

a monthly publication of St. Joseph University



SIUNewsbytes

Vol . VII No. 10 April 2026



As the "backbone of human well-being," civil engineers tackle rapid urbanization and environmental challenges, transforming conceptual designs into physical realities.

LEARNING BEAMS TO



BUILD DREAMS



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Ikishe Model Village, Chumoukedima

Editorial Message

Dear Valued Readers,

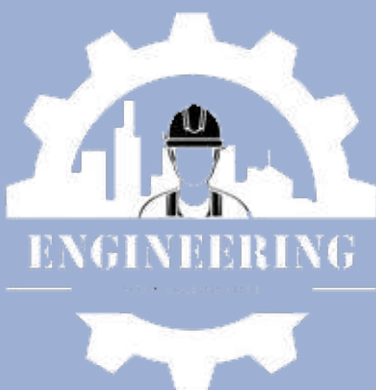
Every great structure whether a bridge, a skyscraper or a cathedral begins with a single beam. That beam must be strong, well-placed and focused. Without it, even the most magnificent structure remains just a drawing on paper. The Department of Civil Engineering, SJU motto, “Learning beams to build dreams,” is not just a line we print on letterheads or posters. It is the very foundation of who we are and what we do every single day.

Every lecture a student attends, every problem they solve, and every skill they master is like a beam added to their future. A single formula, a paragraph of theory or a lab experiment can all seem like very small beams. However, when combined, these small beams can create a structure that may support a lifetime of work, a career and aspirations. Dreams are real but dreams alone are not enough. Dreams need beams, keep learning, keep building.

For faculties and instructors, this message carries a special meaning. They are not just delivering content. They are building the future. Every lesson plan being prepared, every mentoring session being led and every research opportunity created is another beam placed in the hands of a young dreamer. What is being built today will hold their tomorrows. This is a profound responsibility and an even greater privilege. For the department as a whole, it is not merely a collection of courses and credits. It is a workshop, a foundry, a place where raw curiosity is forged into real capability. Every project, every collaboration, and every innovation that comes from this department is proof that learning, when done right, becomes the strongest beam there is.

Why is this important now? The world is changing; new technologies, new industries, new challenges. The dreams students have today may look different tomorrow. That is not a problem. That is a reason to build stronger beams. Deep and flexible learning does not prepare students for just one dream. It prepares them to rebuild and reimagine as life changes. A good beam never goes to waste. It becomes part of the next dream.

As you read this newsletter, ask yourself: What beam am I adding today? A new skill? A question you are scared to ask? A hard but exciting project? An idea to share? Whatever it is, add it and place it carefully. Trust the process. Somewhere, a dream needs that exact beam. Keep learning. Keep building. Together, let us build dreams that last.



With Regards,
Dr. AyilobeniKikon
Editorial Team

MESSAGE FROM THE DY. REGISTRAR



Dear Readers,

I am happy to write a few lines for this month's News Bites on the inspiring theme, "Learning Beams to Build Dreams." As we come to the close of this semester and the academic year 2025–26, it is a meaningful moment to reflect on our journey of learning, growth, and achievement together.

Learning is the guiding light that helps us grow in wisdom, confidence, and purpose. Every lesson we learn and every experience we share becomes a beam of hope that shapes our future and strengthens our dreams. Throughout this academic year, our university community has continued to strive for excellence in academics, research, innovation, and service.

In a university environment, learning goes beyond classrooms and textbooks. It is reflected in creativity, teamwork, leadership, discipline, and concern for society. Our students, faculty members, and staff together have created a vibrant atmosphere where knowledge and values walk hand in hand. Every challenge faced and every success achieved has contributed to building a stronger and brighter future.

As we conclude this semester, let us carry forward the spirit of dedication, perseverance, and lifelong learning. Dreams become meaningful when they are supported by hard work, determination, and faith in one's potential. May we continue to inspire one another and spread the beams of knowledge, positivity, and unity in all that we do.

Wishing everyone success, joy, and renewed hope for the days ahead.

With Regards

Sr. Dr. M. Thianes Mary DMI
St. Joseph University -Nagaland



The theme for this month's newsletter publication is an apt reflection of the current trend that is seen in the field of higher education across the country. The 21st century education not only awards academic degrees but also empower the learners with skill-sets so as to bridge the gap between education and employment. Allow me to expand the theme "learning beams to build dreams" to a more simple presentation so as to disseminate its core meaning. Learning beams are structures we build to develop our knowledge base. It includes skill sets, discipline, creativity, etc. which together transform our dreams into reality. The idea of 'learning beams' focuses on hands-on experience, collaborations and mentorship along with academic knowledge to empower learners. Some of the key elements of the concept of 'learning beams to build dreams' can be summarised below.

1. The Beams: which include the structures built in the course of a learner's educational experiences. Firstly it involves hands on learning, which implies active engagement to build interest and retention of knowledge. Secondly, it also involves practical skills such as using tools or working with materials to create sound knowledge base. Thirdly it includes enhancement of knowledge through project-based works, which is primarily multidisciplinary projects. Lastly, to bridge the gap between education and employment there is the need to provide mentorship service to the learners by the experts and professionals.

2. Dreams: Every individual learner needs to envision a clear and precise dream to focus on while on the path of receiving formal education. It implies the crafting of roadmap and setting small realistic goals towards the achievement of the ultimate goal. It necessarily involves the application of skill-based future to turn dreams into reality. The 21st century learners shape and build their future as empowered creators rather than mere spectators. The transformation of dreams into reality involves the community engagement through mentorship service. The current educational scheme aims at building individuals with capabilities and not just awarding them with academic degrees.

Prof. Charles Mhonthung Ezung



“Learning Beams to Build Dream”

It gives me immense pleasure to welcome you to Department of Civil Engineering at St. Joseph University, Chumoukedima, Nagaland. The department was established in the year 2017 with the introduction of the Undergraduate Programme. The department has steadily grown with a vision to nurture competent, responsible, and innovative civil engineers for the nation and society.



The department’s motto, “Learning Beams to Build Dreams,” reflects our belief that education is the best way to build sustainable infrastructure and a brighter future. Since its inception, we have been committed to imparting quality technical education blended with ethical values, practical exposure, creativity, and professional excellence.

Civil Engineering is one of the oldest and most essential branches of engineering, shaping the world through the construction of buildings, bridges, highways, water resources, transportation systems, and sustainable environments. Our department strives to equip students with strong theoretical knowledge and practical skills through well-equipped laboratories, technical workshops, seminars, industrial visits, model-making activities, and innovative projects.

The department also encourages students to participate actively in technical conferences, co-curricular activities, research initiatives, and community-oriented programmes. Through platforms such as departmental events and technical forums, students are motivated to enhance leadership qualities, teamwork, communication skills, and professional confidence.

Our vision is to be a globally recognized Civil Engineering department that fosters the holistic development of individuals, empowering them to design and build sustainable infrastructure for the well being of humanity.

Our mission is to provide a high-quality Civil Engineering education that equips students with the technical expertise, critical thinking abilities and ethical values needed to address the challenges of the built environment. We aim to foster innovation, promote sustainable practices and prepare graduates for successful careers in the field of civil engineering.

As we move forward, the Department of Civil Engineering remains committed to producing skilled engineers who can contribute meaningfully to infrastructure development and sustainable progress. I extend my sincere gratitude to the university management, faculty members, students, alumni, and well-wishers for their continuous support and encouragement.

I wish through SJUNewsbytes all great success and hope it continues to inspire creativity, knowledge-sharing, and innovation among students.

**Mrs Reenamol,
Head, Department of Civil Engineering**



Department Meeting

- Department of Zoology BOS on 13th April 2026.
- Department of JMC on 13th April 2026.
- Department of Chemistry on 13rd & 18th April 2026.
- Department of Biotechnology BOS 16th April 2026.
- Department of Physics on 16th April 2026.
- Department of Mathematics on 16th April 2026.
- Department of Education on 16th & 27th April 2026.
- Department of Social Work on 20th April 2026.
- Department of Zoology on 20th April 2026.

Department Activities

DEPARTMENT OF CIVIL ENGINEERING

ESTRIBOS 2026 (5th National Technical Symposium)

The Department of Civil Engineering successfully organised Estribos 2026, the 5th National Level Technical Symposium in association with Institution of Engineers India (IEI) students' chapter under the theme "Fear is incomplete knowledge". The Presidential Address was delivered by Dr. D. Gnanadurai, Vice Chancellor of St. Joseph University. He commended the Civil Engineering Department for consistently nurturing innovation through events like Estribos, and encouraged students to be change-makers.

Er. Meshenlo Kath, Convenor, CTAN, delivered an inspiring address as the Chief Guest of Estribos 2026. He emphasized the importance of resilience, self-confidence, and continuous learning in shaping a successful career. He also highlighted the relevance of civil engineering in nation-building and encouraged students to embrace both innovation and ethics in their professional endeavors.

The Guest of Honor, Er. Lumchungla T. Sangtam, SDO, PWD (Housing), Kohima, captivated the audience with insights from the real world of technology and governance. She encouraged students to think beyond conventional boundaries, highlighting the role of innovation in solving contemporary civil engineering challenges. The program was attended by more than 100 students along with the faculties from various departments. The students and faculties from the Nagaland Tool Room and Training Centre, Dimapur were also invited. Estribos 2026 served as a powerful reminder of the spirit of engineering and innovation. The symposium not only facilitated academic dialogue and professional exposure but also nurtured the creativity and leadership skills of the participants. The inauguration of Teleiotes 4.0 further marked the academic vibrancy of the Civil Engineering Department, setting a benchmark for future events.



DEPARTMENT OF BIOTECHNOLOGY

Parents Teacher Meet

The Parents-Teacher Meeting (PTM) of Biotechnology department was held on 10th April 2026 to enhance communication between parents and teachers and review students' academic progress and development. A key highlight was one-to-one interactions with class teachers and the Head of Department, where individual performance, behaviour, and areas for improvement were discussed.

Academic progress was reviewed using assessment records, along with attendance and punctuality. Information on co-curricular activities and student participation was also shared. Special focus was given to final-year students, encouraging higher education and highlighting the department's M.Sc. programme. Parents actively engaged in discussions and appreciated the efforts of the department, making the meeting meaningful and productive.



“Fempreneur Fair”

The Department of Biotechnology, St. Joseph University, in collaboration with IIC, organized the “Fempreneur Fair” on 29th April 2026 to promote sustainable artisan products and empower women entrepreneurship. Held at Room No. 1502, the event saw active participation from students across departments.

Participants showcased handmade items such as paintings, baked goods, keychains, crochet products, and bookmarks. Faculty and students visited the stalls, encouraging participants, and most items were sold out.

The program provided a platform for female students to display creativity and entrepreneurial skills while promoting sustainability. It was a successful and inspiring initiative, with plans to organize the event annually to further support women entrepreneurship.



DEPARTMENT OF CHEMISTRY

Workshop and Hands on Training

A one-day workshop titled “A Practical Guide to Patent Filing, Documentation and Authorization Process” and “Hands-On Training on Potentiostat Techniques and UV Spectrophotometer in Modern Chemical Research” was organized by the Department of Chemistry, St. Joseph University, Chumoukedima. The program aimed to develop both intellectual property awareness and practical laboratory skills among students, researchers, and academicians, effectively integrating theoretical knowledge with hands-on experience.

The first session focused on patent filing and intellectual property rights (IPR). The speaker explained the importance of patents in protecting innovative ideas and technological advancements. Key concepts such as types of patents—product, process, and design—and essential criteria like novelty, non-obviousness, and industrial applicability were discussed in a clear and accessible manner.

The second session provided hands-on training in potentiostat techniques and UV spectrophotometry. Participants

learned about electrochemical methods, sample preparation, electrode selection, and accurate measurement techniques. They also gained practical experience in using a UV spectrophotometer, including preparing solutions, recording spectra, and analyzing results. Overall, the workshop was well-structured and informative, successfully enhancing participants' understanding of intellectual property and strengthening their practical skills in modern chemical research.



DEPARTMENT OF EDUCATION

Education Tour at Khonoma

An educational tour was organized on 13 April 2026 to Khonoma with the aim of enriching students' learning beyond the classroom. A total of 53 students, accompanied by four faculty members, participated in the tour. The primary objective of this visit was to provide students with practical exposure, promote experiential learning, and help them understand educational practices in real-life settings. Such initiatives play a crucial role in enhancing students' academic knowledge as well as developing their professional skills. During the tour, students visited various historical sites in Khonoma. These visits proved highly beneficial, as they deepened the students' understanding of the region's history and cultural heritage. The experience also offered valuable opportunities for experiential learning, allowing students to connect theoretical knowledge with real-world observations.



Overall, the educational tour was both informative and engaging, contributing significantly to the students' holistic learning experience.

DEPARTMENT OF ENGLISH

Parent-Teacher Meeting

The Department of English, St. Joseph University, organized a Parent-Teacher meeting on 1st May 2026, held in the Seminar Hall at 10:00 am. The meeting aimed to discuss the academic performance, attendance and overall development of students with parents/guardians. Dr. Thokchom Sunanda Devi, HOD, highlighted on the regulatory framework of NEP, importance and functions of ABC account for students, academic assessment process, and activities offered and conducted by the department. Further, Video



presentation was screened, displaying all the curricular and co-curricular activities offered by the University. An interactive session was also carried out, creating a space for the parents/guardians to personally interact with the Class In-charges regarding the academic performance and regularity of their ward.

ECO FEST 2026

The Department of Economics, St. Joseph University, successfully organised ECO FEST 2026 on April 8, 2026, at the University Auditorium under the theme “Young Minds Driving Economic Change.” The vibrant event brought together undergraduate and postgraduate students from various semesters, celebrating talent, creativity, sportsmanship, and academic excellence. The event was coordinated by Dr. Debojit Konwar, Head of the Department, along with Fest Coordinator Temjen. Department executives and volunteers played a crucial role in ensuring the smooth conduct of the programme. After compiling scores from both sessions, the MA 2nd Semester class was declared the Overall Champion of ECO FEST 2026.



The fest concluded on a high note, fostering unity, creativity, and a strong competitive spirit among students. The Department of Economics expressed heartfelt gratitude to all participants, judges, volunteers, and organisers for making the event a grand success.

Union Budget Analysis 2026–27



The session was presided over by Dr. Patrick, Assistant Professor, Department of Economics, while Dr. Debojit Konwar, Head of the Department of Economics, served as the resource person. The programme commenced with an introductory note highlighting the significance of the Union Budget as a vital instrument of economic planning and governance.

A talk on “Union Budget Analysis 2026–27” was organised on 29th April 2026 by the Department of Economics, St. Joseph University, Chumoukedima, with the objective of enhancing students’ understanding of the salient features, policy directions, and economic implications of the Union Budget for the financial year 2026–27.

In his address, Dr. Konwar elucidated that the Union Budget extends beyond a mere statement of revenues and expenditures; rather, it reflects the strategic allocation of resources in alignment with developmental priorities. He emphasized that the budget plays a pivotal role in assessing the trajectory of economic progress and in identifying the government’s policy focus.

The deliberations further brought attention to the three fundamental “Kartavyas” (duties) underpinning the budget, namely: fostering economic growth and resilience, fulfilling citizens’ aspirations through capacity-building, and ensuring inclusive development in line with the vision of “SabkaSaath, SabkaVikas.” These guiding principles underscore the commitment towards sustainable and equitable development. Furthermore, the resource person elaborated on the budget’s focus on initiatives such as high-speed rail corridors and the promotion of sectors like AYUSH, tourism, and the Orange Economy. The programme witnessed the active participation of undergraduate and postgraduate students of Economics, along with faculty members of the department.

ST. JOSEPH UNIVERSITY
 IKISHE MODEL VILLAGE, CHUMOUKEDIMA, NAGALAND, INDIA - 797 115
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ADMISSION OPEN 2026-27
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UNDERGRADUATE PROGRAMMES
B.A. Economics, English, Education, Journalism & Mass Communication, Political Sciences, History, Sociology, Psychology & Counselling.

POSTGRADUATE PROGRAMMES
M.A. Economics, English, Education, History, Journalism & Mass Communication, Political Science, Rural Development.

B.Sc. | Biotechnology, Botany, Chemistry, Mathematics, Physics, Zoology
PHYSICAL EDUCATION PROGRAMME
B.P.E.S - Bachelor of Physical Education and Sports
 Other Programmes
BBA | B.Com | BCA | BSW
 * 3 Year Undergraduate or 4 year Undergraduate with Honours / Research

Psychology & Counselling, Sociology
 Biotechnology, Botany, Chemistry, Mathematics, Physics, Zoology
M.Sc.
PHYSICAL EDUCATION PROGRAMME
M.P.E.S - Master of Physical Education and Sports
 Other Programmes
MBA | M.Com | MCA

ENGINEERING PROGRAMMES (REGULAR - 4 YEARS | LATERAL ENTRY - 3 YEARS)
B. Tech. - CIVIL ENGINEERING
B. Tech. - COMPUTER SCIENCE & ENGINEERING
 (Diploma Course in any branch of Engineering and Technology are eligible to apply)
 * Empanelled With the Directorate of Technical Education, Nagaland
 Approved by AICTE, New Delhi

DEPARTMENT OF JOURNALISM & MASS COMMUNICATION

The Last Chapter- farewell programme

The Department of Journalism and Mass Communication organized a farewell programme on 30th April, 2026 at the Seminar Hall at 3.30pm. The event titled “The Last Chapter” was conducted to bid a formal farewell to the outgoing PG Students of 2024-26 Batch and UG Students of 2023-26 Batch to celebrate their academic journey and contributions to the department. The farewell programme was conducted in a well-organized and dignified manner. It served as a meaningful platform to honor the outgoing students and to wish them success in their future endeavors.



Parent-Teacher Meeting

The Department of Journalism and Mass Communication, St. Joseph University, successfully conducted a Parent-Teacher Meeting on 17th April 2026 at 10:00 AM in the University Conference Hall. The meeting was attended by a total of 40 participants, including 10 parents/guardians and 4 faculty members. Head of the Department, Dr. N. Nishikanta Singh, delivered an insightful departmental briefing, highlighting the course structure, student attendance, academic performance, transparency of the class conduct, attendance records and shared the scope and career opportunities in the field of Journalism and Mass Communication. As part of the programme, student testimonials were presented: By i) Khrokele-u Lohe (UG IV), ii) ChosezoThisa (PG II). Overall, the Parent-Teacher Meeting was conducted successfully, fostering communication between the department and parents/guardians, and reinforcing the department’s commitment to the holistic development of its students.



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DEPARTMENT OF HISTORY

On 10th April 2026, the UG IV Semester students of the Department of History, SJU, conducted community engagement services at Khamniungan Baptist Church, Diphupar ‘B’



On 17th April 2026, the UG IV Semester students of the Department of History, SJU, conducted community engagement services at Lotha Baptist Church, Diphupar B.

On 17th April 2026, the PG II Semester students of the Department of History, SJU conducted community engagement services at Tamang Buddhist Monastery, Padumpukhuri, Dimapur.



DEPARTMENT OF MANAGEMENT

IGNITE Fest 2026

The Department of Management, St. Joseph University, successfully organized the 7th IGNITE Fest 2026 on 15th and 16th April 2026 at the SJU Auditorium, Chumukedi-ma. This two-day event served as a dynamic platform for students to showcase their managerial, creative, and leadership skills. The fest commenced in the morning sessions and continued throughout the day with multiple engaging activities.

Over 200 students from various colleges participated enthusiastically in 14 diverse events, including Business Plan,

Mock Interview, Debate, and cultural competitions. The theme “Igniting Innovation & Excellence” was reflected in all activities, encouraging creativity and strategic thinking.

The event was well-coordinated by the organizing team under the Department of Management, ensuring smooth execution of schedules and logistics. The fest concluded on a successful note, reinforcing the institution’s commitment to nurturing future-ready professionals with strong practical and interpersonal competencies.



DEPARTMENT OF POLITICAL SCIENCE

Educational tour

The Department of Political Science, St Joseph University, Chumoukedima organized an educational tour to Guwahati for students enrolled in the Travel and Tourism vocational course. A total of 45 students participated in the two-day, one-night tour, accompanied by Dr. MoamerenPongen and Ms. Teisovinuo, along with two tour guides from Voyage Travels.

As part of the tour, students visited prominent attractions including Guwahati Science City, Sri-mantaSankardevaKalakshetra, Fancy Bazaar, City Centre Mall, Assam State Zoo, and the Brahmaputra Riverfront. The visit provided practical exposure to key aspects of tourism,



including destination management, navigation, transportation systems, and visitor engagement.

The initiative aimed to strengthen students’ practical knowledge and professional skills while raising awareness about career opportunities in the tourism sector. The tour was an enriching experience, effectively bridging classroom learning with real-world application.

DEPARTMENT OF PHYSICS

Awareness on Electrical Usage

The Department of Physics, St. Joseph University, organised an “Awareness on Electrical Usage” programme on 30 April 2025 at 10:00 AM in the Seminar Hall. The event aimed to educate students on responsible and efficient use of electrical energy in daily life and institutional settings.

Mr. P. Vevekanandan, Assistant Professor and HIC, Department of Computer Science, St. Joseph University, Chumoukedima. He delivered an informative session on electricity usage, conservation methods, and the importance of responsible energy habits, highlighting practical ways to reduce unnecessary consumption. A student video presentation further reinforced awareness and encouraged active participation. The session was engaging and educational, emphasizing the importance of energy conservation in both domestic and academic contexts.



World Quantum Day

The Department of Physics, St. Joseph University celebrated World Quantum Day on 16 April 2026 with the aim of promoting awareness and understanding of quantum science and technology. Around 40 under-

graduate and postgraduate students, along with faculty members, participated in the event.



World Quantum Day is observed globally to make quantum science more accessible and engaging. The date 14 April symbolically reflects the first three digits of Planck's constant, a fundamental concept in quantum physics.

The celebration encourages curiosity about the microscopic world and highlights the role of quantum mechanics in modern life, including technologies such as smartphones, lasers, and medical imaging.

Emerging fields like quantum computing, communication, and cryptography were also emphasized for their transformative potential. Resource person, Dr. Junaid Masud Laskar from SRM Institute of Science and Technology, Chennai delivered an insightful talk on “Photonic Quantum Dots (Qubits) and Single Photon Emitters Enabled by Metasurface,” and discussed career opportunities in quantum technology.

A quiz competition was conducted with 11 participants, where Ms. Asma Shaik secured first place and Ms. Rafia Bano was the runner-up. The event was concluded successfully.

DEPARTMENT OF SOCIOLOGY

International Labour's Day

The Department of Sociology organized a celebration of International Labour's Day on May 1st 2026, at the University Auditorium. The day is observed annually to honor the university's supporting staff. The guest speaker, Dr. Shonriephy Longvah Asso. Prof, Dept of Political Science, St Joseph University spoke about the importance of every individual working in different capacities within an organization. She also highlighted that every society without workers will not progress and the society will grumble. Additionally, she highlighted that the University stand stronger because of the supporting staff. Drawing inspiration from the works of BR Ambedkar, she encouraged students and teachers present to show respect not only in words but in action. Altogether 24 sweepers and four gardeners along with the department students and faculties attended the program and showed appreciation and support by maintaining cleanliness in classrooms and washrooms. The programme concluded with a felicitation ceremony followed by a vote of thanks.



DEPARTMENT OF SOCIAL WORK

4th Edition of Social Work Fest 2026

The Department of Social Work, St. Joseph University, conducted its 4th Edition of Social Work Fest 2026 at the University campus on 9th & 10th April 2026. The two-day event centered on the theme “Co-Building Hope and Harmony: A Harambee Call to Unite a Divided Society”. The fest drew wide participation from students, faculty, and alumni, aiming to bridge differences through collaboration and creative expression. The first day of the fest was graced by Mrs. SonyeKhing, District Program Manager, RGSA, Department of Rural Development, Nagaland, as the special guest. In her address

Mrs. SonyeKhing, highlighted that harmony is not uniformity; it is weaving together of diverse voices into one resilient fabric. The second day featured Mr. IsamrangNsamding, Administrator for Northeast States, All India Private Schools Association (AIPSA) and Managing Director of Montessori Teachers Training Center (MTTC), Jalukie. In his address Mr. IsamrangNsamding encouraged the students to take initiatives, learn and be ambassador for change in the society.



The fest features students from various institutions competing in various competitions in the two days events. The two-day event saw competitions like, model making, video making, debate, creative show, singing besides E-games and Penalty shootout. The event witnessed active participation from students and faculties within the university and other educational institutions. The Social Work Fest 2026 concluded as an impactful initiative that translated collective responsibility into action, leaving participants with renewed confidence, cooperation, and a stronger sense of social responsibility

Field Visit

As part of the orientation program for Semester II students of the Bachelor of Social Work, St. Joseph University, Nagaland, a field visit was organized to Can Youth, an organization dedicated to the upliftment of adolescence and youth. The visit aimed to provide students with practical exposure to social work interventions and organizational functioning.

Twenty-five (25) students along with Dr Kevitsalie Jerome, Asst. Professor and Field Work Supervisor, Department of Social Work, St Joseph University, Nagaland visited the organization. The team visited the organization located at Burma



Camp, Dimapur, Nagaland. Mr. JenpuRongmei, the Director and Founder of the Organization, briefed the students about the organization. The organization currently runs three major projects: Toilet for Education, I CAN Youth Ambassador, and Education. The Director encouraged the students to develop the spirit of volunteerism, and contribute their service in society's upliftment. The field visit not only enriched the students' academic learning but also inspired them to connect classroom knowledge with real-world practice, reinforcing their commitment to social work values.

DEPARTMENT OF ZOOLOGY

Field Trip

The Department of Zoology, St. Joseph University organized an educational field trip to Poilwa Sheep Farm on 18th April 2026 for B.Sc IV Semester students. A total of 11 students participated under the guidance of Mrs. Adovi Sophie and Dr. Magdalene Kiewhuo. The visit aimed to provide practical exposure to animal husbandry, with a focus on sheep management.

During the visit, students observed essential aspects of sheep farming, including proper housing facilities that ensure cleanliness, protection, and ventilation. They also learned about feeding practices such as natural grazing and supplementary nutrition. Overall, the trip was highly beneficial in bridging theoretical knowledge with practical experience and enhancing students' understanding of livestock management.



Zoo Fest

The Department of Zoology, St. Joseph University organized “Zoo Fest” on 28th April 2026, comprising two sessions: a Formal Session and a Literary-cum-Carnival Session. The Formal Session began with an inaugural program that included a welcome address and brief speeches emphasizing the importance of zoology and environmental awareness. Faculty members encouraged students to actively participate in both academic and extracurricular activities. The Literary-cum-Carnival Session provided a lively platform for students to showcase their talents through literary competitions such as essay writing, quiz, and poetry, along with fun games and activities. Overall, Zoo Fest 2026 was a successful event that promoted creativity, learning, and active student participation in an engaging and enjoyable manner.



Club Activities

Earth Week Observation by NSS, NCC, Eco Club

The Eco Club, NCC, and NSS units of St. Joseph University, Chumoukedima successfully observed Earth Week from April 22 to April 29, 2026, with a series of awareness initiatives aimed at promoting environmental responsibility and sustainable practices.

The week-long observance commenced on April 22 with the circulation of daily e-pamphlets, each highlighting key environmental themes and encouraging eco-friendly actions among students and staff. The campaign effectively fostered awareness and engagement across the university community.

The celebration culminated on April 29 with a pledge-taking ceremony held at the university ground. The pledge was administered by the Registrar Dr. A. Robert Xavier and was solemnly taken by faculties and staffs, members of the Eco Club, NCC, NSS, and the Students' Council, reaffirming their commitment to protecting the environment and adopting sustainable practices. The Deputy Registrar, Rev. Sr. Dr. Thianes Mary, spoke on the occasion, highlighting the importance of Earth Week and stressing the responsibility of every individual in safeguarding the environment for future generations. In her address, she emphasized the significance of collective action in addressing environmental challenges.

The ceremony was followed by a tree plantation drive within the university campus. Saplings were planted by the Registrar, Deputy Registrar, Finance Controller, Public Relations Officer, Students' Council President, founding faculty members, and representatives of the three organizing clubs. The planted trees will be nurtured and maintained jointly by the Eco Club, NCC, and NSS units. The successful observance of Earth Week reflects St. Joseph University's continued commitment to environmental conservation and sustainable development.



Welcome Ceremony for NCC ANO

The 25 NL Battalion NCC unit of St. Joseph University organized a warm and dignified Welcome Ceremony on April 10, 2026, at the University Seminar Hall to honour the successful completion of ANO training by Dr. Marsosang. A felicitation ceremony was conducted and Dr. Marsosang was honoured for his dedication and achievement in completing the Associate NCC Officer (ANO) training. In his address, Dr. Marsosang shared his experiences and encouraged the cadets to uphold discipline, commitment, and the true spirit of the NCC. The programme also featured the NCC song performed by the cadets, adding a sense of unity and pride to the event. The ceremony concluded successfully.



Placement Cell

Seminar Cum Campus Drive on UNIQLO and Career Opportunities

The Placement Cell of St. Joseph University, in collaboration with Investment and Development Authority of India, successfully organized a Seminar-cum-Campus Drive on on 23rd April, 2026 on the theme “UNIQLO and Career Opportunities.” The event aimed to provide students with insights into global career prospects and recruitment opportunities with UNIQLO India.

A special address was delivered by Mr. Kenji Inoue, COO & CFO of UNIQLO India,

who shared valuable insights into the company’s global vision, work culture, and growth opportunities for young professionals. His address inspired students to explore careers in the retail and corporate sectors.

The session continued with an informative presentation by Mr. Kanta Nagasaki, Store HR Manager at UNIQLO India. He elaborated on career pathways, recruitment processes, and expectations from potential candidates. The presentation was followed by an

engaging Q&A session, where students actively interacted and clarified their queries. Ms’ Aching Susanna, Assistant Professor and SJU Placement Cell Coordinator, expressed gratitude to the guests and participants. Overall, the seminar-cum-campus

drive was highly informative and beneficial, providing students with practical exposure to career opportunities with a leading global brand.



Mental Well-Being

Mental well-being is an essential part of a healthy and balanced life. In today's fast-moving world, caring for our mind is just as important as caring for our body. Our culture, traditions, values, and relationships play a significant role in strengthening emotional health and inner peace.

Here are a few simple tips to promote mental well-being through traditions and daily living:

- Stay connected with family, friends, and community. Healthy relationships provide emotional support and reduce stress.
- Participate in cultural activities, music, art, dance, and traditional celebrations that bring joy and a sense of belonging.
- Practice gratitude, prayer, meditation, or moments of silence to calm the mind and improve emotional balance.
- Maintain a healthy routine with proper sleep, nutritious food, regular exercise, and relaxation.
- Take breaks from excessive screen time and spend time in nature whenever possible.
- Share feelings openly and seek support when feeling stressed, anxious, or overwhelmed.
- Respect cultural diversity and learn from one another, as mutual understanding builds harmony and positive mental health.

A healthy mind creates a healthy community. Let us nurture mental well-being through compassion, cultural values, positivity, and meaningful human connections.

Sr. Dr. M. Thianes DMI
Dy. Registrar



Letting go

Letting go of friends after a course ends can feel surprisingly emotional like making assignments, presentations, training program, or routines, shared struggles, inside jokes, and emotional support. When it ends, we often experience a sense of loss, uncertainty, or loneliness.

Here are some healthy ways to cope and move forward:

Accept that endings are natural. Not every friendship is meant to continue in the same way forever. Some people are “seasonal” friends who were important for that phase of life.

Allow yourself to grieve the change. Missing people does not mean you are weak or overly attached. It means the connection mattered.

Stay connected realistically. Instead of expecting daily contact, aim for occasional check-ins, calls, or messages. Some friendships grow quieter but still remain meaningful.

Keep memories without clinging. Photos, notes, projects, or shared experiences can be appreciated without trying to recreate the past constantly.

Focus on what the friendship gave you. Maybe you gained confidence, support, laughter, or personal growth during the course.

Create new routines. After a course ends, the sudden empty schedule can feel strange. Filling your time with hobbies, work, family, learning, or self-care helps the transition.

Avoid comparing closeness. Some people move on quickly while others stay emotional longer. Both reactions are normal.

Leave relationships with gratitude rather than resentment. Even if people drift apart, the connection may still have had value.

For students or young adults, this transition phase can also become a time of self-discovery:

“Who am I outside this group?”

“What kind of connections do I want next?”

“What did these friendships teach me?”

A simple reflection activity you can try:

Write the names of friends from the course.

Under each name, write one thing you learned from them.

Write one thing you want to carry into your next chapter.

Sometimes letting go is not about forgetting people — it is about accepting that life is changing while still appreciating what was shared.

Ikali Sumi

Counsellor, Salutem

SJU

PERSONALITY DEVELOPMENT: AN ACT OF SELF-DEFINITION

By: Toshisenla Longkumer

More often than not, personality is perceived as a fixed entity that establishes its identity in childhood. While that is partly true, we cannot overlook the fact that personality does not develop in a vacuum, and is, therefore, subject to influences from the environment. We can thus say that personality continues to evolve through one's experiences of life and their responses to the world around them. Personality development, therefore, is less about becoming someone new altogether, but more about consciously shaping and refining who we already are.

The core idea of personality development involves self-awareness, which requires the utmost honesty and willingness of the individual to confront all aspects of themselves— especially the parts they would rather ignore. Assessing and understanding our strengths, limitations, patterns of thought and behaviour, as well as the extent to which we can tolerate discomfort, uncertainty and change is essential for developing a clear perspective on who we are and which aspects of ourselves we may want to strengthen, reshape, or let go of. This awareness is not always comfortable, but it does empower us to make conscious decisions— allowing us to respond purposefully rather than simply reacting to external stimuli.

It should be emphasized that personality development is not about perfection. In the process of developing one's personality, it is important to remember to give ourselves grace as oftentimes we tend to have certain expectations from ourselves which, when unmet, can be a source of great vexation. Moreover, choosing consistency over perfection will ensure steady growth and long-term change, allowing us to build habits that stand the test of time.

Essentially, personality development is an act of self-definition. Conscious practice shapes personality, and small, repeated actions gently influence how we are perceived and how we perceive ourselves. It is imperative that one does not expect sudden transformation, as the process is shaped by steady, intentional effort that guides intentional change. Following through on commitments builds trust not only with others, but also with the self— thereby encouraging confidence in one's journey of growth and development.

Ultimately, personality development is an ongoing journey of self-discovery and growth. It requires the awareness, patience, and willingness of the individual to evolve through conscious effort. The act of self-definition— where one takes ownership and responsibility of their growth— enables the development of trust within themselves, and a sense of confidence which allows them to create a version of themselves that is authentic, aware, and continuously evolving.

MINERAL FOR LIFE: LAUGHING YOUR WAY TO AN OUTSTANDING PERFORMANCE

Fr Sunny Joseph,
Professor, Dept. of Education.

Humour—when used intentionally in classrooms and study routines—can bolster attention, reduce anxiety, and enhance memory retention among university students. This humorous yet evidence-minded overview describes mechanisms by which levity supports learning, offers practical classroom and study anecdotes, and suggests ways students and instructors can wield wit ethically and effectively. Spoiler: a well-timed pun may be more powerful than a 200-page textbook (but not by much).

“Tell me and I forget; teach me and I remember; make me laugh and I'll at least scroll through the lecture slides.” If memorability had a mascot, it would wear clown shoes and a mortarboard. Humour functions as a cognitive lubricant; it eases affective filters, increases engagement, and encodes information through distinctive, emotionally charged contexts. In short: funny things stick.

Mechanisms Linking Humour and Learning are like Attention: A joke is an academic Pop-Tart—impossible to ignore. Novelty from humour redirects attention to relevant material, interrupting autopilot note-taking and prompting genuine processing.

Arousal and Emotion: Laughter triggers moderate arousal and positive affect, which can enhance encoding and retrieval. Students who chuckle are statistically more likely to remember the punchline’s associated concept (and fewer likely to nap).

Stress Reduction: Exam anxiety shrinks in the face of levity. Lowered cortisol improves working memory and problem-solving—so roasting your stress has measurable benefits.

Social Cohesion: Shared laughter builds rapport between peers and instructors, creating a safer environment for asking questions and admitting confusion (which, let’s be honest, is half of university learning).

A biology professor replaced a slide titled “Mitochondrial Function” with “Mighty-chondria: Powerhouses with Attitude.” Attendance rose, as did the number of students who could later sketch a vaguely muscular organelle. One cohort used themed flashcards—bad puns on one side, definitions on the other.

The result: fewer yawns, more accurate recall, and an unsettling number of pun-related groans. A psychology instructor prefaced a stressful midterm with a two-minute absurdist cartoon. Students reported feeling calmer; average scores crept up. A student later quipped, “The cartoon was the best therapy I paid tuition for.”

Humour must not target marginalized groups. If your joke punches down, it’s time to revise the comedy syllabus. Tie humour to learning objectives. A well-timed joke that illuminates a concept is pedagogically superior to a random meme. Use levity sparingly. Too much can distract or undermine seriousness when it matters most (e.g., exam instructions).

Incorporating humour into academic contexts is not mere frivolity; it is a strategic pedagogical tool. When deployed with sensitivity and relevance, humour enhances attention, reduces stress, and aids memory—helping students laugh their way to better learning outcomes. As one hopeful student noted after a particularly dad-joke-laden seminar: “I didn’t just learn—I laughed, which is basically the same thing.”

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“Your achievement is a reflection of the values and education you received from St. Joseph University.

You continue to inspire us all with your dedication, hard work, and commitment to excellence.

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God bless you!

From St. Joseph University



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MARKETING AND COMMERCE ENABLING ENGINEERS TO SELL INNOVATIONS

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Marketing and commerce help engineers shape their inventions into real products that can be sold. While engineering is often seen as a purely technical field focused on creating and designing things, an idea that stays in the lab or on paper can't make an impact. That's where marketing and commerce come in, helping engineers clearly present their ideas, set fair prices, and find ways to reach customers. Today, engineers need to not only know how to build things but also how to explain their value, identify the right buyers, and decide how and where to sell.

Many engineering students and young innovators often focus only on the technical parts of their projects and ignore the commercial aspects. They create robots, apps, devices, or machines often says audience research, why they're better than existing options, or what they should cost. Because of this, many great projects remain stuck in competitions, lab reports, or prototypes that don't go beyond campus. Many engineers ignore certain areas like branding, logo design, pricing strategies, and selling through platforms like online stores, distributors, or direct sales. Without these skills, even the strongest technical products may fail in the market. There's always advisable to include marketing and commerce in engineering education.

Engineering departments can offer short courses or modules on marketing basics, consumer behaviour, and fundamental business strategies. Students can learn how to create a simple business plan, make a product pitch, or design a basic website or poster for their projects. There is also room for collaboration between engineering and marketing, where engineers develop the product and commerce students take care of branding, pricing, and sales strategies. These partnerships can lead to real startup ideas and even help students get incubation support or seed funding while still in college.

Marketing and commerce are important because they connect technology with society. Engineers need to know how to tell a clear story about their product so people understand its benefits. Branding helps a product stand out, while pricing decides whether customers can afford it and if the maker can make a profit. Marketing also helps decide where to sell the product—online, in local shops, or through direct bookings. For student innovators, understanding these areas can improve their chances of winning competitions, attracting investors, or even starting a small business while in college.

In recent years, many engineering students and startups have created strong technical products that later failed in the market. Some were priced too high because the team didn't consider production costs or customer budgets. Others had no clear brand identity or confusing names that were hard to remember. In some cases, engineers tried to sell their products only at college events without exploring wider channels like e-commerce or social media. These incidences show that technical skills skill will benefitted marketing and commerce skills in the picture. The solution is to integrate marketing and commerce into the engineering learning process from the start. It should encourage students to think about branding, pricing, and sales whenever they begin a project. Workshops can be held on product naming, logo design, and basic pricing models.

Faculty can ask students to add a simple marketing plan to their project reports, explaining the target audience, price range, and promotion methods. Encouraging collaboration between engineering and commerce departments through joint mini projects or hackathons can also help, with one team building the product and another handling branding and sales. Online short courses on digital marketing and e-commerce can also be recommended to engineering students.

In the end, engineering drives innovation, but marketing and commerce give that innovation a path to real users and markets. Engineers who understand branding, pricing, and sales are better able to turn ideas into products that people can use and afford. By combining technical knowledge with marketing and commerce, students can move from just making things to truly building dreams. In this way, the "learning beams" from the classroom can become bridges that connect great ideas with real-world opportunities and long-term careers.

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