



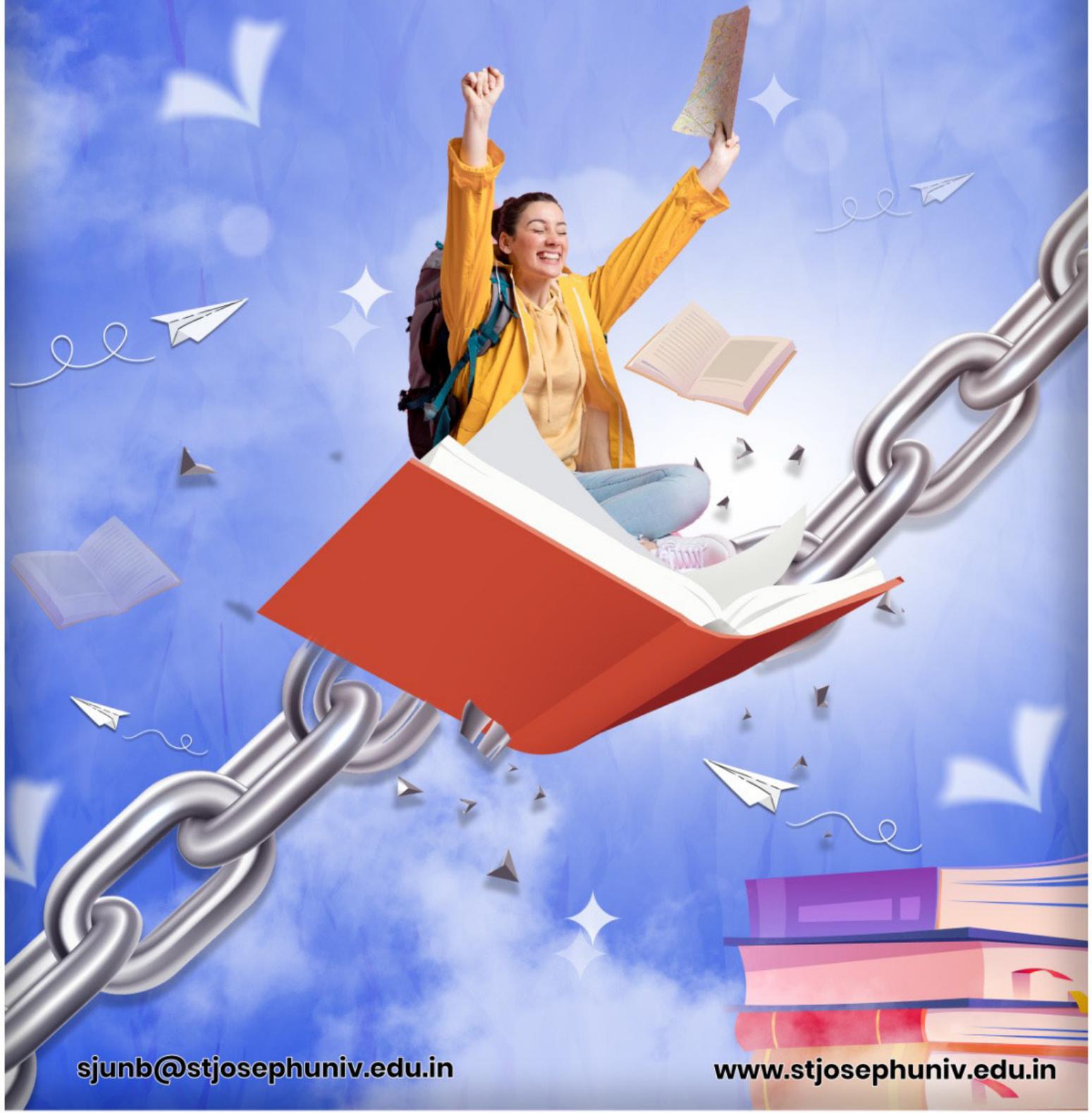
SJU Newsbites

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A MONTHLY JOURNAL OF ST. JOSEPH UNIVERSITY

IN LIBRAS LIBERTAS

In books, there is freedom



EDITORIAL MESSAGE

Dear Readers,

Every month, when we begin putting together a new issue of Newsbites, it feels like opening a fresh chapter. This month's theme, "In Libras Libertas"- meaning In Books, there is Freedom-resonates deeply with all of us. It is more than a motto; it is a gentle reminder of why we read, why we write, and why we continue to create this magazine with dedication and hope.

Freedom is not always loud or dramatic. Sometimes, it is quiet and personal- found in the simple act of turning a page. Within books and written words, we discover new worlds, new ideas, and even new versions of ourselves. Reading allows us to think beyond boundaries, question what we know, and imagine what could be. In that sense, knowledge becomes a form of liberation — freeing us from ignorance, fear, and limitation. This is the spirit we hope to carry in every edition of Newsbites.

This month's theme holds special importance because it reflects the very purpose of our magazine. Newsbites is not just a collection of reports and articles; it is a space where voices meet, where creativity finds expression, and where ideas are given the freedom to grow. Whether it is an academic insight, a literary contribution, a departmental achievement, or a reflection on campus life, each piece represents someone's effort to share knowledge and perspective. That sharing, in itself, is an act of intellectual freedom.

The journey of bringing this magazine to life month after month would not be possible without the whole-hearted support of our different departments. Each department plays a unique and valuable role. From providing updates on academic milestones to contributing thoughtful articles, from encouraging students to participate to guiding them through the process- the collaborative effort behind the scenes is truly inspiring. It is this unity and cooperation that make Newsbites more than a publication; it makes it a shared achievement.

We would especially like to acknowledge the faculty members who guide contributors with patience and wisdom, the students whose enthusiasm and creativity add freshness to every issue, and the administrative teams who ensure everything runs smoothly. The consistency and commitment shown by all departments reflect a collective belief in the importance of this platform. Together, we continue to nurture a culture where knowledge is valued and expression is encouraged.

We strive to create a magazine that document our growth, celebrate our accomplishments, and encourages thoughtful dialogue. We hope that through this platform, readers not only stay informed but also feel inspired to contribute, question, and explore.

To our contributors, thank you for trusting us with your words and ideas. Your creativity is the heartbeat of this magazine. To our readers, your time and attention give purpose to every effort we make. Knowing that our work reaches you and resonates with you keeps us motivated. And to our well-wishers and supporters, your constant encouragement strengthens our commitment to improving with each passing month.

As you read this edition, we invite you to pause and reflect on the quiet freedom that knowledge offers. May "In Libras Libertas" remind us all that learning is a lifelong journey- one that empowers us, connects us, and helps us grow together.

With heartfelt gratitude and warm wishes,

Editorial Team

MESSAGE FROM THE PUBLIC RELATIONS OFFICER



Dear Students, Faculty and Staff,

“In Libras Libertas”, in books, there is freedom. At first glance, it may appear to be a simple and elegant Latin phrase. Yet when we pause and reflect deeply on its meaning, we realize that it holds a powerful truth that has shaped civilizations, transformed individuals, and quietly changed the world one reader at a time. Freedom is something every human heart desires. Freedom to think independently. Freedom to imagine boldly. Freedom to question respectfully. Freedom to become the person we are meant to be. Where can we experience such freedom without limitation or judgment? We find it within the pages of books.

A book never asks about your background before welcoming you. It does not measure your achievements, your language, your appearance, or your status. It simply opens itself to you. Within its pages, you can travel across continents without a passport. You can explore distant planets without a spaceship. You can engage in meaningful conversations with thinkers and leaders who lived centuries ago. At the same time, you can discover emotions and experiences that feel deeply personal and close to your own heart. In a world that often feels fast, noisy, and demanding, books offer a quiet sanctuary. They invite us to slow down and reflect. They teach us patience in an age that values speed. They remind us that true wisdom grows gradually through attention and understanding. Reading is not merely about gathering information. It is about forming ideas, shaping character, and strengthening the mind.

Dear students, you are at a remarkable stage in life. Your minds are open and ready to grow. The books you choose today will influence the thoughts you carry tomorrow. They will shape your values, your decisions, and the way you see the world. Reading is not just an academic responsibility. It is an investment in your future self. Every page you turn builds confidence, knowledge, and clarity. Let us also admit something with a smile. Books are loyal companions. They do not complain if you forget them on your desk for a few days. They patiently wait for you to return. They never interrupt you. They allow you to pause and think as long as you need. Unlike many distractions around us, they do not leave you restless. Instead, they leave you enriched and thoughtful.

To our respected faculty members, your encouragement plays a vital role in nurturing a culture of reading. When you recommend a book, discuss an inspiring passage, or connect lessons with meaningful stories, you ignite curiosity in young minds. Education goes beyond completing a syllabus. It involves opening perspectives and encouraging lifelong learning. Your guidance helps students discover that books are not burdens but treasures. Freedom in books also means freedom from ignorance. Ignorance limits understanding, while knowledge expands it. When we read widely, whether it is literature, science, history, or philosophy, we learn to appreciate different viewpoints. We develop empathy. We begin to understand that the world is vast and diverse. Books build bridges across cultures and generations. They teach respect for differences and encourage thoughtful dialogue.

Another important gift of reading is the freedom to question. Education is not about accepting everything without thought. It is about engaging ideas with intelligence and integrity. Books present perspectives that may challenge our beliefs. This is not something to fear. It is an opportunity to grow. Freedom of thought is one of the greatest strengths a person can possess, and books help cultivate that strength. At the same time, reading is not a competition. It is not about counting how many books one finishes in a year. What truly matters is understanding and reflection. One meaningful book read with attention can leave a lasting impact. Let us read with purpose and sincerity rather than haste.

Let us build a community where books are valued and discussed. Let us transform our library into a lively center of curiosity and reflection. Let us encourage one another to explore beyond the minimum requirements and to read not only for examinations but for enlightenment.

Thank you, with regards,

Rev. Fr. Dr. Anish, Public Relations Officer.

MESSAGE FROM THE DEAN OF SCIENCES

Dear Students, Faculty and Staff,

Motto: IN LIBRAS LIBERTAS (In books, there is freedom)

The motto of the Department of Botany, IN LIBRAS LIBERTAS — “In books, there is freedom” — beautifully captures the spirit of academic exploration and intellectual growth that defines our department. Books are not merely collections of printed pages; they are gateways to discovery, innovation, and enlightenment. In the study of Botany, they open pathways to understanding the intricate web of plant life that sustains our planet.



Freedom in knowledge empowers us to question, to research, and to innovate. Through textbooks, research journals, floras, herbarium records, and digital databases, our students and faculty gain the intellectual independence to explore biodiversity, conservation, plant biotechnology, and environmental sustainability. Every page turned expands horizons and deepens our appreciation of nature’s complexity.

As we progress through this academic month, I encourage our students to cultivate the habit of reading beyond the syllabus. True academic freedom comes when learning is driven by curiosity and passion. Let us continue to strengthen our library resources, research culture, and academic discussions, ensuring that knowledge remains our guiding light.

May the spirit of IN LIBRAS LIBERTAS inspire us to seek wisdom, uphold scientific integrity, and contribute meaningfully to the field of plant sciences and to society at large.

With best wishes for a productive and enriching month ahead.

Prof. Dr. Gowri SA.

Dean of Sciences,
St. Joseph University,
Chumoukedima, Nagaland.



To a book collector, you see,
the true freedom of all books
is somewhere on his shelves.

Walter Benjamin

Only the educated are free.

EPICETUS

Dr. T Lirola Sangtam
HOD



It gives me great pleasure to welcome you to the Department of Botany at St. Joseph University, Chümoukedima, Nagaland. The Department of Botany was established in the year 2017 and since its inception, the department is dedicated to nurturing scientific curiosity, ecological awareness and a deep appreciation for the plant world that sustains life on our planet.

Guided by the department's motto, "In Libras Libertas" – meaning "In books lies freedom," we believe that knowledge gained through study, research and critical thinking empowers individuals and society. Education in the biological sciences, particularly Botany, helps students understand nature, conserve biodiversity and contribute to sustainable solutions for the future.

The Department of Botany offers B.Sc. Botany (Honours) – 3 years, B.Sc. Botany (Honours/Research) – 4 years, M.Sc. programmes and Ph.D (Full-time & Part-time) , designed to provide students with strong theoretical knowledge along with valuable practical experience. Our curriculum combines classical botany with modern biological sciences such as plant systematics, ecology, plant physiology, biotechnology, genetics and environmental biology. We place strong emphasis on experiential learning, critical thinking and scientific research.

To support quality learning, the department has well-equipped laboratories where students gain hands-on experience in areas such as plant anatomy, microbiology, molecular biology, plant tissue culture and ecological studies. In addition, our greenhouse facility allows students to learn plant propagation techniques, study plant growth under controlled conditions and carry out experiments related to plant physiology, horticulture and conservation.

Students are actively encouraged to participate in various academic and co-curricular activities including field excursions, biodiversity documentation, herbarium preparation, seminars, workshops, research projects and scientific conferences. The rich plant diversity of Nagaland and the Northeast region provides an excellent natural laboratory for botanical learning and research. The department is also strongly committed to community outreach and environmental awareness. Through workshops, awareness programmes and collaborations with local communities, schools and farmers, we promote environmental education, sustainable agriculture and biodiversity conservation. These initiatives help connect academic knowledge with real-world challenges.

Our vision is to develop the department into a centre of excellence in plant sciences, promoting innovative research, biodiversity conservation and environmentally responsible citizens.

Our mission is to provide high-quality education in plant sciences through a modern, research-oriented curriculum, while encouraging scientific curiosity, innovation and interdisciplinary learning. We also aim to promote plant biodiversity conservation, sustainable use of natural resources and community engagement, while preparing students for careers in research, academia, environmental management and related fields.

At the Department of Botany, we believe that education is not only about gaining knowledge but also about developing a sense of responsibility toward nature and society. We warmly invite students and scholars to join us in exploring the fascinating world of plants and working together towards a greener and more sustainable future.

DEPARTMENT MEETING

1. The Department of Chemistry, St. Joseph University, Chumoukedima held Staff Meeting on 21st Feb, 2026 at 3:00 pm in room no. 1101.
2. The Department English, St. Joseph University, Chumoukedima held Staff Meeting on 13nd Feb, 2026.
3. The Department of Mathematics, St. Joseph University, Chumoukedima held Staff Meeting on 3rd and 25th Feb, 2026.
4. The Department of Physics, St. Joseph University, Chumoukedima held Staff Meeting on 25th Feb, 2026 at 2:20 pm in room no. 3206.

DEPARTMENT ACTIVITIES

Botany Department

The Institution's Innovation Council (IIC), in collaboration with the Department of Botany, SJU, organized an expert lecture on "IPR Basics for Innovators and Entrepreneurs in Ayurveda" on 5th February 2026 at the University Seminar Hall. The programme aimed to create awareness on Intellectual Property Rights (IPR) in Ayurveda and to encourage innovation and entrepreneurship among students and researchers. The keynote address was delivered by Dr. Dipsundar Sahu, M.D., Ph.D., Research Officer (Ay.), In-Charge, Regional Ayurveda Research Centre, Dimapur, under the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of AYUSH. Dr. Sahu delivered an insightful lecture on Ayurveda as the "science of life," explaining its holistic approach, classical specialities, preventive practices, and growing relevance in modern healthcare.

IPR Basics for Innovators and Entrepreneurs



He discussed the regulatory framework of AYUSH in India, quality control mechanisms, research developments, and emerging business opportunities in herbal products and medicinal plant cultivation. The session concluded with an interactive discussion, encouraging students to explore interdisciplinary careers and collaborate with research institutions and government agencies.

Education Department

An educational field visit to various places of worship in Dimapur, Nagaland, was organised for M.A. Semester II students on 17 February 2026 as part of their academic learning and cultural exposure. The primary aim of the visit was to understand the role of religious institutions in shaping moral values, social behaviour, and community life while fostering empathy and respect for different faiths.

Although Nagaland is widely recognised as a Christian-majority state, the visit highlighted the presence of diverse religious traditions and the peaceful co-existence of different communities. During the programme, students visited several significant religious centres including Thahekhu Village Baptist Church, Good Shepherd Seminary, the Buddhist Temple under the Society of Dhamma Bodhi and Meditation, Dimapur Kalibari Temple, Gurudwara Sri Guru Singh

Field visit to Worship places in Dimapur



Sabha, the Jain Temple, Shri Ramakrishna Society, Dimapur Ao Baptist Arogo, and Our Lady of Mount Carmel Church. Each of these institutions provided valuable insights into their history, religious practices, and contributions to society. The churches

demonstrated the strong influence of Christianity in the region through spiritual guidance, missionary work, youth development, and community outreach, while the Good Shepherd Seminary highlighted the importance of religious education and leadership training. At the same time, temples, the gurudwara, and other religious centres reflected the cultural and spiritual traditions of Hindu, Sikh, Jain, and Buddhist communities living in Dimapur. Students observed that these institutions function not only as places of worship but also as centres for social service, discipline, and community welfare. Overall, the visit helped students realise that despite differences in rituals and beliefs, most religions promote universal values such as compassion, peace, unity, respect, and service to humanity, thereby encouraging interfaith harmony and mutual understanding.

English Department

Painting Workshop “Brushstrokes and Brews”

A painting workshop titled “Brushstrokes and Brews” was organized on 16th February 2026 by the Fine Arts Club of St. Joseph University (SJU) in collaboration with the Department of English, coordinated by Dr. Temjentula Pongener and Dr. Betina Vashi. The workshop aimed to encourage creative expression among students and highlight the importance of balancing academic life with artistic passion. A total of 16 students from various departments participated in the workshop, creating a small and interactive learning environment. The session was conducted by Mr. Wapang Jamir, proprietor of Waang’s Studio, who is also a physiotherapist by profession. During the workshop, he shared his personal journey of becoming an artist while maintaining a professional career, inspiring students to pursue their interests beyond their academic fields. He also introduced the participants to the basics of painting techniques and colour theory, demonstrating how colours can be mixed and applied to create different moods and expressions in artwork. Through practical exercises and demonstrations, students had the opportunity to experiment with colours and develop their own creative styles. Because of the limited number of participants, each student received individual attention and helpful feedback from the resource person. The workshop concluded with a mini-exhibition of the artworks created during the session, followed by the distribution of certificates to all participants, making the event both meaningful and memorable.



Journalism and Mass Communication

Community Engagement Service

Community Engagement Service at International Prayer Centre, Seluophe on 2nd February 2026 by JMC UG Semester-IV students.

On 18th February a group of 8 students visited the Tribal Old Age Home as part of CES. The group reported at 1.30 pm and interact with caretaker as well as with the inmates and spent time sharing the challenges and joyful moments together, giving a hope of better life.



Workshop on AI for Digital readiness



The Department of Journalism and Mass Communication, St. Joseph University, in collaboration with the Media & Publicity Cell, organized a one-day workshop on “AI for Digital Readiness and Advancement in Journalism” on 16 February 2026 at the University Seminar Hall. The programme began with an invocation followed by a welcome address delivered by Dr.

NaoremNishikanta Singh, Head of the Department of Journalism and Mass Communication. The session was chaired by Rokonguno, PG Semester II, JMC. The resource person, Dr. MoalembaJamir, Associate Editor of The Morung Express, delivered an engaging and insightful session on the growing importance of Artificial Intelligence in journalism and media practices. He introduced students to various Large Language Models (LLMs) and AI tools including ChatGPT, Sora, Notebook, MidJourney, Gemini Veo 3, Perplexity, and ElevenLabs, explaining their practical applications in media production and content creation. Through visual examples, he demonstrated how AI-generated outputs have evolved from clearly artificial to highly realistic content that often blends with reality, making it increasingly difficult to distinguish between authentic and AI-generated information. The session also included a brief demonstration of AI tools followed by an interactive question-and-answer segment where students raised concerns about the legal and ethical implications of AI usage, particularly in sensitive areas such as healthcare and journalism. Addressing these concerns, Dr. Jamir emphasized the importance of responsible AI usage, human judgment, and fact-checking. The workshop concluded with a vote of thanks by Gloria V. Zimo, PG Semester IV, JMC.



Social Work Department

The St. Joseph University Chümoukedima, Nagaland organized the TB Nutritional Support Programme on February 20, 2026 as part of its University Extension Activities. Under this initiative, nutritional assistance was provided to 20 patients suffering from Tuberculosis to support their recovery and rehabilitation. Students from the Bachelor of Social Work, Department of Social Work, actively participated in implementing the programme during January 2026. The initiative reflects the university’s commitment to community service, public health support, and experiential learning for students.

TB Nutritional Support



Sociology Department

The Department of Sociology, St. Joseph University Chumoukedima organised a seminar titled 'Empowering Youth through value-based education' with Prof. V. T Vasagan, Dean of social science and management, St. Joseph University as the resource person. The resource person highlighted the importance of

building one's character through value education apart from solely academics. The speaker also highlighted the differences between education and Value based education with the latter seen as something that is also essential in a student's life. Education opens our mind, provides us with skills, makes our

Seminar on Empowering youth

living better, teaches us to compete with others and makes us a good professional. Value education, on the other hand, gives purity of heart as well, provides sincerity, makes life better and makes us a whole human rather than simply a professional. In the conclusion, he encouraged the younger generation to develop leadership qualities that are guided by good values, honesty and ethical principles in order to build a trustworthy society. The seminar was informative and inspiring, encouraging the youth of the society to uphold an honest way of living and showing respect to the values of humanity.



CLUB ACTIVITIES

Science Club

Participate in ALRIS 2026

At ALRIS 2026, organized by the National Institute of Technology, Nagaland on 28th February, 2026, six Undergraduate students Ms. Anushka Das (Computer science 4thSem), Ms. Shiny L Mech (Biotechnology 4thSem), Mr. HeniomtanPhom (Political Science 2ndSem), Mr. Pritam Sharma (Biotechnology 2ndSem), Ms. SanjitaDey (Chemistry 4thSem) and Mr. Monsoor Ahmed (Biotechnology 2ndSem) accompanied by Mr. HeilungraingHaiding, Assistant Professor, Department of Botany from St. Joseph University, Chumoukedima took part in the Group B Debate competition under the theme "Is Water the Hidden Environmental Cost of Artificial Intelligence" Ms. Anushka Das and Mr. HeniomtanPhom secured the 1st and 2nd positions, respectively.



Placement Cell

The Placement Cell of St. Joseph University, in collaboration with Eagle Crest, organized a Pre-Placement Presentation Talk on the topic “Aviation, Hospitality and Tourism Sector” on 9 February 2026 at the University Auditorium, Virgin Town, Ikishe Model Village, Chumoukedima, Nagaland, from 1:00 pm to 2:15 pm. The programme was chaired by Ms. Ilito Achumi, Assistant Professor, Department of Civil Engineering, who efficiently coordinated the session. The event began with an invocation prayer led by Sr. Maria (BBA-B, VI Semester). The welcome address was delivered by Dr. V. T. Vasagan, Dean of Social Sciences and Management, who highlighted the importance of such talks in preparing students for diverse career

Pre-Placement presentation Talk

opportunities. The session featured two resource persons from Eagle Crest. Ms. Juniper Phom, Hospitality and Cruise Administration and Training Head, introduced the organization and discussed career opportunities in the hospitality and tourism sector, emphasizing the importance of communication skills and professional attitude. Ms. Asheli Yephthomi, Aviation Trainer, delivered a presentation on aviation careers, highlighting roles such as cabin crew, ground staff, and airport management. She also stressed grooming, personality development, discipline, and communication skills as essential qualities. The programme concluded with a vote of thanks by Ms. Aching Susanna, Placement Coordinator.



The Placement Cell of St. Joseph University organized a campus placement drive in collaboration with South Indian Bank on 26th February 2026 for the final year students.

The recruitment process began with an online aptitude test conducted in the university computer laboratory at 9:30 AM. Final year students from the BBA and B.Com. programmes who had registered and met the eligibility criteria participated in the test. South Indian

Bank, a well-known organization in the Indian banking sector, offered the position of Probationary Customer Service Associate to selected candidates.

To ensure the smooth conduct of the test, a technician from the bank visited the university a day prior to the scheduled date to set up and verify the required systems in the computer lab. The technician was assisted by the computer lab technician of St. Joseph University during the installation and preparation process. The online aptitude test was conducted successfully without any technical difficulties. Many eligible students actively participated in the drive, making the event a productive and meaningful placement initiative for the graduating batch.



Report on 6th Convocation



The 6th Convocation Ceremony of St. Joseph University, Chumoukedima, Nagaland, was held on 27th February 2026 at the university campus. The ceremony was graced by Justice Songkhupchung Serto, Chairman of the Nagaland State Human Rights Commission, as the Special Guest. The convocation marked the formal graduation of 657 undergraduate students, 399 postgraduate students, and 3 PhD scholars from 20 academic disciplines. During the ceremony, 38 graduates were awarded Gold Medals and 34 graduates received Silver Medals in recognition of their academic excellence.

The programme began with the Academic Procession followed by the National Anthem. The invocation was delivered by Michael Arockia Nathan, Rector of MMI Study House. The ceremony was officially declared open by D. Gnanadurai, Vice Chancellor of the university, while the welcome address was delivered by Thaines Mary, Deputy Registrar of the university. The University Report was presented by A. Robert Xavier, Registrar of the university. In his convocation address, the Special Guest congratulated the graduates and appreciated the dedication of teachers in shaping the lives of students, while also encouraging the graduates to pursue their goals with integrity and independence.

The Chancellor, along with the Special Guest, formally conferred degrees upon the graduates, followed by the administration of the pledge. The university choir presented a special song in honour of the graduands. The programme concluded with the Vote of Thanks delivered by Charles Mhonthung Ezung, Dean of Student Affairs, and the singing of the University Anthem, marking the successful completion of the convocation ceremony with dignity and academic solemnity.



COLUMNS

Procrastination: A Brief Note

Ikali, Counsellor, Salutem, SJU

Recently on interacting with students, during 'casual talk' when asked about how they were preparing for their upcoming tests, most replied that they haven't prepared for their exams yet, though they were just a week away from their exams. Most of them said that they will 'start soon'. This got me thinking about procrastination, and I would like to discuss a bit on it.

What is procrastination?

Procrastination is the habit of delaying or postponing tasks that need to be completed. Instead of doing important work on time, a person may choose to do less important or more enjoyable activities. This delay often leads to stress, guilt, and poor performance. Procrastination is not simply laziness. It is often linked to emotional factors such as fear of failure, lack of motivation, anxiety, perfectionism, or feeling overwhelmed by a task.

What are the Common Causes of procrastination?

Fear of failure – Worry about not doing the task well.

Perfectionism – Waiting for the “perfect” moment or result.

Lack of motivation – Not finding the task interesting or meaningful.

Poor time management – Difficulty organizing time and priorities.

Feeling overwhelmed – Tasks that seem too big or complicated.

Effects of Procrastination

Increased stress and anxiety

Poor quality of work

Missed deadlines and opportunities

Reduced confidence and productivity

Ways to Overcome Procrastination

Break tasks into smaller steps so they feel easier to start.

Set realistic goals and deadlines.

Use a schedule or to-do list to organize tasks.

Remove distractions such as phones or social media while working.

Reward yourself after completing tasks.

Conclusion

Procrastination is a common behavior, especially among students and young people. However, with better time management, self-awareness, and motivation, individuals can develop healthier habits and become more productive.



MINERALS FOR LIFE: STRATEGIES FOR DEVELOPING HUMOUR AMONG STUDENTS THROUGH PEDAGOGY

Father Sunny Joseph

Dept. of Education.



Humour is increasingly recognized as a vital socio-emotional competency that enhances students’ engagement, well-being, and academic performance. In educational contexts, humour functions not merely as entertainment but as a strategic pedagogical tool that supports creativity, resilience, and meaningful learning (Banas et al., 2011). When thoughtfully integrated into classroom practice, humour fosters a positive climate, reduces anxiety, and promotes collaborative interaction.

A foundational strategy for developing humour among university students is modeling constructive humour. Rod A. Martin (2007) identified affiliative and self-enhancing humour as adaptive styles that strengthen relationships and emotional regulation. Educators who use inclusive wit, gentle self-irony, and situational humour demonstrate how laughter can unite rather than divide. For example, a professor beginning a statistics lecture once remarked, “Statistics is like cooking—if you forget the formula, you may end up with something surprising, but not necessarily edible.” The light-hearted analogy eased students’ apprehension and opened space for questions. Such modelling teaches students that humour can coexist with academic rigor.

Integrating humour into instructional design further enhances learning. Content-related anecdotes, playful analogies, and paradoxical examples make abstract concepts memorable (Banas et al., 2011). In one university economics class, a student presenting on inflation concluded, “If my allowance increased at the same rate as textbook prices, I would be a millionaire by now.” The class laughed, yet the remark sparked a serious discussion about purchasing power and cost-of-living indices. This illustrates how spontaneous humour can stimulate critical thinking while reinforcing conceptual clarity.

Creating a psychologically safe environment is equally essential. Drawing on socio-cultural perspectives, Lev Vygotsky emphasized the centrality of social interaction in learning. Students are more likely to experiment with humour when classroom norms emphasize respect and empathy. Ice-breakers, group storytelling, and reflective sharing encourage affiliative humour while discouraging sarcasm or ridicule. Clear guidelines ensure that humour critiques ideas rather than individuals.

Creative pedagogies also nurture humour development. Role-play, debates, and dramatization enable students to explore satire and irony constructively. Exposure to literary humour, including the comic relief in the plays of William Shakespeare, helps students appreciate humour’s rhetorical and cultural dimensions. Digital pedagogy extends this further, as students create academic memes or humorous presentations, combining media literacy with subject mastery.

Assessment practices can incorporate light-hearted elements to reduce performance anxiety. Humorous prompts in low-stakes quizzes or reflective journals promote relaxed engagement and deeper retention (Martin, 2007). Ultimately, developing humour through pedagogy requires intentional modelling, inclusive classroom practices, and creative integration into curriculum and assessment. When guided ethically and thoughtfully, humour becomes a transformative educational resource that enriches intellectual growth and emotional resilience.

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FROM BOOKS TO BUSINESS BUILDING FREEDOM THROUGH KNOWLEDGE.

Dr. Monjit Roy

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Department of Commerce, St. Joseph University**



Books have always been powerful tools for sharing knowledge, ideas, and innovation. Since ancient times, Books have preserved human experiences and wisdom, allowing people to learn beyond the limits of their environment. In the world of business and economic growth, books play a vital role in shaping understanding of business and entrepreneurial thinking. The belief that knowledge from books can lead to business success reflects a deeper sense of freedom.

When individuals read and learn about economics, finance, management, and entrepreneurship, they gain the intellectual freedom to make informed decisions, create opportunities, and build lasting livelihoods. Thus, books act as quiet mentors guiding people towards economic independence and self-reliance. In recent years, there has been a noticeable increase in the influence of books and reading in the fields of business and entrepreneurship. With the rise of start-ups, digital platforms, and global markets, many young people are turning to books to learn about leadership, financial literacy, marketing strategies, and innovation. Popular business books, biographies of successful entrepreneurs, and educational resources are widely available in both print and digital formats. Online libraries, e-books, and audiobooks have made access to knowledge easier than ever before.

Educational institutions and business training programs also encourage students to read widely to improve analytical thinking and problem-solving skills. This trend shows that books continue to play a major role in shaping modern business ideas and encouraging people to pursue independent careers. However, despite the importance of books in fostering knowledge and business understanding, several challenges still exist. One major issue is the declining reading habit among young people due to excessive reliance on social media and short-form digital content. Many individuals prefer quick information over the deep learning offered by

books. Another problem is the lack of access to quality books in rural and economically disadvantaged areas. Limited library facilities and the high cost of books can prevent people from exploring valuable knowledge resources. In addition, not all readers are able to connect theoretical knowledge from books with practical business experiences, which can reduce the effectiveness of their learning. At the same time, the theme presents both challenges and opportunities. The challenge lies in motivating people to develop consistent reading habits and encouraging them to apply what they learn from books in real-life business situations. Educational institutions, teachers, and policymakers must work together to create an environment where reading is valued and promoted. On the other hand, there are many opportunities.

With technological advancements, digital libraries, open educational resources, and online learning platforms provide greater access to business knowledge. Books that explain real-world case studies, entrepreneurial journeys, and financial strategies can inspire individuals to start their own ventures and contribute to economic growth. The scope of this theme is very broad and highly relevant in today's knowledge-based economy. Books not only provide theoretical knowledge but also foster creativity, discipline, and strategic thinking. By reading about successful entrepreneurs, market trends, and financial management, individuals can gain insights that help them make better economic decisions? Students, aspiring entrepreneurs, and professionals can all benefit from the knowledge found in books.

In the long run, a society that values reading and knowledge is more likely to promote innovation, productivity, and sustainable economic development. To strengthen the connection between books and business development, several solutions can be considered. Educational institutions should encourage students to read business and commerce-related literature as part of their academic and personal growth. Public libraries and community learning centres should be expanded to provide easy access to quality books. Governments and educational organizations can promote reading campaigns, book fairs, and entrepreneurship awareness programs. Teachers can also guide students in selecting meaningful books that enhance financial literacy, critical thinking, and entrepreneurial skills. The need for this theme is especially important in the modern world, where knowledge is considered one of the most valuable forms of capital. Books help individuals understand economic systems, financial planning, ethical business practices, and innovative ideas.

By promoting a reading culture, societies can empower individuals to become independent thinkers and responsible economic contributors. Knowledge gained from books can reduce unemployment by encouraging entrepreneurship and self-employment, ultimately strengthening economic stability. In conclusion, the journey from books to business reflects the transformative power of knowledge. Books provide the intellectual foundation that allows individuals to explore new ideas, develop business skills, and achieve economic freedom. When people read, learn, and apply knowledge in practical ways, they not only improve their own lives but also contribute to the progress of society. Therefore, promoting the habit of reading and encouraging the use of knowledge for business and innovation is essential for building a future where freedom is supported by wisdom, creativity, and economic opportunity.

FACULTY ACHIEVEMENT

Monjit Roy and AreneZhome presented a paper titled “Preserving Indigenous Spiritual Traditions through Artificial Intelligence” in a seminar jointly organized by the Departments of Sociology and Education in collaboration with Furkating College (Autonomous) Don Bosco College Golaghat, Assam, an ICSSR Sponsored National Seminar titled “Indian Knowledge System and Artificial Intelligence: Future of Spiritualism through the Lens of Culture, Ethics and Education under Viksit Bharat.” The seminar focused on exploring the relationship between Indian Knowledge Systems, Artificial Intelligence, and spiritual traditions, emphasizing cultural preservation, ethics, and education. The presentation highlighted the role of AI in documenting, preserving, and revitalizing indigenous spiritual knowledge while promoting ethical use and intergenerational knowledge transfer.



Prof Father Sunny Joseph presented a paper on “ EDUCATION AND ITS MODERN IMPLI-CATIONS FOR SPIRITUALISM: AN INTERFACE WITH ARTIFICIAL INTELLIGENCE” at the ICSSR sponsored national seminar held at Don Bosco College Golaghat on 5th February.

Prof Father Sunny Joseph presented a paper on “INDEGENOUS KNOWLEDGE SYSTEMS OF NAGA-LAND : AN INTERFACE WITH DIGITAL AGE” AT THE INTERNATIONAL CONFERENCE ON INNO-VATION, CULTURE, AND RESPONSIBILITIES IN THE DIGITAL AGE,conducted by St Stephe’s College in collaboration with Mahatma Gandhi Univaersity and Caritas Hospital Kottayam on 6th February 2026

Professor Vinod and ProfFr Sunny Joseph condcuted one day training for the teachers of Assisi Higher secondary school Dimpaur with the theme : “Teacher’s Competency Development Training”(TCDT) on 7th Febraury 2026

The “Teacher’s Competency Development Training”(TCDT) was conducted for two days on 10th and 11th Febraury for the teachers of ST JOHN’S HIGHER SECONDARY SCHOOL TUENSANG by Professor Vinod S and Prof Fr Sunny Joseph.

Ph.D. Awarded Faculty Members



ST. JOSEPH UNIVERSITY
NAGALAND

CONGRATULATIONS



DR. SINYHUNLO KEPPEM
ASSIST. PROFESSOR
DEPT. POLITICAL SCIENCE

on successfully defending his Ph.D.
titled 'Traditional Political Institutions of the Rengma
Naga in Nagaland' from St. Joseph University, Nagaland,
on November 7, 2025.



ST. JOSEPH UNIVERSITY
NAGALAND

CONGRATULATIONS



DR. LIMONGI
ASSIST. PROFESSOR
DEPT. POLITICAL SCIENCE

on successfully defending her Ph.D
titled "Motherhood Politics in Nagaland:
A Study of the Naga mothers'
Association" from
St. Joseph University Nagaland.



St. Joseph University Nagaland
Department of Sociology

CONGRATULATIONS



Dr. Jandeno Ezung

on successfully defending her Ph.D titled
"Impact of Education in Modernizing Women: A Special Reference in Lotha community"
from St. Joseph University Nagaland.
St. Joseph University Nagaland.

Date: 17th February, 2026

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