhouse effects thereby contributing towards saving the humanity.

Department of Political Science

A strong, positive self-image is the best possible preparation for success in Life- Dr. Joyce Brothers.

In the spirit of the above quote, Department of Political Science, C-Edge college headed by two faculty members Ms. Duvolu Rhakho and Mr. Obed Patton is preparing its students and team for the future to attain gradual success by adopting various innovative strategies with positive spiralling effect.

The Department fulfills its dream of inculcating group dynamics, and human skills in the students by conducting a number of activities.



Some of the major activities conducted during this academic session are highlighted below-

Under the aegis of the Special Lecture Series 2021, the department organized a Special Interactive Lecture on "Customary Law and Gender Justice in Nagaland" on July 28, 2021. The Guest Speaker for the lecture was Advocate Tsali Sangtam of Gauhati High Court, Kohima Bench.

The department organized a field trip to Doyang Hydropower Project for the V Semester students from 13th Oct-16th Oct.


To propell students towards dialogue and discussion the department in collaboration with department of Political Science MGM College, organized a debate competition on the topic "33% reservation for women in Nagaland" on 29th October.

Special Lecture on "Role of Education in Empowerment of women: The case of Nagaland" was organized on 26th November with Ms. Veposelu Naroh, District Co-ordinator, DLCW- Mahila Shakti Kendra, Phek.

The department also observed the National Constitution Day on 26th November 2021 where Special talk was given by Ms Duvolu Rhakho on the topic "Indian Constitution and Social, Economic, Political, Justice: Issues and challenges." followed by a Preamble pledge administered by Mr. Obed Patton.

The department intends to continue with the Special Interactive Lectures and organise more debates and like activities to enhance students' skills.

Department of History

- The First Special Interactive Lecture Series was organised by the Department of History, C-Edge College on 4th December 2020. The Resource Person Miss. Ruokuonuo Rose Yhome is a PhD candidate from Deccan College Post graduate and Research Institute, Pune and working on the topic of Dental Microwear Analysis, from Nagaland archaeological sites. She is also a Research Associate and Programme Manager at the Kohima Institute. Her research interest includes Bio-anthropology, Mortuary Archaeology, Anthropology, Ethno-archaeology and Cultural Heritage Studies. Her topic for the lecture was **“INTRODUCTION TO ARCHAEOLOGY AND ITS APPLICATIONS”**
- 
- The Second Special Interactive Lecture Series was organised by the Department of History, C-Edge College on 23rd August 2021. The Resource Person was Mr. Sentilong Longchar, Asst. Prof. Dept. of History St. Joseph's College (Autonomous) Jakhama, who is also a Research Scholar (Nagaland University). His topic was **“CULTURAL IDENTITY: A SENSE OF SECURITY AND SELF-REALIZATION”**.
 - **“A Historical time line of Afghanistan Crisis ”** was presented by Sir. Kaikho , Asst. Proff History Department as part of Perspective class.
 - The Department also celebrated WORLD INDIGENOUS DAY along with the rest of the world on 9th of August 2021. The Department organised an online competition for Folk songs and folk Lore.

Why Giving Up is Sometime More Fulfilling Than Living on Empty



JUST AS PUPPIES CORRESPOND TO GOODNESS, QUITTING BEGINS TO CORRESPOND TO LAZINESS.

By now, you must know the **story of the rabbit and the turtle** by heart. As the fable goes, the rabbit boasts that he'll win the race against the turtle. Feeling overly confident,

he stops by a tree to nap. But alas! The turtle catches up and passes the rabbit, only to win the race while the rabbit lays fast asleep. The turtle never quit.

The moral of the story? **Don't boast, and never give up.**

Great lesson for children, right? Stay determined and true to your dreams. As Cinderella says, "The dream that you wish will come true."

But what if giving up wasn't so bad after all? You heard me. What if we taught children or anyone for that matter, that **quitting could benefit us**? That giving up could help us to find our niche?

Today, parents urge their children to keep at their passions. They want them to achieve nothing but the best, reaching their full potential in whatever they wish to pursue. Many enroll their kids in various extra curriculars, ranging from various sports and games to singing and acting. Some find their place, while others feel excluded. Instead, they feel like they don't belong.

The key? **Don't push yourself to find pleasure in hobbies you dislike.**

Once upon a time, a five-year-old Nicole took her last bow on the mat as a gymnast. She simply failed to perform a proper cartwheel and decided to give up on her Olympic dream. A six-year-old Nicole kicked her last block of wood when she recognized that she hated karate with a passion. At the age of seven, Nicole couldn't hit the softball with the bat. As she reached eight, she realized that swimming became all too difficult. Passions come and go like the wind and children truly cannot seem to make up their minds. Luckily for her, **her parents never urged her to continue pursuing a hobby she despised.** They always supported her in whatever she wished to do. And so she tried to find her niche, moving from one

class to another, quitting hobbies left & right. After 14 years of soul searching, she finally found her place when she entered high school and realized she possessed a knack for music and singing. She stuck with chorus for four years, enjoying every second on the stage. Before then, she always felt this **lingering feeling of failure after quitting so many hobbies.** She regretted not sticking with dancing or gymnastics for longer and wondered how different her life would play out if she kept going. She felt like a coward for quitting everything she tried. As she matured, though, she realized that her **quitting streak taught her to accept her flaws and to know her own limits.** During high school, she developed the ability to quit when necessary to her mental health and well being. When she found herself in toxic relationships, she left them. When she felt sick and rundown, she stayed home from social events to get some rest. When she started a job she despised, she quit, only leading her to find another one. She tried to keep herself in positive environments that would make her happy, steering clear of unnecessary drama.

BECAUSE SOMETIMES, THE MOST IMPORTANT DECISION COMES FROM SUMMONING THE COURAGE TO SAY NO.

Though many judged her actions, Nicole always made decisions that would completely benefit her. Many branded her decisions as "the easy way out," afraid to leave their own toxic relationships and desiring to stick them out. People inevitably form opinions about those who "quit," not understanding the toxic work environments people endure daily or the nasty friendships that deteriorate people's mental health. What I want to tell you is, dear student or anyone reading this, in the end, **you shouldn't feel discouraged by other's judgmental comments.**

The most important life lesson? Do what's best for you. Others will never understand your situation, and you yourself will become your greatest ally in life. Learning to properly quit when you have to will liberate you, giving you the opportunity to work on and better yourself. Quitting might just bring you exactly where you belong! Let it go and live your life, **even if that means quitting once or twice along the way.**

- Imliwang, alumni (English Dept)

Obfuscate Days



Athio

Most of our life is a series of images. They pass us by like towns on the highway. But sometimes, a moment stuns us as it happens. And we know that this instant is more than a fleeting image. We know that this moment every part of it will live on forever

The important thing is not to be bitter over life's disappointments. Learn to let go of the past, and recognise that every day won't be sunny.

And when you find yourself lost in the darkness of despair remember, it's only in the black of night that you see the stars, and those stars lead you back home.

"So don't be afraid to make mistakes, to stumble and fall, because most of the time the greatest rewards come from doing the things that scare you the most.

Maybe you'll get everything you wish for.

Maybe you'll get more than you ever could have imagined.

Who knows where life will take you.

The road is long and in the end, the journey is the destination.

Living in the moment



Imsunok Lemtua

"Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called present."~Oogway (Kung Fu Panda)

"Living in the moment" is a very broad phrase and nearly every person would agree to be living in the moment if asked. And there would be nothing wrong about affirming the question as everyone of us is indeed living in the moment—physically. That's an inevitable law of nature. However, as soon as we switch our perspective from the physical level to the mental level things start to change completely, in a very interesting way. Even though we are living physically in the present—nearly all our thoughts revolve around the past or the future.

For example: The thoughts of a very young person will clearly be focused on the events that will take place in the future – no matter if these are upcoming events in the next moments or situations that lie many years in the future. The elder, however, will have directed their focus on situations from the past, with their thoughts revolving around the things that have already happened.

If we analyse our problems and the causes of stress, you will be surprised to find that 90% of our stress is due to over analysing our past or planning about the future. In simple words, it means that we are not worried about the present and the reason for our stress is either a past event or about what is to come.

When we live in the past and don't let go of painful experiences, perceived wrongs, or difficult times, we condemn ourselves to a present and future of the same. We cannot change the past. We can, however, come to terms with it, know that it's over, learn from it and move on.

Future is uncertain and this uncertainty is what makes people anxious. The moment we start worrying about our future, we very clearly move away from the present. Plan for your future but don't stress too much about the future.

All we have is in this very moment. Life is simply the current moment we're experiencing right now—not the anticipation of fabricated future scenarios or dramatized renditions of the past.

The past and the future are merely your guideposts and nothing more.

You can't live in the past, you can't get there.

You can't live in the future, you haven't reached it yet.

You must live in the present, or you haven't lived at all.

Life is uncertainty

Esther June, Alumni



Life is epistemic and imperfect
You never know what the next moment will unfold for you!
Uncertain in the things you do and
The things that'll happen to you
Things we plan doesn't always work out the way we want
Things we wish to do but we can't
As our clocks ticking away
And everyday one nearer to our last day
Even with all uncertainty existing at all corners of life
There's a path of certainty
That exists inside everyone of us
Magnificently made and majestically revealed
The path of certainty is LOVE indeed.
Love is an amazing thing
For you tomorrow good tidings may bring
Even with uncertainty existing my way
I'll love myself and others as myself
I would never cease to believe in the good possibilities
in times of uncertainty
And when it's all over and I see
My story ending on the last page
LOVE will my reward be!



Alivi Awomi
BA 5th Semester

A letter to my younger self.

Dear younger me, I know you've been wanting somebody to talk to. Well, I am writing you a letter today.

Dear 10 year old me, You were such a kind and beautiful Lil girl, Yet, you went through alot of hardships. Though you were young, you knew what was ahead of you.

You took all the responsibilities of your own at your Young age.

How I wish I could give you a hand. You were the most happiest girl, Yet, you cries to sleep some nights.

You were the most hardworking person, Yet, you get tired at times but nobody notices.

There were so many reasons for you to break down or give up, Yet, you never gave up. And so, thank you for everything that you have done for me.

I am so proud of you for not giving up. Because of you, I am now even more stronger than ever.

You have taught me many things which I couldn't learn from anyone. All I am today is all because of what you have been before.

I promise you that you that I will never disappoint you nor forsake you, For you have been the most important Person in my life.

You made me stronger, made me wiser and taught me that life has still more yet to come. How I wish I could give you a hug and say, "Well done my Lil girl "

*Yet,
He Called Me Master*



Kamso Jans

*A cabby walked near me,
When in weariness, I craved to flee.
An honest soul; my sight sweared.
I picked my bag to go ahead.*

*This man, whose furious arms fit labor,
Wore a coat of fading color.
He seemed engrossed for a while,
And then unwrap his tale as Nile.*

*I could tell from his troubled eyes
That he shroud his cries.
Guilt of me to sigh an old man's disappointment-
When i do not go ascent.*

*Did i buy his beard or his mellow face?
Can wealth offer worthless honor; I pondered apace.
Although aged, fierce and knew better
Yet, he called me master.*

My College Journey



Tiaseula Ozukum

BA 5th Semester

Warm greetings to you all!

I am indeed very happy and pleased to write a few lines about my journey as a student here in C-Edge College.

Looking back to the first year when I joined this college, I remember myself getting ready for the first day and crying over the fact that I didn't want to be admitted in this college. Truth to be told, I cried for about a week every morning after wearing my uniform. But I had to convince myself that, now I have no choice but to spend the coming three years of my life here in college.

Now, when I look at myself, I really feel proud that I've made the choice to be a C-Edge student. I've seen great transformation in myself and I'm thankful to the college for giving me uncountable opportunities that have really help me in self-development and to improve and prepare myself for the best.

My stay here in the college have been a rollercoaster. There were exciting moments along with stressful events, it was bumpy ride but I enjoyed the ride throughout my journey.

My deepest gratitude to my wonderful lecturers. You all have been a great source of my inspiration and have always believed in me and encouraged me, pushed me forward to be at the best of what I am today. You all have been a great support and the best friend and student could ask for.

My journey would be incomplete without my classmates and my amazing friends. Three years with you all seems so short (and thanks for the pandemic for making it shorter lol). Memories created with you all is going to be cherished forever and I wish the best for everyone of us and pray that we will all achieve the goals and the aim we've set.

The treasures of memories accumulated over the years will always be cherished. Together with teachers, friends, classmates, seniors and juniors had made my stay in C-Edge college a memorable one. I will always look back in fond memories of all interesting wonderful times in this college.

Wishing everyone a very successful life.

*"I broke my own heart
to save my soul"*



Ayekali Aye

BBA 5th Semester

*If we could have held on
Through all the grief and pain all the bullshit
life threw at us
I wonder what we could have been
That question keeps me up at night
Even after all these years
If only we'd been honest
About our deepest fears
I know it doesn't matter now
Though it hunts me in my dreams
I used to hide from night mares
Now I hide from brighter things
The way it was will never be
Will haunt me till I die
Everything we could've been
If we weren't afraid to try
There are no happy endings
For stories such as ours
But When my demons come for me
I still find you in my Stars
Telling me to get up and fight
That I'm not meant to stand down
When darkness my pulls me under
Your horie won't let me down
I wonder what we could have been
If we never did let go
But the memories keep me going
And I thought you should know.
You're still the moon.
I reach for In the darkest of my nights
When my past won't let me rest
You are the one that gives me light
I'll be forever grateful.
No matter holds what the future
You taught me how to stand and fight
Before you let me go.*

The Surprising Benefits of Journaling One Sentence Every Day

From 1986 to 2011, Oprah Winfrey hosted *The Oprah Winfrey Show*. It was the highest rated talk show of all-time and familiar to nearly anyone who owned a television set in North America at that time.

Throughout the 1980s and 1990s, the “Queen of All Media” built a brand that stretched far beyond the television screen. She went on to become a billionaire, a well-regarded philanthropist, and a recipient of the Presidential Medal of Freedom. And as she was busy working toward these otherworldly accomplishments, Oprah relied on a simple habit: journaling.

Journaling is simply the act of thinking about your life and writing it down. That's it. Nothing more is needed. But despite its simplicity, the daily journal has played a key role in the careers of many prolific people.

As you might expect, journaling is a favorite habit of many writers. From Mark Twain to Virginia Woolf, Francis Bacon to Joan Didion, John Cheever to Vladimir Nabokov. A journal was rarely far from any of these artists. Susan Sontag once claimed that her journal was where she “created herself.”

Journaling has been utilized by scores of brilliant thinkers and inventors. Charles Darwin. Marie Curie. Leonardo da Vinci. Thomas Edison. Albert Einstein. Similarly, leaders and politicians throughout history have kept journals in one form or another. People like George Washington, Winston Churchill, and Marcus Aurelius. In the sporting world, athletes like Katie Ledecky, winner of multiple gold medals, and Eliud Kipchoge, the world record holder in the marathon, rely on journals to reflect on their daily workouts and improve their training.

Why have so many of history's greatest thinkers spent time journaling? What are the benefits?

What Journaling Can Do for You

Nearly anyone can benefit from getting their thoughts out of their head and onto paper. There are more benefits to journaling than I have time to cover here, but allow me to point out a few of my favorites.

Journaling provides the opportunity to learn new lessons from old experiences. When looking back on her previous journal entries, Virginia Woolf remarked that she often “found the significance to lie where I never saw it at the time.”

Reading your old journal entries is a bit like reading a great book for a second time. You pick up on new sentences and see the past in a different way. Only this time, you are re-reading the story of your life.

Journaling sharpens your memory. When Cheryl Strayed wrote her hit book, *Wild*, she relied heavily on her journal. She recalled, “My journal provided the who, what, how, when, and why with a specificity that memory might have blurred, but it also did something more: it offered me a frank and unvarnished portrait of myself at 26 that I couldn't have found anywhere else.”

Time will change your face without you noticing, but it will also change your thoughts without you realizing it. Our beliefs shift slowly as we gain experience and journal entries have the ability to freeze your thoughts in time. Seeing an old picture of yourself can be interesting because it reminds you of what you looked like, but reading an old journal entry can be even more surprising because it reminds you of how you thought.

Journaling motivates you to make the most of each day. There is something about knowing that your day will be recorded that makes you want to make at least one good choice before the sun sets. I will sometimes find myself thinking, “I want to have something good to write down tonight.”

Journaling provides proof of your progress. Writing down one sentence about what went well today gives you something powerful to look at when you're feeling down. When you have a bad day, it can be easy to forget how much progress you have made. But with a journal, it's easier to keep a sense of perspective. One glance at your previous entries and you have proof of how much you have grown over the months and years.

Of course, despite the numerous benefits of journaling, there is one problem.

Many people like the *idea* of journaling, but few people stick with the *act* of journaling. It sounds great in theory, but making it a habit is another matter.

This is where we return to Oprah's story.

The Challenge of Making Journaling a Habit

In November 2012, after wrapping up her 25-year television career, Oprah wrote, “For years I've been advocating the power and pleasure of being grateful. I kept a gratitude journal for a full decade without fail—and urged you all to do the same. Then life got busy. My schedule overwhelmed me. I still opened my journal some nights, but my ritual of writing down five things I was grateful for every day started slipping away.”

She picked up one of her old journals.

“I wondered why I no longer felt the joy of simple moments,” Oprah said. “Since 1996 I had accumulated more wealth, more responsibility, more possessions; everything, it seemed, had grown exponentially—except my happiness. How had I, with all my options and opportunities, become one of those people who never have time to feel delight? I was stretched in so many directions, I wasn't feeling much of anything. Too busy doing.”

She admitted, “But the truth is, I was busy in 1996, too. I just made gratitude a daily priority. I went through the day looking for things to be grateful for, and something always showed up.”

Most people know that journaling is helpful, but they never get around to making it a priority. How can we make journaling frictionless? What is the simplest way that to get the benefits of journaling without it feeling like another obligation?

How to Make Journaling Easy

Here's the truth: There's no one “right” way to journal. You can do it wherever you want and in whatever way you want. All you need is a piece of paper or a blank document. However, although there is no right way to journal, there is an easy way to journal...

Write one sentence per day.

The primary advantage of journaling one sentence each day is that it makes journaling *fun*. It's easy to do. It's easy to feel successful. And if you feel good each time you finish journaling, then you'll keep coming back to it.

A habit does not have to be impressive for it to be useful.

Journaling Prompts That Make Journaling Easy

Let's talk about the process I designed to make journaling a cinch.

Every [Habit Journal](#) is designed to make the process of keeping a daily journal as easy as possible. It starts with a section called One Line Per Day.

At the top of each One Line Per Day page is space for a journaling prompt. Here are a few examples of journaling prompts you could use:

- What happened today? (Daily journal)
- What am I grateful for today? (Gratitude journal)
- What is my most important task today? (Productivity journal)
- How did I sleep last night? (Sleep journal)
- How do I feel today? (Mood journal)

Underneath the prompt are 31 lines. One line for each day of the month. This is where you'll write your one sentence each day.

To start your journaling habit all you have to do is write your prompt for the month and jot down a few words each day. Once the month is complete, you can look back on 31 beautiful journal entries. The entire experience is designed to make journaling so easy that you can't help but do it each day.

Where to Go From Here

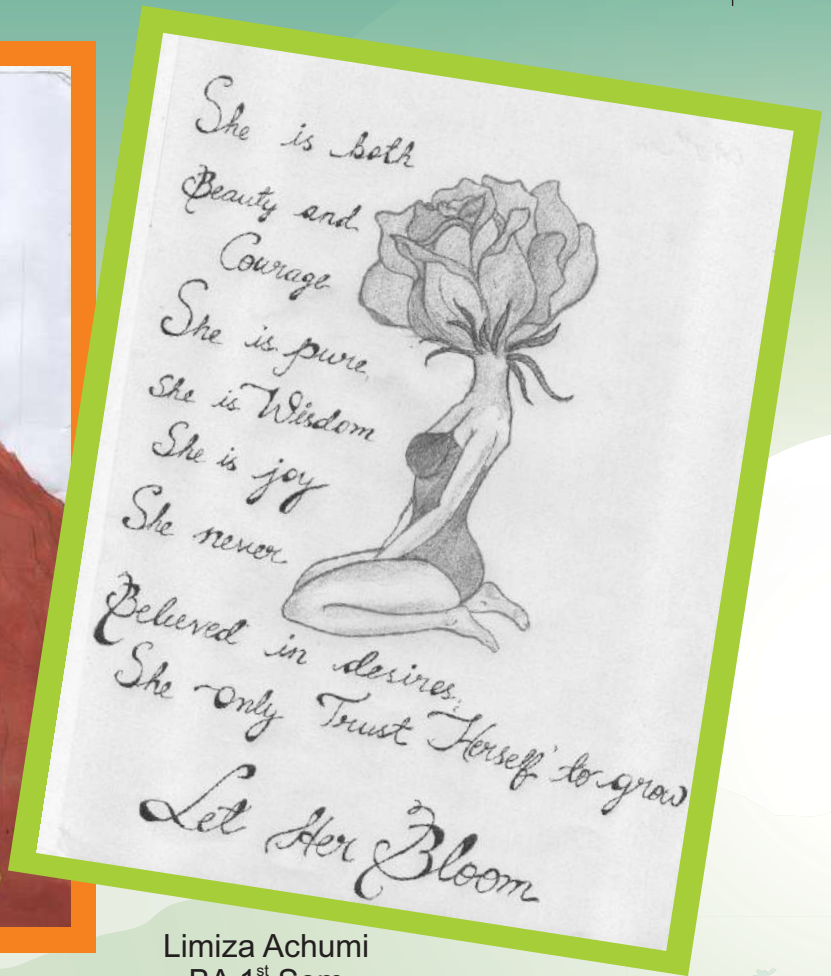
When a habit feels like an annoyance, you're unlikely to stick with it.

Journaling doesn't need to be a big production. Just write one sentence about what happened during the day. Whether you use [my habit journal](#) or not is beside the point.

What matters is that you make it easy to show up. As Madeleine L'Engle, author of *A Wrinkle in Time*, put it: “Just write a little bit every day.”



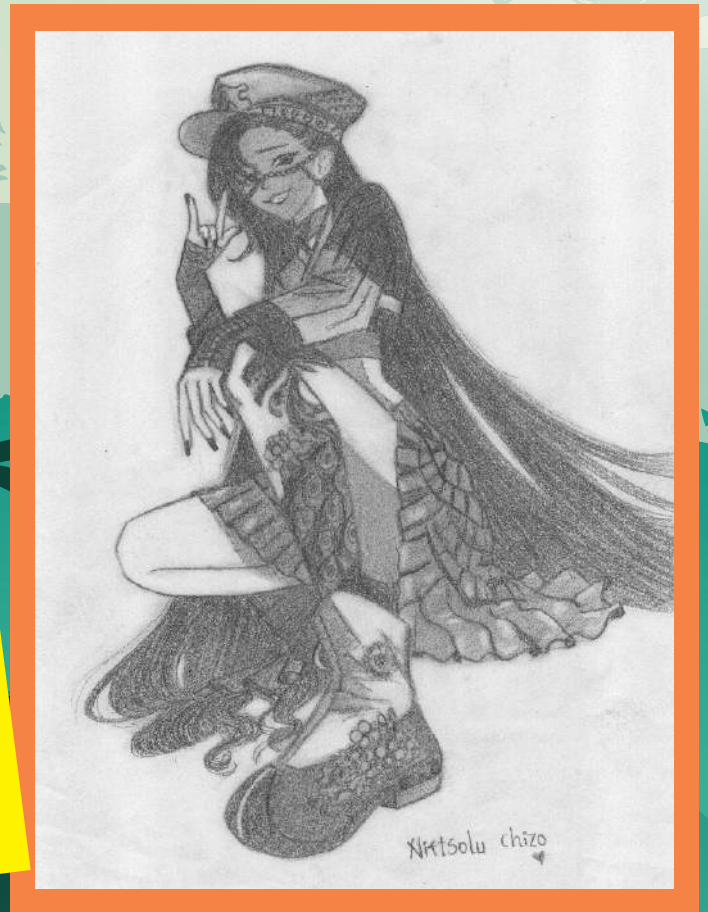
Molungnenla
BA 1st Sem



Limiza Achumi
BA 1st Sem



Tinumar Ao
BBA 3rd Sem

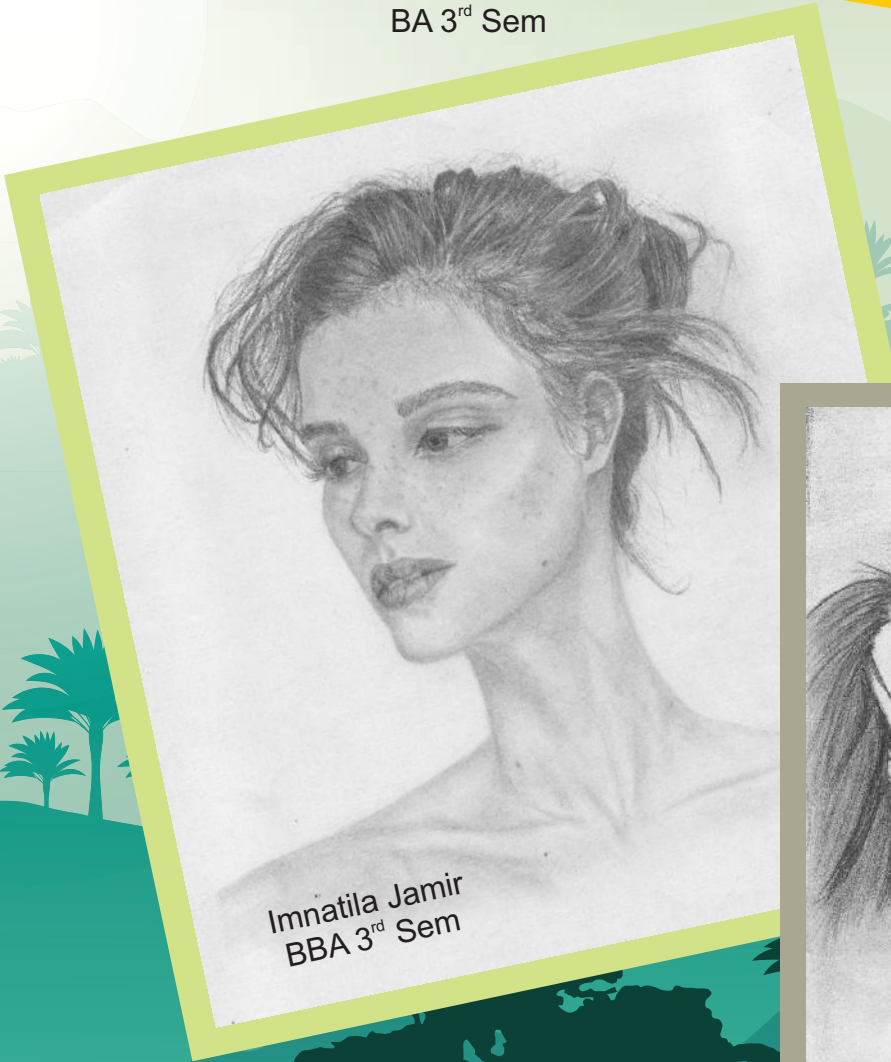




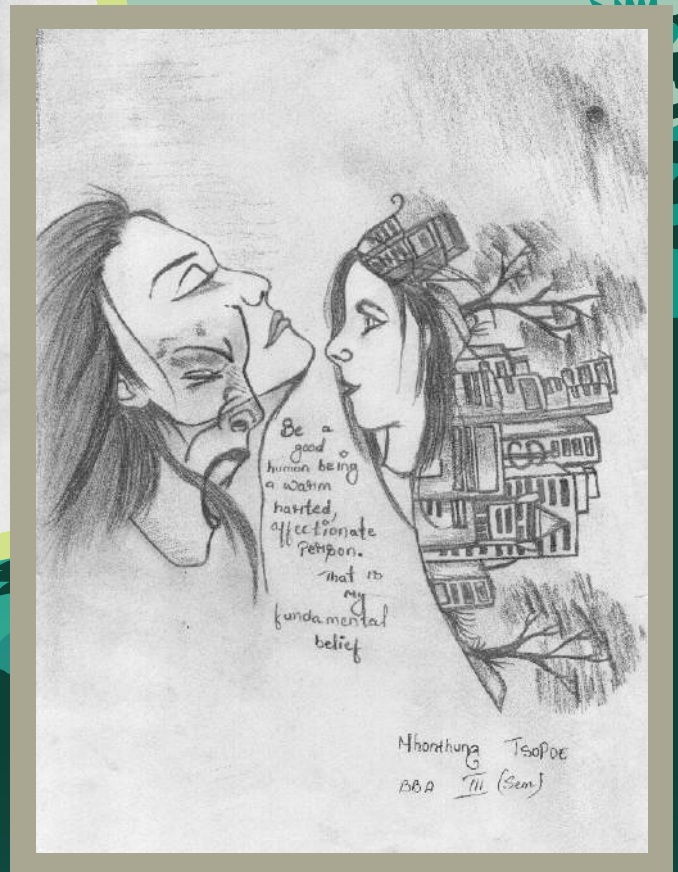
Sotsula L. Kussum
BA 3rd Sem



Molungnenla
BA 1st Sem



Imnatila Jamir
BBA 3rd Sem



Mhonthung Tsopoe
BBA III Sem

Mhonthung Tsopoe
BBA 3rd Sem



Er. Moa Aier
President



Mrs. Amenla
Administrator



Dr. Chobatola Aier
Principal



Apangben Aier
Director (HR)



Teaching Faculty



CEC Students Forum



Non Teaching Staff



BBA 1st Semester



BBA 3rd Semester



BBA 5th Semester



BA 1st Semester



BA 3rd Semester



BA 5th Semester

7th Parents Guardians Teachers Meet





1st Business Quiz 2021



CEC Foodcourt



Election Day



Felicitation

Commencement 2021



Cultural Day



Departmental Activities



Departmental Activities



Freshers Day



Katharizo



Sports Meet



Public Speaking Finale

24.9.21



Literary Day

12.3.21



NCC Raising Day

