

PRISM



Tongpangzuba L Ajem
BBA V



C-Edge College

'Aspire'

COLLEGE OF ARTS & MANAGEMENT

Affiliated to Nagaland University,
UGC Recognised under 2(f) and 12B,
NAAC Accredited

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FROM THE EDITORIAL TEAM

We are proud to present the 17th issue of Prism. We thank our Almighty God for His faithfulness. We express our sincere thanks to every individual for your effort in helping us produce this edition; college management and administration, students, faculties, and alumni. The magazine details all activities and programmes carried out by the college in the year 2023. It also includes articles, poems, art works, photographs, and a host of other things. We hope you enjoy reading this issue as much as we have enjoyed putting it together.



Duvolu Rhakho
Asst. Prof. Political Science



Lamyile Meru
Asst. Prof. Psychology



Thejasikho Vakha
BBA III



Alobo Yeptho
BA III

FROM PRESIDENT'S DESK

Er. Moa Aier
President



Congratulations to the Prism team for successfully coming up with this year's edition so well. With the march of time, each year we see new developments and improvement in every sphere of our College progress. This is no less due to the hard work and diligence of every faculty and staff concerned.

As we have crossed a Decade of Service by God's Grace, we can no longer claim our weaknesses on a "learning curve" but move forward in a matured manner focused on our strengths and closing gaps wherever there are. We should be courageous enough to introspect and see wherever we need improvements. I want every faculty and staff to be more proactive and take initiatives and contribute with a good spirit towards all round development of our students and Institution. I believe every person has a certain gift, a talent and quality to contribute. This will also then bring out the best in our students. This is the core objective.

During the last one year, through our partners ARMS Inc. we have sent more than 40 technical intern trainees to Japan, which I believe is just the beginning. On their return to Nagaland, their experience and exposure to the best international industrial standards shall surely bring transformative changes to our State.

This year we have also achieved one of our long cherished goals – installation of a 25KW solar power plant in the College. It has been commissioned on 2nd November 2023. It is not yet connected for its full capacity but until then it will keep some fans running in every classroom including the office rooms even when there is complete grid failure. This will provide some respite during the hot and sultry summers. I am sure everyone is now looking forward. In due time more fans shall be connected to the system.

Merry Christmas and a Happy New Year 2024!

PRINCIPAL'S NOTE

Dr. Chubatola Aier



As the time comes round again to reflect on the passing of another academic session, the mind is full of the vicissitudes that are the portion of human life. As family and friends, it has been a time of great loss where sickness and death has visited us, but in all times our Lord has ever been our comfort and courage. We have also celebrated many occasions of joy and achievements, for this we deeply acknowledge the goodness of God to us. From the academic perspective, it has been a very successful session where we have managed to weather many uncertainties particularly the introduction of the Four Years Under-Graduate program (FYGUP) as part of the NEP 2020 implementation. The diligence of

faculty, staff and students has ensured that our Academic calendar has been on track and executed successfully.

Our regular activities, such as the Special Lectures, Perspective Classes, FSDP, PTC, NSS, NCC, Katharizo, CECSF AGM and EU have run smoothly and we extend special appreciation to all the resource persons who made the events meaningful. The Games & Sports Meet, Freshers Day & Commencement, Public Speaking Championship, Narosangla Prize for Folk Art, Fine Arts & Cultural Day, Literary and Sports, International Mother Language day saw enthusiastic participation, and noted that each year has added to the flair and quality of performance.

The milestone events we have witnessed this academic year have been remarkable. A unique event was the North East Japan Caravan hosted in our College in February. After many years of efforts, the Nagaland Canaan Farmers' School training was conducted for our volunteer students by ABAM at the LMLC venue. The College also successfully went through the second cycle of NAAC assessment in April. We were honoured by the visits of dignitaries as Mr. Hiroshi Suzuki the Ambassador of Japan to India and Bhutan; Mr. Watanabe Ikko, First Secretary, Food & Agriculture (Japan Embassy, New Delhi). The NBCC campus ministry program with Dr. Kethoser as Speaker was a time of spiritual blessings. We extend gratitude to the team from NTTC for the skills training held for our students and faculty.

A major academic shift was introduction of the FYUGP; it landed with very short notice and many shaded areas. But it tells much of the resilience and capability of our academic family we could absorb all the challenges effectively. We especially appreciate the present III Semester students who could take in stride two system changes within a year. After waiting decades for relevant changes in the Higher Education curricula, the CBCS was finally introduced in 2022. The FYUGP replaced CBCS in 2023 without giving much space to catch the full essence of the inherent intricacies of either. It is also often cited that the NEP 2020 contains certain bias which could potentially be detrimental to certain elements. However the case, this change comes after thirty years of the NPE 1986, and we look forward that each institution will be able to work on the framework that best serves our community.

With the close of the year, may we remember with gratitude each moment lived within the will of God, and may we look ahead to renewal in the New Year. We are grateful to the Prism team for their dedicated creativity and wish that this edition of Prism capture the session's best to be treasured as bright memories.

God bless.



ACADEMIC REPORT 2023

Daisy Shitio

Academic Dean, Humanities & Social Sciences



Following the NEP 2020, the present I and III Semester are admitted into the Four Years Undergraduate Programme (FYUGP).

The Student Enrolment in the present session comprises of BA Semester I, III and V with 335 students & BBA Semester I, III and V with 82 students. The total strength of the student stands at 417.

The table given below is the academic result of BA II, IV & VI 2023 Spring Session.

Semester	Total Appeared	Total Passed	Pass %
BA II	108	75	81
BA IV	84	64	76
BA VI	74	62	84
Grand Total	266	201	

The table given below is the academic result of BBA II, IV & VI 2023 Spring Session.

Semester	Total Appeared	Total Passed	Pass %
BBA II	20	12	60
BBA IV	35	12	48
BBA VI	17	15	88
Grand Total	62	39	

- Grand Total of BA & BBA II, IV & VI = 328 (Appeared)
- Grand Total of BA & BBA II, IV & VI = 240 (Passed)

Achievements, Events, Awards, Studentships and Practices:

Faculty Exchange Programme between Unity College and C-Edge College was held on 25th October where Ms Temjenmenla Longchar, Assistant Professor & Head, Department of Sociology, C-Edge College was part of the exchange programme.

Major Events held in the College are: International Mother Language Day & Literary Day in collaboration with Unity College on 21 February, International Women's Day-10 March, Commencement Day-11 May, Freshers' Day-13 July, Parent-Teacher-Guardian Meet-18 October, Fine Arts & Cultural Day-13 October, Book Reading by English Department in collaboration with Reading Club-11 August with Author Ms. Smita D Talukdar, Narosangla Folk Art-3 October, World Mental Health Day-10 October.

Awards and Studentships acknowledged in the College, and Winners are: Champion Star Attendance Award- Ms. Sentibenla, Chubatola Aier Public Speaking Championship- Ms Nyimang Mong S (Winner), Laurel Award- Ms. R. Abelo Lotha (University Level-BA) & Mr. Ayeka Aye (University Level-BBA), B. Ramanathan Award for EVS Topper- Ms. Vesulu Puro & Mr. Wepre Marhu, SPEAR Prize- Ms. Vesulu Puro, Viwhesieno (Tsuno) Award for Girls Topper- Ms. R. Abelo Lotha, NUVBC EU Student of the Year- Ms. Vesulu Puro, Narosangla Prize for Folk Art-Mr. C. Singyimchu.

The College offers Studentship to four (4) students covering monthly tuition fees during V & VI semester which is sponsored by three families, namely- P. Imtilepden Ao & Limayangla Aier Mission Studentship, I. Lanu Longkumer & Watimenla Aier Mission Studentship, and Bendang Lemtur & Tiarenla Aier Mission Studentship.

Special Lecture Series is conducted at-least once in a semester by the concerned department. The concluded Special Lecture Series are: "Business opportunities in Unrecognised Sector" by Mr. Neisal Theyo, Entrepreneur & Assistant Professor of ICFAI University, "Vocational Skill: A way forward" by Ms. Sharon Kikon, Research Scholar at Nagaland University, "The Intersection of Politics & Language in North East India: Opportunity and Challenges" by Ms. Shubhi Trevedi, Assistant Professor of English Department & Ms. Shivani Pawriya, Assistant Professor of Political Science Department, "Leadership Soft Skills Development for Flawless Communication in a Changing World" by Ms Vanthunglo Murry, Leadership and Personality Development Coach, Unity College, "A Talk on Sexual Preference as a Right" by Ms Mhonbeni Cecilia Humtsoe, Assistant Professor, Unity College, "Emotions: From Physiological Reactions to Human Relationships" by Mr. Jasbir Singh, Clinical Psychologist Trainee, Atal Bihari Vajpayee Institute of Medical Sciences & Dr. Ram Manohar Lohia Hospital, New Delhi, "Managing Stress and Anxiety in College" by Mr. Ekonthung Jami, Assistant Professor of English Department.



IQAC

Wapanginla Ao
IQAC Coordinator



IQAC (Internal Quality Assurance Cell) is an important quality mechanism that is meant for planning, guiding and monitoring quality assurance and quality enhancement activities of the College. It has been an integral part since its establishment in 2014 to ensure the best practices in the College focusing also on NAAC accreditation for quality sustenance measures. The following are the activities for the year:

- **NAAC Second Cycle:** The College successfully underwent the Second Cycle of the NAAC assessment and accreditation process. The Peer Team visited the College on 12 & 13 April 2023. The team comprised of Mr. J.P Sharma (former VC of Mohan Sukhadia University, Udaipur) as the Chairperson, Mr. V. Manickavasagam (Former Register & Dean of Management, Alagappa University) as member coordinator and Mr. G.L Reddy (Professor of Education & HRD, Dravidian University) as member.

The College was accredited with the CGPA of 2.45 on a seven point scale at B Grade valid for a period of 5 years from 21 April 2023. This was a much improved grade from the first cycle which was 2.16.

- **AQAR:** The AQAR for the academic year 2021-2022 was successfully submitted on 17 December 2022. The 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 for the academic year from June to May. The AQAR for the academic year 2022-2023 is in the process of submission.
- **FSDP 2023:** Faculty & Staff Development Programme (FSDP) was held on 7th March 2023 at C-Edge College on the theme "Quality Measures and Engagement Challenges in a Changing World." Subtheme for the staff and faculty were "Management and preparation for NAAC" and "Quality in Higher Education: what and how."
- **MOU:** A Memorandum of Understanding was signed between C-Edge College and Unity College on 25 May 2023 for academic collaboration and activities for two years.
- **Quality Orientation:** An Orientation on Quality was conducted by the IQAC for all the students on 29 March 2023. Faculty members (IQAC Members) namely Imsuakum, Duvolu, Daisy and Wapanginla steered the orientation in different phases as per semester. In addition, on 4 April 2023, another Orientation on the College Best Practices was organised for the students. Faculty members namely Imsuakum, Aloto, Duvolu, Daisy and Wapanginla conducted the various sessions.
- **PGTC 2023:** Parents/Guardians Teachers Conference was successfully held on 18th October 2023.
- **Feedback System:** Feedback from the stakeholders – students, parents, and faculty were collected and analysed for the year. Currently, the Student Satisfaction Survey for 2023 (SSS) is underway.



NCC (NATIONAL CADET CORPS) 25TH NL NCC BN

CTO Komuni Chache

Asst. Prof, Department of Management Studies.

NCC is the youth wing of the Indian Armed Forces opened in schools and colleges on voluntary basis as a Tri Service Organization, where the cadets are given basic military training in small arms and drill. "Unity and Discipline" is the motto for the NCC and the cadets are living up to its motto as they strive to be one of the greatest cohesive forces of the nation, bringing together the youth hailing from different parts of the country and molding them into united and disciplined citizens of the nation.

The NCC C-Edge unit comprises of one CTO and a member along with 41 cadets. Out of which there are 1 CUO, 2 CQMS, 1 SERGT, 4 CPL, 6 LCPL and 27 cadets. NCC cadets have their drill practice 3 days in a week (i.e., Monday, Friday and Saturday) at the college campus before and after the classes.

Camps Attended, Activities Undertaken and Upcoming Events

- 10 Cadets: 4SW and 6SD cadets attended the 2023 CATC (Combined Annual Training Camp) at Fazl Ali College, Mokokchung from 6th till 12th January 2023.
- NCC cadets along with Mr. Ikaito Zhimo, Asst. Prof Dept of Economics participated at the 77th Independence Day celebration at Chumukedima.
- Kito Zhimo participated in the Pre-RDC II training camp held at ARC Happy Valley Shillong from 2nd October to 11th October, 2023.
- Kito Zhimo will be attending the Pre-Republic Day Camp scheduled from 30th November, 2023 and on selection to attend the Republic Day Camp till 31st January, 2024.
- Cadets will be attending the last CATC before the conduct of A, B and C Certificate exams scheduled from 3rd to 12th January, 2024 at St. Joseph's University Chumoukedima.





NSS AND RRC

Meyatemsu
Programme Officer



- On the invitation of CIHSR, the C-Edge College Red Ribbon Club members including two faculty and 10 students attended the first anniversary of blood center organized by the blood transfusion center CIHSR on 10th march 2023.
- RRC members Miss Kevisanuo and Mr. Kikaito donated blood for a female patient admitted at civil hospital Dimapur on 21st march 2023
- NSS in collaboration with the Sociology Department and Evangelical Union undertook a community based programme on 25th march 2023 at the NNS adopted village Aoyim Village. The team visited the Caring Neighbourhood Ministry and held a service. The members also had an interactive session with the children at the ministry through recreational activities.
- The NSS successfully conducted a survey on 'Youth Not in Formal Education and Regular Employment' on 24th April 2023 within the age group of 15 to 29, under the directives of government of India at the NSS adopted village Aoyim Village, 18 volunteer took part and covered around 30 households.
- NSS and RRC members organized physical fitness cum trekking at the Akuha Tsakibe river, Hovishe Village, Niuland on 29th April 2023. 43 students along with 3 faculty took part in it
- Members of NSS unit observed 'International Yoga Day' at Manen Hall on 21st June 2023
- NSS members participated in 'LETS DO IT INDIA' by actively participating in a clean drive from Khermahal junction till city tower area on 16th September 2023
- On 21st September 2023 two students along with the RRC and NSS in charge attended the Dengue Awareness programme Hosted by CIHSR.
- On 2nd December 2023 NSS programme officer attended Training for NSS programme officers on ZBSA PFMS operation, hosted by North-East Institute of Social Science and Research. (NEISSR)



SPORTS COMMITTEE

Events and Activities Report for the Year 2023

It is with immense pleasure that we present to you the Sports Committee Report for the year 2023. The year 2023 has been a year of growth and excellence in the realm of sports at C-Edge. Our student-athletes exhibited dedication, passion, and sportsmanship in various disciplines, both on and off the field. The sports committee aimed to foster a culture of healthy competition, fitness, and camaraderie among the students.

Key Highlights:

1. Highlights of the 11th Annual Sports Meet:

The 11th Annual Sports Meet was held spanning from February 14 to February 17, 2023. This multi-day event featured a wide range of sports disciplines, including track and field, football, basketball, and several others. We were honored to have Mr. Imliwati Lemtur, a distinguished Nagaland state cricketer, as the guest of honor.

Forerunner House emerged as the overall champion, while Pathfinder House secured the runners-up position showcasing exceptional performance across various sports.

2. Promotion of Sportsmanship:

The first-ever Futsal match was played between lecturers and students on January 30, 2023 at 5th Mile Model Village. This friendly yet highly competitive match served as an excellent platform for lecturers and students to bond and foster a sense of camaraderie beyond the classroom.

A friendly Futsal match was played against Yemhi Memorial College at the Tribal Arena on February 2, 2023. Our college showcased their Futsal skills and secured a victory, demonstrating sportsmanship and determination.

3. Participation at 2nd St. Joseph Trophy:

Participated in the 2nd St. Joseph Trophy held from October 5th to October 7th, 2023 organized by St. Joseph University. The College participated in football (men) and volleyball (women) though victory eluded us, our athletes displayed tremendous spirit and determination.

4. Individual Achievements:

Ms. Kivinoli S. Aye, a student of the BA 3rd semester, received an award certificate from the Department of Youth Resources and Sports, Government of Nagaland, on National Sports Day. She earned this recognition for her remarkable achievements in karate, winning a silver medal and a bronze medal at the 8th ISKF National Karate Championship held at Siliguri, West Bengal on 7th & 8th Jan 2023.

In conclusion, the year 2023 was marked by growth, achievement, and sportsmanship. We, as the Sports committee, remain committed to continuing our journey towards excellence, nurturing talent, and fostering a culture of sports at C-Edge.



LIBRARY



Temjenyanger Aier
Library Manager

Wawe-u Chirhah
Librarian

Libraries offer a gateway to resources and materials that might be otherwise inaccessible or costly, empowering students to advance their learning, comprehension, and research. Additionally, libraries serve as a secure and inviting environment for students to engage in studying and connect with peers and community members.

A typical library assortment typically consists of loanable printed materials, accompanied by a reference section of publications accessible solely within the library premises.

The college library stands as a rich repository with a diverse array of resources, encompassing traditional formats like books and newspapers alongside academic journals and electronic materials. This comprehensive collection ensures that students and researchers across various departments have access to relevant and up-to-date information within their respective academic disciplines.

Moreover, the library has embraced the digital age by integrating advanced technologies. This includes providing access to online databases, e-books, and academic journals, expanding the horizon of available resources. The incorporation of computer labs further enhances the research and learning experience, offering students a technologically equipped environment to delve into their studies. This dynamic combination of traditional and digital resources establishes the college library as a hub for comprehensive and cutting-edge knowledge acquisition.



MANAGEMENT STUDIES (BBA)



L-R: Puru Kichu, Seema Debnath, Wapanginla Ao (HoD), Komuni Chache, Shiva Prasad Dey

ACHIEVEMENTS

1. Mr. Ayeka Aye of BBA VI Semester secured the runners up (out of two winners) at the Group Discussion on the topic "Will sustainable development goals affect the industrial growth" during the Commvanza 2023 held in Unity College, Dimapur on 18th February 2023.
2. The Team Lagom comprising of Ms. Maneki Pradhan, Ms. Temsulila, Mr. Kumsuto Swu, Mr. Nzanthung & Mr. Tovito of BBA V Semester emerged as the winner of The Entrepreneur 2023 held from July to August 2023.
3. Ms. Nyimang Mong (V Semester) and Mr. Thejasikho (III Semester) and emerged as the Champion & first runners up respectively at the Public Speaking Championship 2023 held on 15th September 2023.
4. Ms. Nyimang Mong S. of BBA V Semester was the winner at the "Crack it and Win it" (Interview Competition) and also was the winner at the Business Talkathon during the Comfeista 2023 held at Tetso College, Dimapur on 20th October 2023.
5. Ms. Wapanginla Ao, Dean & HoD presented a research paper on "Entrepreneurial Intention among Undergraduate Students in Nagaland: A Personal Variable Analysis" at the National Seminar on "75 years of India's Achievements: Ideas and Resolve" at St. Joseph's College (Autonomous), Jakhama on April 2023.
6. Mr. Shiva Prasad Dey, Assistant Professor presented a research paper on "Board Structure and Dividend Policy: A Study" at the ISAFBM 2023 organised by Department of Business Administration, Assam University on September 2023.
7. Mr. Shiva Prasad Dey, Assistant Professor presented a research paper on "A Study on the Entrepreneurs supported by the Entrepreneurs Associates (EA)" at the ICSSR Sponsored Two Day National Seminar organised by Department of Commerce, Unity College, Dimapur on November 2023.



8. Ms. Wapanginla Ao Dean & HoD will be presenting a research paper which she co-wrote with Dr. Chubatola Aier, Principal on the topic "Canaan Farmers School in Nagaland: A Sustainable Livelihood Approach" at SUSCON 10th International Conference organised at Indian Institute of Management (IIM) – Shillong which will be held on 22 to 24 November 2023.

PARTICIPATION

1. Two teams from the Department participated at the Womenpreneurship Competition organised by Educentre Centre, Dimapur where colleges from Dimapur and Kohima participated. Ignite Team (comprised of female students namely Maneki, Nyimang, Temsulila from BBA V Semester and Tansola & Tolika from BBA III Semester) were placed in the Top 5 Women's team from among 17 teams that participated, as declared on 18 October 2023.



DEPARTMENT OF ECONOMICS



L-R: Imsuakum Longkumer (HoD), Ikaito V. Zhimomi

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 8 batches of graduates till date with 100% pass percentage.
2. University Result 2022: 8th Batch (2020 batch) graduated with flying colours at the Nagaland University Examination.

Activities:

1. The Department in collaboration with the department of Education, undertook study tour to Sikkim (Gantok) from 10th to 14th of March 2023.
2. The Department along with the Management department undertook Industrial Trip visiting two factories namely, Maa Kamakhya Poly Firm and JCB industries at the Assam Industrial Estate, Guwahati on 24th March 2023.
3. Special Lecture series on the topic "Business Opportunities in unorganized sector" was conducted on 18th April 2023 with Mr. Neisal Theyo, Entrepreneur & Proprietor of Theyo Enterprise as the resource person.
4. The Department of Economics in collaboration with Department of History organized a special lecture series on the topic "Lets Motivate Together" on 30th October 2023 with Mr. Tsutsamo Ezung, Instructor at Focus Academy NPSC Mentors as the resource person.
5. Perspective Classes on the topics "Applied differential and integral calculus in business activity" and "Employment opportunities in Agricultural sectors" by Mr. Imsuakum Longkumer and Mr. Ikaito Zhimomi respectively on 6th of November 2023.

Future Plan

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



DEPARTMENT OF EDUCATION



L-R: Kumrila Yimchunger (HoD), Bendangla L Ao, Chuwale Kath

The Department of Education was established on May 2019 under the School of Humanities and Education. The Department has three faculty members headed by Ms. Kumrila Yimchunger as the HoD, Ms. Bendangla L Ao and one guest faculty Ms Chuwale Kath.

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. Apart from the academic syllabus, the department is trying its best to make teaching-learning process more interesting by making use of Power-Point Presentation both by Students and teachers, Community interaction on different issues, quiz, debates on prevailing topics etc. The Department also conducts class-test, assignments, make-up classes and group discussions.

Departmental Activities 2023

1. The Department of Education in collaboration with Economics Department went to an Exposure trip to Sikkim from 10th-14th March 2023.
2. Special lecture Series in collaboration with Department of Sociology and History under the topic, "Vocational Skill-A way forward was held on 24th April 2023 with Ms. Sharon Kikon Assistant professor Tetso College.
3. Exhibition cum sales Day was organized on 8th September 2023 in collaboration with EVS Department.
4. Perspective class on Digital India and Government initiatives for Digital Education in India was held on 1st November 2023 by Ms. Chuwale Kath Assistant professor and Ms. Bendangla L Ao Assistant Professor Department of Education.
5. Special lecture series on the topic, "Managing Stress and Anxiety in College" was held on 7th November 2023 with Mr. Ekonthung Jami Assistant Professor English Department Unity College.
6. National Education Day 2023 was celebrated on 8th of November 2023 under the theme, "Innovative Learning in Sustainable Development".



DEPARTMENT OF ENGLISH



L-R: Meyatemsu (HoD), Daisy Shitio, Yimwapangla, Niya Kath

It is with immense pleasure the Department of English would like to present activities report in our annual Prism 2023. The academic year 2023 was a productive year, with the implementation of Four year undergraduate programme FYUGP, it has been a drastic redesigning and rearrangement of syllabus henceforth for those semester evolving from CBCS to FYUGP had subsequently took quite sometimes to evolve into the new structure, also same goes to the faculty as well.

Department would like to highlight activities and participation undertaken during the 2023 session.

Activities

- ❖ International Mother Language Day was commemorated on 21st February 2023.
- ❖ Special lecture series on 'The intersection of Politics and Language in North East India: Opportunities and Challenges, was held on 1st May 2023. The resource Speaker were Ms Shubhi Trevedi Assistant Professor Department of English, Mata Gujiri Mahila Mahavidyala Autonomous Japalpur, MP & Ms. Shivani Pawriya Assistant Professor, Department of Political Science Mata Gujiri Mahila Mahavidyala Japalpur, MP.
- ❖ Perspective Class for BA IV Semester English Honours students was held on 9th May 2023 on the topic 'Shakespearean Stagecraft' by Ms. Daisy Shitio Asst. Professor Department of English.
- ❖ Perspective Class on the topic 'Subject Verb Concord' was held on 9th May 2023 with the BA II Semester English Honours Students by Ms. Niya Kath.
- ❖ Department of English in collaboration with the reading Club organised a Book Reading by the Author Ms. Smita D Talukdar of her latest book 'Stop, No!' on 11th August 2023.
- ❖ Special Lecture Series on 'Leadership Soft Skills Development for Flawless Communication in a Changing World' was held on 6th October 2023 with Ms. Vanthunglo Murry, Leadership and personality Development Coach, Unity College as the Resource speaker for BA Semester I, III & V English Major Students.
- ❖ Perspective Class on the topic 'Illusion' was conducted on 8th November 2023 for BA I Semester AECC Students by Mr. Meyatemsu, Asst. Professor, Department of English.

- ❖ Perspective Class on the topic 'History of English Literature: Elizabethan Age' was conducted on 8th November 2023 for BA I Semester English Honours students by Ms.Niya Kath Asst. Professor, Department of English.

Participation

- ❖ Vitinali ID No. 2301003 BA I Semester English Honours and Neitsolu ID No. 2101046 BA V Semester English Honours participated in inter college spoken words competition organized by Department of English Unity College on 6th September, 2023.
- ❖ Mr. Meyatemsu Asst. Professor Department Of English represented as a judge on 22nd February 2023 in Unifest 2.0 organised by unity college Dimapur.
- ❖ Ms. Daisy Asst. Professor Department Of English participated ICSSR sponsored two days National seminar organized by St Joseph Jakhama Autonomous on 14 & 15 April 2023.
- ❖ Ms. Daisy Asst. Professor Department Of English participated 7 days national level online faculty development program on outcome based education (OBE) organized by Nirmala College, Muvattupuzhaon from 10th May to 17th May 2023.



DEPARTMENT OF HISTORY



L-R: Alila Ao (HoD), Thejangulie Rino

- The Department of History celebrated the World Indigenous Day on 9th of August 2023. The Students recited poems and stories in their own mother language. The aim behind the programme was to make the students aware of the 'Term Indigenous' and also about their unique cultures and ways of life.
- As part of best practice, History Department presented a Perspective class on 1st September 2023 by Mr. Aloto H Aye, Asst Prof On the topic 'Knowledge Vs Experience Equals Wisdom'. He stressed that though knowledge is a necessity but at the same time experience makes a man understand about life values and helps in the personal growth. He also expressed that as a student knowledge should be accumulated not just for grades and marks but so also to broaden the horizon in attaining wisdom and common sense.
- On 3rd October 2023, Mr. Thejangulie Rino presented the Perspective class on the topic "Coming of Christianity among Phom Tribes".
- A Special Lecture series was held on the topic "Let's Motivate Together". The main speaker Mr. Tsutsamo Ezung, MA Economics (NET) Instructor at Focus Academy NPSC Mentors shared inspiring and words of wisdom with the students. He encouraged the students to build a better future and to develop iron beam so as to delete any negativity from our minds and develop healthy environment.



DEPARTMENT OF POLITICAL SCIENCE



L-R: Obed Patton, Duvolu Rhakho (HoD), Khehoshe Yeptho

Department of Political Science, C-Edge College is a team of three. Headed by Ms. Duvolu Rhakho as the HOD, the Department has well qualified members Mr. Obed Patton and Mr. Khehoshe Yeptho.

Some of the activities initiated during the academic session are-

On 1st March 2023 Ms. Duvolu Rhakho delivered a lecture on Politics of Censorship in India at St. John College. She was accompanied by two students Ms. Vesulu Puro and Ms. Loli Awomi of 6th semester from the department.

Special lecture series on 'The intersection of Politics and Language in North East India: Opportunities and Challenges, was held on 1st May 2023. The resource Speaker were Ms. Shubhi Trevedi Assistant Professor Department of English, Mata Gujiri Mahila Mahavidyala, Autonomous Japalpur, MP & Ms. Shivani Pawriya Assistant Professor, Department of Political Science Mata Gujiri Mahila Mahavidyala Japalpur, MP.

The Department collaborated in the joint initiative of the college with Eastern Christian College in organizing a special discussion on Interdisciplinary Research on 24th of June 2023 via Zoom Meet. The resource person for the event were Dr. Shalini Aggarwal Associate Professor of Finance, Chandigarh University and Dr. Suraj Beri, Assistant Professor, Department of Sociology, Central University of Nagaland.

The Department preponed its annual observation of National Constitution Day (26 November) to 13th November 2023 on account of Nagaland University end semester exam schedule. The commemorative event was marked by the Preamble Pledge being administered by Mr. Obed Patton, Assistant Professor, Department of Political Science.



DEPARTMENT OF PSYCHOLOGY



Lamyile Meru

The Department of Psychology was established on 14th June 2023. The Department aims at aspiring students into well-oriented professionals in the field of Psychology. The Department facilitates students' expertise in the subject as directed by the syllabus prescribed by Nagaland University, in addition to offering exposure to the field through varied activities and projects.

Activities:

1. The Department observed World Suicide Prevention Day on 10th September by organising Poster-making Competition on the theme *Creating Hope Through Action* (the triennial theme for the World Suicide Prevention Day from 2021 - 2023).
2. The Department organised a programme for World Mental Health Day on 10th October under the 2023 theme *Mental Health is a Universal Human Right*. Dr. Ningsangrenla Longkumer, Assistant Professor of Psychology, Tetso College was the guest speaker.
3. A perspective class was conducted on 26th October 2023 on the topic *Aromatherapy and Neurotransmitters* for first semester students by Ms. Lamyile Meru, Assistant Professor of Psychology.
4. A special lecture series was conducted on 28th October on the topic *Emotions: From Physiological Reactions to Human Relationships*. Mr. Jasbir Singh, Clinical Psychologist Trainee at ABVIMAS-Dr. Ram Manohar Lohia Hospital, New Delhi was the special lecturer.



DEPARTMENT OF SOCIOLOGY



L-R: Thunolu Chukhamu, Temjenmenla Longchar (HoD), Yajennaro

The Department of Sociology for the academic session 2023 is headed by Ms. Temjenmenla Longchar, along with two faculty members, Ms. Yajennaro and Ms. Thunolu Chukhamu. The Department organises Special Lecture Series, Perspective Class, Group Discussion, Presentation of Academic papers and field exposure trips to gain extra knowledge besides their usual textual syllabus. The Department also encourage the students to take active participation in curricular and co-curricular activities

Total strength of Major/Honours Students in each semester:

- I Semester : 26 students
- III Semester : 18 students
- V Semester : 5 students

The Department has a total strength of 147 Minor/General students apart from Major/Honours students.

Activities:

- Perspective Class was held on 31st October, 2023 on the topic "Changes and Emerging trends of Marriage in Naga Society" by Ms. Yajennaro, Asst. Professor, Department of Sociology.
- Faculty Exchange Program was successfully organised between Unity College and C-Edge College on 25th October, 2023. Ms. N Mhonbeni Cecilia Humtsoe, Asst. Professor from Unity College conducted classes at C-Edge College and in exchange Ms. Temjenmenla Longchar, Asst. Professor from C-Edge College conducted classes at Unity College respectively.
- A Special Lecture Series was organised on 25th October, 2023 on the topic "A talk on Sexual Preference as a Right" with Ms. N Mhonbeni Cecilia Humtsoe, Asst. Professor (Sociology Department), Unity College as the Guest Speaker.
- On 30th September, as part of departmental activity "Legacy Lane" was carried out by cleaning the flower pots and clearing the dead leaves and unwanted grass from the activity site. Altogether 9 students from BA I Semester (Major students) along with 2 faculty members took part in "Legacy Lane" activity.

- On 24th April 2023, an inter-departmental Special Lecture Series was organised by the Department of Sociology, Education and History on the topic “Vocational Skill: A way forward” with Ms. Sharon Kikon, (Research Scholar, Nagaland University) as the Guest Speaker.
- Sociology Department in collaboration with NSS (National Service Scheme) and EU (Evangelical Union) successfully undertook a community based programme on 25th March, 2023 at the NSS adopted Village-Aoyim. The team visited the CNM (Caring Neighbourhood Ministry, Orphanage) and held a small service. The members also had an interactive session with the children at the Ministry through recreational activities.
- The Department along with History Department organised a two days camping trip at Dzulekie, Khonoma on 18th and 19th March, 2023. The objective of the camping was to introduce the students to new experiences, to let them spend quality time outdoors, stress reduction and to rely on oneself and companions to meet basic needs.
- The Department observed International Women's Day on 10th March, 2023 with Ms. Aorenla Jamir, Asst. Professor (Department of Education) St. Joseph University as the Guest Speaker. She spoke on the theme “Mental Health”.



H&A ARMS INCORPORATION

Nagatoshi Shibata
Vice-President
Arms Incorporation, India



Japan, an island country lying in the east coast of Asia, is a fascinating country of economic and business prowess, rich culture, technical wizardry, spatial conundrums and contradictions.

As far as it may sound, Japan is now at your reach.

With over 20 years of experience in rendering skill development and training courses, the Arms Incorporation was started in Japan by Mr. Hamajima Masayoshi In Aichi Nagoya with its branch all over Japan. ARMS Incorporation is the first registered sending organization in Japan.

Arms aims to contribute to the developing countries like China, Vietnam, Myanmar, Philippines, Thailand, Indonesia, Mongolia and India as well, by imparting language training, intensive technical training and employment with sustainability.

Taking advantage of the good bilateral relationship between India and Japan, in 2018, September, ARMS set up a company in India with the name H&A Pvt Ltd having focus on Japanese Language Training, Study Visa to Japan, Corporate Training, and to train the Indian Technical Interns with best module and software owned by ARMS. It is an authorized sending organization by NSDC in India and JITCO in Japan.

TITP or Technical Intern Training Program is program under ARMS which is designed to develop the skills of students and to mould them to make suitable for the various employment opportunities across various sectors. Japanese language, culture and work-specific training are offered as per the requirements. The job sectors that we offer are Blue collar jobs such as, Machining, care worker, Industrial Packaging, Construction, Agriculture and Hospitality sector.

SSW or Specified Skill worker is another program by arms where you will be getting a working VISA in place of Intern visa and an individual can work up to 5 years with the worker VISA.

With the employment condition in India, TITP and SSW Is a great opportunity for one to expand their chances of getting employed abroad and experience and learn the work culture and the best settle there for lifetime.

There are so much we can learn from every country and Japan being one of the best option with its strong cultural influence, technological advancement and most importantly the discipline the Japanese have. The centre based at C-Edge College in Nagaland has become feasible for the Naga youths as well to grab the employment opportunity.

Through ARMS you can make your dream come true of living and working in Japan easy with the training and language courses your chances of getting your place secured in one of the companies in Japan will be amicable.

*Alumni's Corner***GRAPPLING BETWEEN ECONOMY
AND ENVIRONMENT: A LAYMAN'S REVIEW**

Sukali Aye
2017-2020



A stark contrast emerges when comparing the living conditions in Delhi and Nagaland, particularly in relation to air pollution. Delhi grapples with severe air quality problems, evident in recent AQI readings ranging from 301 to 397. In sharp contrast, Nagaland enjoys a cleaner environment, fostering a healthier and more consistently favorable quality of life for its residents.

The minimal relief brought by a mere 7.2 mm of rainfall in Delhi emphasizes the city's reliance on external factors to combat pollution. Nagaland, with its cleaner air, sustains a more stable living environment, shielding its residents from drastic fluctuations in air quality.

The troubling frequency of severe air quality days in Delhi, totaling 10 in November, raises concerns about the potential long-term health impact on its inhabitants. Conversely, Nagaland's residents experience a superior quality of life, free from continual exposure to hazardous pollution levels.

Despite Nagaland's advantageous living conditions, a drawback exists – a noticeable trend of people migrating in pursuit of better salaries. This migration pattern highlights an economic challenge in Nagaland. Despite overall positive living conditions, residents seek opportunities elsewhere for improved financial prospects. While Delhi grapples with its air quality crisis, Nagaland faces the dual challenge of maintaining a healthy environment and addressing economic factors that drive migration.

*Alumni's Corner***BEAT EXAM STRESS**

Tiasenla Ozukum
2019-2022



Exams are stressful without any doubt. Even if you study and spend a lot of time preparing, you might still be bough down with exam related pressure and anxiety.

For some student exams can be a breeze, revision is second nature to them, and they could Ace an exam with their eyes closed. But for some students, sweaty palms and heart palpitations are just so real and part of the territory, and it seems that nothing is impossible than sitting down and revising.

A little bit of stress is positive as it pushes the student to give their best in the exam, but excessive stress makes the situation worse.

Exam are around the corner, knocking, or already knocked, and I suppose everyone of us right now is just so stressed and scared and just wondering for the last date of the exam, so we could finally breathe a sigh of relief.

I would like to share some tips to help ourselves beat the exam stress which I believe would be helpful and favourable to us.

1. **HAVE A ROUTINE:-**

Know what you're doing everyday will make your study easier, and so having a routine will keep a check on your time management as well as help you be at ease without stress.

2. **TAKE REGULAR BREAKS:-**

Breaks help reduce fatigue and retain information, take 2 minutes to stretch or 20 minutes to nap, it can make a big difference.

3. **DRINK WATER:**

Keep hydrated to avoid tiredness and keep away from sugary and energy drinks.

4. **DO SOMETHING YOU LIKE:**

Take a little time for your hobby, play your instrument, play your favourite game (avoid online game), watch a television program, or read your favourite book.

5. **EAT AND SLEEP WELL:**

Eat regularly and avoid too much sugar, stop revising at least half and hour before bedtime and try to get at least 8 hours of sleep. A good night sleep improves learning and memory.

6. **BE REALISTIC:**

It's hard to concentrate effectively for more than 45-50 minutes.

Don't cramp your plan with too many topics. You'll feel disappointed when you are not able to cover everything.

7. **THE NIGHT BEFORE:**

Lay out your uniform and everything you need for the exam the night before your exam. Sleep early and wake up fresh the next day. Eat a good breakfast and do not hurry-towards your exam hall.

8. **EMBRACE THE STRESS:**

If you aren't nervous during exam time, you wouldn't be a human. It's not about being stressed, but it's about how you channel your energies to achieve the result you deserve.

Exams are only a tiny fraction of every student life so do not over stress and do your best.

Causerie

MY TIME AT C-EDGE COLLEGE

Aloka Sumi
BBA V



Through Prism I want to share my experience at C-Edge College. A place where I've spent almost three awesome years now. I started as a new student, and as I'm leaving, I'm taking with me loads of cool memories.

One of the best things about C-Edge College was the teachers in the BBA classes. They were not just teachers; they were like friends. They made learning fun and helped us understand things better. The friendly vibe in class made studying way more interesting, and it felt like we were all in it together.

As I look back, I'm thankful for all the fun moments I had at C-Edge College – from working on group projects to hanging out with my friends.

To the new students joining C-Edge College, here's a piece of advice: make the most of your time. It's not just about books and exams. Get involved in activities, events, and don't be shy to ask your teachers for help.

College is not just about studying; it's a journey where you discover new things about yourself. So, enjoy every moment, learn from the challenges, and celebrate your successes. The friends you make and the things you learn will stick with you even after you leave.

As I say goodbye to C-Edge College, I'll be taking away with me, not just a certificate but a bunch of memories that made me who I am. Thanks, C-Edge College, for the good times, the lessons, and the friends. I hope the new students have as much fun and learn as much as I did. Goodbye, and all the best on your college adventure!

DEAR FUTURE ME

Temsulila
BBA V



I hope you've accomplished everything you wanted to accomplish. And relax if goals aren't met; delays won't hinder your journey. Stumbling is part of the path. Remember, life's a continuous lesson. Embrace each moment and persistently strive for your aspirations. A delay is not a denial. Work hard, look, listen and learn because success is a culmination of experiences and so be unstoppable. See you soon.

Best wishes,
Your past self

*Causerie***GRATTITUDE****Imnatemjen Ozukum
BA I**

In our fast-paced modern world, initial enthusiasm for a task like living in a remote environment might wane after a couple of hours. This fading enthusiasm reflects a society engrossed in the latest technologies, often neglecting the beauty of the world and the blessings bestowed upon us. Amid the race for the newest gadgets, we sometimes forget our roots and fail to appreciate our parents' hard work, prioritizing our needs and wants above all else.

While the concept of "gratitude" is known to us, its practical application in daily life often falls short. Many desire the latest iPhone, with some going to extreme lengths, even selling organs, which is both pathetic and outrageous. Reflecting on a ninth-grade experience visiting a special school for charity, the stark conditions of the students and their surroundings were a stark contrast to our gadget-filled lives. Broken windows, missing doors and furniture, and unhygienic surroundings left a lasting impression.

During this visit, I felt both sympathy for the students and a sense of fortune for not being in their shoes. The realization struck when discovering that many female students under the age of 14 lacked proper sanitary pads, resorting to using regular clothes instead. In response, our group gathered funds, purchased essentials, and conducted activities, counseling, and awareness sessions.

Engaging with the students, their perspective on living in challenging conditions was surprisingly positive. They expressed gratitude for being able-bodied, despite the squalor around them, thanking the Creator for the kindness shown by humble individuals and NGOs. This experience not only deepened my appreciation for social issues but also evoked a sense of guilt for past ingratitude.

A meaningful quote encapsulates the lesson learned: "Life is not the problem to be solved but a reality to experience." It prompts us to reconsider our unnecessary demands and shift our perspective from ungratefulness to gratitude. While the journey toward adopting this mindset is ongoing, the willingness to learn and practice this moral remains a constant effort.

Causerie

BREAKING BARRIERS AND NURTURING ENTREPRENEURSHIP THROUGH BBA

Nyimang S Mong
BBA V



Hello everyone, I'm Nyimang from 5th semester currently pursuing my bachelor's degree in Business Administration (BBA). With so many educated youths looking for opportunities, I'm convinced that entrepreneurship is the key to tackle unemployment.

BBA is a professional undergraduate degree that covers finance, marketing, human resources, entrepreneurship, and organizational behaviour, aiming to provide students with a solid business foundation and essential skills for diverse industry roles.

BBA isn't just about calculating some numbers; but cover areas essential for life skills like communication, problem-solving, decision-making, leadership, public speaking, and emotional intelligence, enhancing our readiness for various roles in the business world.

Us Nagas might be missing out on these skills, maybe because we didn't get the guidance we needed in school. Pursuing BBA not only teaches us about business but also shapes our personalities. It's a perfect course for those looking to set up their career in the corporate world with specializations like Marketing, Finance and Human Resource

And guess what? BBA is like a gateway to an MBA and Top business schools in the country. There's hands-on experience on stuffs like internships, industrial visits, business competitions, entrepreneurship programs, interactions with entrepreneurs and many more

Now, in a society hooked on government jobs, let's not forget the charm of private jobs and entrepreneurship. Waiting for that "dream government job" might be adding to our unemployment blues. It's time to appreciate the hustle, focus on private jobs, and maybe become the next big entrepreneur!

So, my fellow friends think about jumping on the BBA train. Let's nurture that entrepreneurial spirit and flip the script from job seekers to job creators!

Causerie

THE BROKERS



Life was amazing, but it was more when I encountered my monkeys #The Brokers. Why brokers? Because we are always broke, but have the most amazing and fun memories together. There are 11 of us in the group. Our friendship started from 1st semester and is going strong, all this while without realising that our college life together is coming to an end. We love to hang out, have fun and most importantly help one another, even though our pockets are empty. We had our fair share of mischief and fun that we even got punished for bunking classes. Nevertheless our best trait, I would say is that we are very supportive of each other and are always there for one another.

They stood by me and they believed in me like nobody else. Whenever I get in trouble, they were always right there to get me through. We vibe together like nobody else. College life is the best when you have the right friends with the same level of quirkiness and mental disorder. I want to thank my broker friends for being a part of my life. I'm sure one day we will sit together and talk about our achievements and the heights we've climbed. So, brokers this is for you all.

Everybody can't do big things, but everybody can do small things with big love.

With love
Maneki Pradhan
BBA V

ART EXHIBIT



Chubanungsang Imsong
BA III



Yapongtsu
BA I



Alovika Achumi
BA I



POETRY

My College Life

Inside the classroom where knowledge blooms,
The college life, a journey looms.
Books and notes, a constant stream,
Dreams and goals, the scholar's theme

Dorm rooms echo with laughter's trace,
friendship forged in a hectic space.
Coffee fuelled, late night debates,
chasing dreams through campus gates.

Exams loom, a daunting quest, sleep deprived,
yet fiercely pressed.
Through libraries and lecture halls, use navigate
these academic walls.

From lectures to parties, a delicate dance,
Balancing books, seizing a chance.
Professor's wisdom, a guiding flame,
In the crucible of college, we find our name.

Yet stress may linger, deadlines press,
But memories forged,
We will confess.
College life, a chapter bold,
A tale of growth, a story told.

Eneipepe Chirhah
BBA V

*Journey Through
College Bonds*

In college halls, time swiftly flew,
Three years of growth, a journey true.
New faces, thoughts, a melting pot,
A roller coaster, memories sought.

Friends, the stars in life's grand play,
We laughed, we wept, in every way.
Through deadlines' dance, we found delight,
Living each day, embracing the night.

New faces, thoughts, a vibrant brew,
Ideas exchanged, perspectives new.
Friends, the anchors of this ride,
In laughter and sorrow side by side.

Transformed by studies, lessons wise,
In this adventure, friendships rise.
Three years a whirlwind, now we part,
Carrying memories, attached in heart.

Kumsuto
BBA V



POETRY

Unveiling the Light: A Soul's Quest for Happiness

Lost in the shadows, a quest for happiness I embark,
In this world so cruel, where joy feels just like a spark.
I try to find solace, amidst the struggles and dismay,
To break free from sorrow, where my spirit can truly sway.

Amidst the shadow, I search for a spark of light,
Yearning to illuminate the darkness that engulfs me in the night.
Through every disappointment, I push myself to believe,
That happiness is not elusive, but a gift I can receive.

With tiny steps, I find solace in the wonders of each day,
Embracing simple joys, as worries slowly fade away.
Though fear sneaks in and tries to cast its daunting spell,
I'll fight with all my might, for my happiness to dwell.

Why can't they see my efforts, my relentless questing,
That behind my smile, there's a soul forever testing.
For I'm worthy of love deserving of care,
To feel seen and valued, with kindness always there.

Yet, some fail to grasp the depth beneath my gaze,
Leaving me feeling alone, in a melancholic haze.
Amidst doubts and questions, I hold on tight,
For I'm worth it, and I'll continue to fight.

In this quest for happiness, I'll never give up,
Seeking the light within, as I rise and interrupt.
For deep within shadows, my spirit still shines,
Guiding me towards joy, where love intertwines.

Sentijungla Jamir
BA III



POETRY

Dear Self!

It's me here again,
But this time with an apology and not a command.
I'm sorry, I'm sorry that you had to go to bed,
Trembling and crying for pain
You did not deserve.

I'm sorry that you had to numb your pain.
Just so you no one have to worry about you.
I'm sorry that you chose people,
People who didn't deserve you
Over yourself.

I'm sorry that I couldn't give you enough time to heal,
But I forced you to heal others while you were bleeding brutally.
I'm sorry for pushing you so hard,
That it broke you to pieces.

I'm sorry that I couldn't love you,
the way you deserved.
And I'm sorry for always breaking you for others.
From yours A changed soul



Sosangchila Imsong
BA III

Best Friend

We met as strangers,
Became close friends by unknown circumstances.
Such a fortunate guy myself to have you as BEST FRIEND,
In whom I can rely and turn to in all situations.
You're such a reliable person.
I bring my secrets to you when I'm not in a state to be with anyone.
Words are limited to describe you!
You're an awesome friend with a
'SUPERB PERSONA'
You are the only one I can turn to, in joy
Or in sorrow for warmth.
Our friendship sprouted in High School.
We've become BESTFRIENDS and will continue to be.
Cherishing our bond in friendship.
May HIS beatitude be ours.



Takasungba Imchen
BA III

POETRY

THE LITTLE THINGS IN LIFE

Too often we don't realize
What we have until it's gone
Too often we wait too late to say
"I'm sorry, I was wrong."

Sometimes it seems we hurt the ones
We hold dearest in our hearts
And we allow stupid things
Too tear our lives apart

Far too many times we let
Unimportant things get in our mind
And by then, it's usually too late
To see what made us blind

So be sure that you let people know
How much they mean to you
Take the time to say the words
Before your time is through

Be sure that you appreciate
Everything you've got
And be thankful for the little things
In life that means a lot.

K.Yimsola_Yimchunger
BBA III

"In the realm of learning, every setback is a
setup for a comeback. Embrace challenges,
for within them lies the true essence of
one's growth as a student."

Surhovoyi Sapu
BBA V

MUNDANE MINDFULNESS

KUPU'S 23 DAYS SELF-CARE ROUTINE

Physical Self-care.

- Date 19-12-23: Day 1. Stay Hydrated- drink 2.5 ltr of water or more.
 Date 20-12-23: Day 2. Take some time to breathe and relax
 Date 21-12-23: Day 3. Start an exercise regime- 5-10 minutes a day
 Date 22-12-23: Day 4. Prepare and eat a healthy meal.
 Date 23-12-23: Day 5. Get enough sleep- let's try and ditch doom scrolling on the internet.

Mental Self-care

- Date 24-12-23: Day 6. Practice meditation.
 Date 25-12-23: Day 7. Stay alive, Rejoice and Celebrate!
 Date 26-12-23: Day 8. Watch and track your stress triggers.
 Date 27-12-23: Day 9. Read a book.
 Date 28-12-23: Day 10. Focus on Positivity- List out 5 things you are grateful about in life.
 Date 29-12-23: Day 11. Give time to yourself.

Social Self-care

- Date 30-12-23: Day 12. Set Boundaries
 Date 31-12-23: Day 13. Volunteer to help your parents or your neighbor.
 Date 01-01-24: Day 14. Call a friend.
 Date 02-01-24: Day 15. Learn a new language or even a dialect.
 Date 03-01-24: Day 16. Meet a friend, go for a walk and talk.
 Date 04-01-24: Day 17. Check out a new restaurant with friends.

Spiritual Self-care

- Date 05-01-24: Day 18. Learn a Bible verse.
 Date 06-01-24: Day 19. Put God first.
 Date 07-01-24: Day 20. Attend services
 Date 08-01-24: Day 21. Say a prayer for a friend.
 Date 09-01-24: Day 22. Start a Quiet time routine.
 Date 10-01-24: Day 23. Start Journaling with God on a daily
 Date 11-01-24: Day 1. See you in college!

Kupu A Yephomi
BAV

VICTOR'S PLAYLIST TO CREATING A BETTER SELF

1. Love Yourz by J. Cole
2. Proud Of Myself by Lil XXEL
3. 7 Years by Lukas Graham
4. Hall of Fame by The Script
5. The Nights by Avicii
6. The Older I Get by Alan Jackson
7. To Be A Man by Dax
8. Hey Brother by Avicii
9. Wake Me Up by Avicii

Victor Aye
BA I

MUNDANE MINDFULNESS

PAPAYA SOUP RECIPE

We think of soups as something you'd have before meals, but this soup is so filling that you can replace your lunch or dinner with them. Every sip of this soup is packed with flavors so fine that it would feel like there's a dance of flavors in your mouth.

To prepare the soup, you'll need-

Raw Papaya (Green on the outside, white in the inside), ginger, green chilli, coriander seeds, lemon juice, salt and water.

First, we'll peel off the papaya and cut it into thick pieces. That would give us about 3 bowls of chopped Papaya. Now steam the chopped papaya in a steamer until it softens and keep it aside.

Life Hack: If you don't have a steamer, you can use a strainer and a pot to steam.

Prepare spices that will bring flavor to our soup.

Take a small pot and keep it on medium flame.

- Add $\frac{1}{2}$ finely chopped green chilli
- 2 tsp coriander seeds
- 1 tsp finely chopped ginger

Roast them, then add $\frac{1}{4}$ cup water to it and cook for some time (2-3 minutes)

Now transfer the mixture to a blender and add the steamed papaya, pour 2 cups of water, 1 tbsp lemon juice and 2 tsp salt.

Mix until all ingredients have blended smoothly.

Then transfer it in a bowl.

You can garnish it with boiled corn, it will provide texture to your soup.

From kids to adults, everyone will love this soup.

Health Benefits

- Protects against heart disease
- Aid in digestion
- Boost immune system
- Reduced inflammation
- Besides other health benefits, it is good for the skin.

Loli Zhimo
BA V

PHOTOS



BBA I



BBA III



BBA V

PHOTOS



BA I



BA III



BA V

PHOTOS



NE Japan Caravan 2023



NAAC 2nd Cycle Peer Team Visit



Visit of Ambassador of Japan to India & Bhutan - Mr. Hiroshi Suzuki

PHOTOS



9th Parents - Guardian-Teachers Conference



Commencement Day



Freshers Week

PHOTOS



Sports Meet



Cultural Day



C-EC Students Forum

Sazune
Alumni, 2017-2020

