



SJUNews**bites**



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EDITORIAL MESSAGE

Dear Readers,

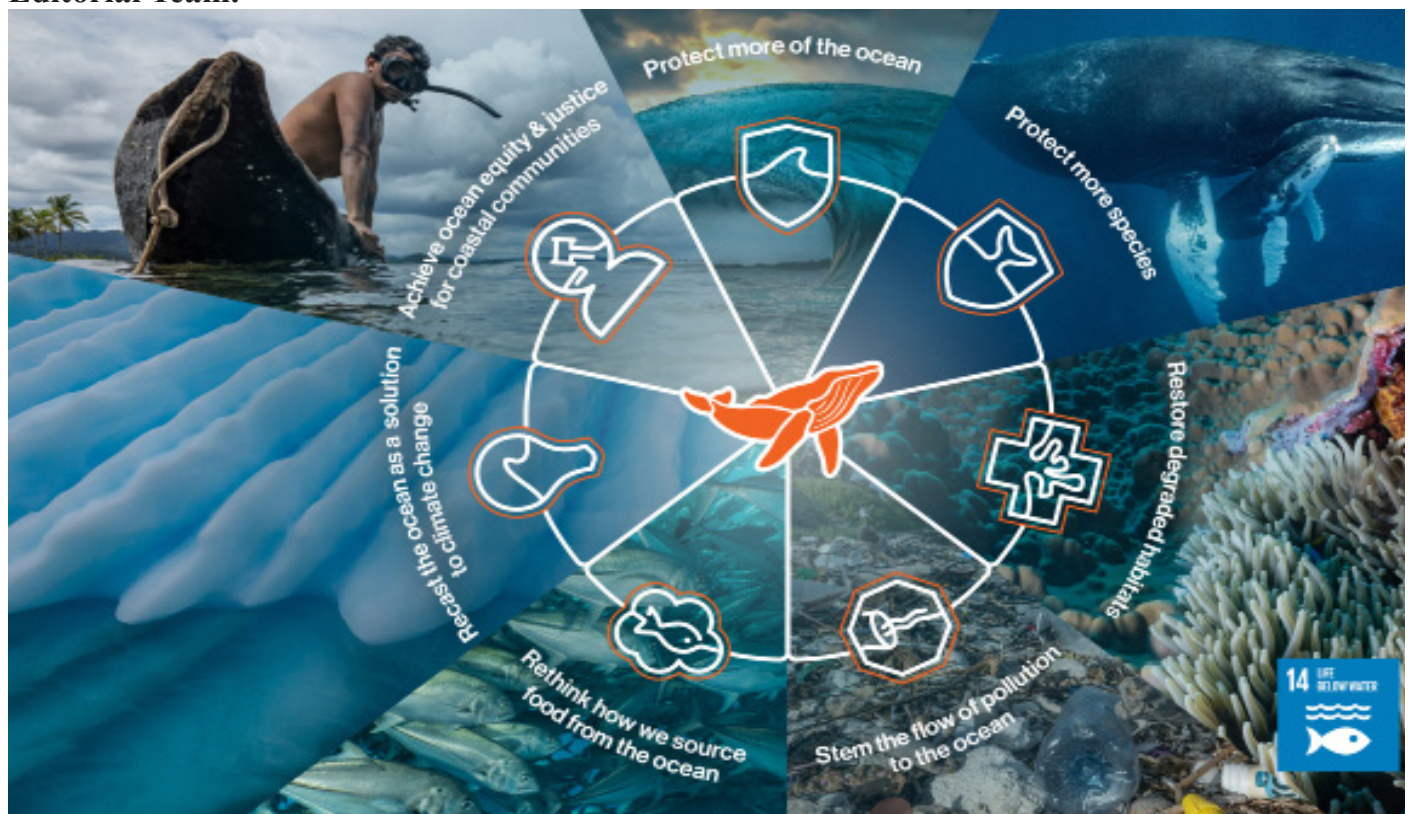
The SJU Newsbites welcomes you in the new inning of Vol. VII.

We are coming with the theme SDG14 which aims to conserve and sustainably use the oceans, seas, and marine resources. The oceans, vast and mysterious, cradle life in forms we have barely begun to understand. They feed us, regulate our climate, and inspire cultures across the globe. Yet, beneath the waves, a silent crisis brews. Plastic chokes sea turtles, coral reefs bleach and die, and fish populations dwindle under the weight of overfishing. These are not distant problems for future generations — they are today’s emergencies.

Oceans are home to millions of species, from microscopic plankton to the largest whales. In addition it absorbs about 30% of CO₂ emissions and regulates global temperature. Economically over 3 billion people depend on ocean as a primary source of protein; marine industries like fishing, tourism, and shipping contribute trillions to the global economy. Such a huge asset is witnessed degrading by human activities in the name of development. Each discarded plastic bag, each unsustainable catch, is a step toward an ocean barren of life. But the tide can turn if governments, industries, and individuals act decisively.\

Sustainable fishing, waste reduction, restoring coral reefs and mangroves and the creation of marine sanctuaries are no longer optional; they are urgent imperatives. Protecting life below water is not just an environmental duty — it is an investment in humanity’s survival. It is the target of SDG14 to restore the chronic ailment of water world for the future generation to come. The health of our oceans is the heartbeat of our planet. Let us choose to keep it strong.

Editorial Team.



MESSAGE FROM THE DEPUTY REGISTRAR



Dear Readers,

I am pleased to share a few thoughts on the theme Life Below Water. Seas and oceans in good health are vital to human life. We depend on them for food, energy, and water, and they make up 70% of our world. However, we have been able to severely damage these valuable resources. We must safeguard them by getting rid of pollution and overfishing, and we must start managing and safeguarding all marine species worldwide right away.

When we hear this phrase, we might think only of fish and other sea creatures but it means so much more. The Seas and ocean is more than just waves and water it is the heartbeat of our planet. Beneath its surface lies a world full of beauty, colour, and life. Yet, this beauty is fragile. Every piece of plastic thrown carelessly, every drop of polluted water, is a wound to that life.

We might think, what is our responsibility in this regard? Yet we do have an important role to play. We can spread awareness and, whenever we have the chance, take action to protect life below water. Pollution of the seas has become a global crisis, with waste and plastics dumped without care. This not only destroys marine life but also harms human health and the livelihoods of millions.

As Josephites and as young people, our responsibility is clear to avoid plastic waste that may end up in rivers and seas, to support conservation and clean-up efforts, to practice a healthy lifestyle that respects nature, to reduce pollution by starting with our own habits, and to educate others about the importance of healthy oceans. Even if we live far from the sea, our rivers, streams, and lakes eventually flow into it. This means our daily choices matter. By refusing single-use plastics, managing waste responsibly, joining environmental activities, and inspiring others through our example, we can make a real difference.

Let us remember protecting the ocean is not just about saving fish, it is about safeguarding the future of all life on Earth. As part of our commitment to the UN Sustainable Development Goals, especially Life Below Water, I invite each of you to become guardians of our oceans, rivers and streams. Whether we live by the coast or far inland, our daily choices ripple into the deep. Say no to single-use plastics, conserve water, join clean-up drives, and spread awareness. Protecting the ocean means protecting our own future. Together, we can ensure that the next generation inherits waters that are alive, vibrant, and full of promise.

Thank you
With regards

Sr. Dr. M. Thianes Mary
Dy. Registrar

MESSAGE FROM THE REGISTRAR



Dear Students, Faculty, and Staff,

Greetings.

As we welcome you to a new academic year, I am reminded of the powerful role education plays in shaping not just our futures, but the future of our planet. The ocean is not just a vast blue expanse—it's the lifeblood of our planet. Yet, in 2025, marine ecosystems are under siege like never before. From plastic-choked seas to vanishing coral reefs, the crisis is real, but so are the solutions. Here's what you need to know—and how you can help. The theme "Life Below Water" invites us to pause and reflect on the silent yet powerful role our oceans and waterways play in sustaining life on Earth. Beneath the surface lies a world of extraordinary beauty and diversity—home to countless species that contribute to the planet's balance and to human well-being. Sadly, this hidden world is increasingly endangered by human activities, from pollution to over-exploitation like;

1. Plastic Pollution: The Never-Ending Tide

Despite global efforts, plastic waste still floods our oceans at alarming rates. Microplastics have now been detected in Arctic snow and human blood, proving this crisis is everywhere.

2. Coral Reefs: The Disappearing Underwater Cities

Rising temperatures have triggered mass bleaching events, with iconic reefs like the Great Barrier Reef now a shadow of their former selves. Scientists are experimenting with coral probiotics to boost survival—but will it be enough?

3. Overfishing: Emptying the Ocean's Pantry

Illegal and unsustainable fishing practices are pushing species like tuna and sharks toward collapse. Tech like blockchain seafood tracking is helping, but consumer choices matter most.

4. Deep-Sea Mining: The New Gold Rush

Companies are scrambling to mine the ocean floor for metals used in green tech. But destroying deep-sea ecosystems before we even understand them? That's not progress—it's recklessness.

As members of an academic community, we are called to be both seekers of knowledge and guardians of the world around us. By applying our learning, creativity, and shared commitment, we can promote sustainable practices, inspire awareness, and cultivate respect for marine life. Small, mindful choices—reducing plastic use, conserving water, or supporting conservation efforts—can create ripples that grow into waves of lasting change.

Safeguarding life below water is more than an environmental obligation—it is a pledge to protect our collective future. The responsibility does not rest solely with scientists or policymakers; it belongs to each of us. Every action—whether cutting down waste, advocating for responsible policies, or simply sharing the message—makes a difference.

Let us be the generation that truly turns the tide.

Registrar



By Miss Ikali

Personality growth is an ongoing process of developing and improving our pattern of thinking, feeling, and behaving that make us who we are. It's not about changing our core identity, but rather about broadening our self-awareness, emotional maturity, and adaptability.

In psychology, personality growth involves:

- 1. Self-awareness** – Understanding your own thoughts, feelings, behaviors, strengths, weaknesses, values, and beliefs.
- 2. Emotional regulation** – The ability to understand, use, and manage our emotions in positive ways.
- 3. Resilience** – The capacity to bounce back from setbacks and adapt to change. Becoming more flexible and resourceful when facing challenges.
- 4. Interpersonal skills** – Improving empathy, communication, and the ability to build healthy relationships.
- 5. Values alignment** – Making choices that reflect our personal principles rather than just external pressure.
- 6. Leadership**- Influencing and guiding others towards a common goal.
- 7. Time Management**-Organizing and prioritizing tasks to achieve goals efficiently.
- 8. Goal Setting**-Defining clear, achievable objectives and developing a plan to reach them.

9. Self-actualization – Striving towards our fullest potential, creativity, and having a sense of purpose.

Personality growth may be illustrated as tending to a garden: we keep what's healthy, prune what's unhelpful, and plant seeds for the qualities we want to cultivate.

A step by step 7-Day Personality Growth Challenge

Day 1 – Self-Awareness: Write down a few words that describe how you feel today and why.

Day 2 – Gratitude: List any 5 things you're grateful for today.

Day 3 – Courage: Do one thing you've been avoiding or procrastinating.

Day 4 – Active Listening: Listen to a conversation without interrupting for at least 2 minutes.

Day 5 – Values Check: List your top personal values according to your priority and Make one decision today based on it.

Day 6 – Emotional regulation: when you feel stressed or overwhelmed, pause and take deep breaths.
Practice meditation regularly.

Day 7 – Self-reflection: Summarize what you have learnt about yourself throughout the week. Keep on practicing the habits that you value and discard the qualities that you don't like.

Benefits of Personality Development:

1. Increased Self-Esteem making us Feel more confident and capable.
2. Improved Relationships helping us Build stronger and more meaningful connections with others
3. Enhanced Career Opportunities, developing skills and qualities that employer's value.
4. Greater Fulfillment in Life enabling us to live a more purposeful and meaningful life.

5. Increased Happiness and Well-being enabling us to Experience a greater sense of joy and contentment.

In short, personality development is a journey of continuous learning and self-improvement that can lead to a more fulfilling and successful life. It is a lifelong process of self-discovery and improvement, involving enhancing skills, expanding capabilities, and enriching relationships. It is about understanding our self, setting goals, and actively working towards becoming the best version of ourselves.



Dear Friends,

I am glad to begin this column with an anecdote. Once a teacher asked the students “What do you remember most about your class? “

The students replied, “We remember most that we all laughed a lot.”

It is a fact. We all remember that we laugh a lot. Why we laugh, or what makes one laugh etc are not remembered.

However, it is humour in one form or the other that makes us laugh.

So let us discuss the advantages of humour. Some of them are:

- Stress Relief: Laughter and humour can help reduce stress and anxiety.
- Social Bonding: Sharing humour with others can strengthen relationships and create a sense of connection.
- Mood Boost: Humour can improve your mood and overall outlook on life.

- Coping Mechanism: Humour can help people cope with difficult situations and challenges.

- Creativity and Problem-Solving: Humour can stimulate creativity and help find innovative solutions.

- Physical Health: Laughter has been linked to various physical health benefits, such as reduced pain and improved immune function.

- Perspective: Humour can provide a fresh perspective on life's challenges and help people not take themselves too seriously.

Overall, humour can add joy, positivity, and resilience to life. I am sure it can generate better academic performance, love for the subject knowledge and better character formation.

So let us promote humour leading to laughter.

Thankyou.

DEPARTMENTAL MEETING

- 1.The Department of Biotechnology, St. Joseph University, Chumoukedima held Staff Meeting on 8th July, 2025 at 2:30 pm in room no. 3401.
- 2.The Department of Botany, St. Joseph University, Chumoukedima held Staff Meeting on 14th July, 2025 at 2:30 pm in room no. 3303.
- 3.The Department of Chemistry, St. Joseph University, Chumoukedima held Staff Meeting on 8th July, 2025 at 2:15 pm in room no. 1213.
- 4.The Department of History, St. Joseph University, Chumoukedima held Staff Meeting on 8th July, 2025.
- 5.The Department of Sociology, St. Joseph University, Chumoukedima held Staff Meeting on 10th July, 2025 at 2:30 pm in room no. 1302.
- 6.The Department of JMC, St. Joseph University, Chumoukedima held Staff Meeting on 8th July, 2025 at 2:30 pm.
- 7.The Department of Mathematics, St. Joseph University, Chumoukedima held Staff Meeting on 10th and 31st July, 2025.
- 8.The Department of Physics, St. Joseph University, Chumoukedima held Staff Meeting on 8th July, 2025 at 2:30 pm in room no. 3206.
- 9.The Department of Political Science, St. Joseph University Chumoukedima held Staff meeting on 9th July, 2025 at 2:30 pm in room no 1308.
- 10.The Department of Zoology, St. Joseph University, Chumoukedima held Staff Meeting on 31st July, 2025.
- 11.The Department of Psychology and Counselling, St. Joseph University Chumoukedima held Staff Meeting on 8th July 2025

St. Joseph University Organizes Two-Day FDP on Ethics and AI in Higher Education Chümoukedima, June 30 - July 1, 2025.

The Departments of Political Science and Botany, in collaboration with the Internal Quality Assurance Cell (IQAC) of St. Joseph University, successfully organized a two-day Faculty Development Programme (FDP) on “Professional Ethics and Values in Higher Education” from 30th June to 1st July 2025 at the university auditorium. The programme featured distinguished resource persons, including Professor G.T. Thong, Retired Pro-Vice Chancellor of Nagaland University, and Professor L. Tongpang Longkumer, Department of Agronomy, School of Agricultural Sciences, Nagaland University. Day 1 focused on ethical dilemmas in academia, academic integrity, and ethics in teaching and mentoring. Prof. Thong emphasized the educator’s role in value transmission and addressed critical issues such as abuse of power, financial misconduct, and transparency in higher education.



Session by Professor Thong

Day 2 highlighted emotional and technological competencies for faculty. Professor L. Tongpang Longkumer delivered a session on emotional intelligence and work-life balance, discussing the five pillars of EI and its significance in maintaining healthy academic environments.



Session by Professor Longkumer

The afternoon session featured Dr. T. Ebanesar, Professor and Head, Department of Computer Science, St. Joseph University, who led a lecture and practical demonstration on “AI Tools for Teaching and Learning in Higher Education.” He introduced tools like ChatGPT, Perplexity, Research Rabbit, and others, stressing that AI should enhance—not replace—educators.



Session was by Dr. T. Ebanesar

The programme concluded with Q&A sessions, a formal vote of thanks, and a group photograph, marking the successful completion of an insightful and forward-looking academic initiative.



Group photograph featuring all faculty members and staff

St. Joseph University Hosts Two-Day Grand Students Induction Programme 2025

St. Joseph University (SJU), Chümoukedima, successfully conducted a Two-Day Students Induction Programme on July 8 and 9, 2025, to welcome newly admitted undergraduate students from various departments. The programme was thoughtfully designed to introduce the students to the university's academic systems, core values, institutional culture, and the wide range of opportunities available for their personal and professional growth.

Day 1 of the programme was organized by the Department of Education under the leadership of Prof. Dr. Vinoth. S. The event began with an inaugural session chaired by Dr. Rhonthunglo W. Kithan. The session opened with a prayer by Rev. Fr. Dr. Sunny Joseph, followed by a welcome song and dance by senior students of the department. Prof. V. T. Vasagan delivered the welcome address. Rev. Sr. Chinnamal honoured the Guest of Honour, Ms. Bambi Kevichusa, Creative Head, Windfall India. Dr. A. Robert Xavier, Registrar of SJU, delivered the inaugural address. Prof. Dr. D. Gnanadurai, Hon'ble Vice-Chancellor of SJU, addressed the gathering with an inspiring presidential address, emphasizing the importance of values, discipline, and academic excellence. He highlighted the significance of "OTT" in life, where O stands for Opportunity, T for Talent, and T for Time, linking it to the key features of the education system at SJU. The guest of honour, Ms. Bambi Kevichusa, inspired the students by sharing her life experiences and creative journey. She encouraged them to make the most of their time at the university and to utilize the knowledge and guidance of their professors for personal and professional growth. The session concluded with a vote of thanks by Prof. Charles Mhonthung Ezung, Dean of Student Affairs, and the university anthem led by Ms. Kevipenuo Zhotso.



Day - 1

Day 2 was hosted by the Department of Management Studies, led by Dr. Elangbam Haridev Singh. Students from ten departments participated. The event featured cultural items, a university life video by the Journalism department, and a motivational talk by entrepreneur Ms. Tasangkala Imchem, who urged students to be creative, humble and accountable. The Vice-Chancellor once again emphasized the importance of integrity and time management. Academic orientations continued in the second session, reaffirming student responsibilities and academic processes. The academic session included orientations on university academics, discipline, and examination systems by Prof. Dr. Gowri SA, Prof. Charles Mhonthung Ezung and Dr. S. Thiyagarajan respectively in two days. The two-day event reflected the university’s commitment to excellence, discipline, and holistic student development.



Day - 2

REPORT ON ORIENTATION PROGRAMME

St. Joseph University, Chumoukedima, held an Orientation Programme for undergraduate students of English, History, and Journalism and Mass Communication on 8th July, 2025, from 9:00 a.m. to 2.15 p.m. at Seminar Hall, SJU. The Orientation programme sought to acquaint undergraduate students with University norms, guidelines, procedures, and facilities, as well as providing a platform for them to interact with faculty members and peers. The Orientation was divided into five sessions on the topics -*Department Activities, Department Discipline, New Education Policy (NEP) 2020, Career Guidance, and feedback*. The speakers were Mr. Limhathung A Lotha, Mr. Vikholo Rosii, Mr. Vikholo Rosii, Ms. Teisovinuo and Prof. Dr. Avinuo Chupuo.

The coordinators of the event were Dr. Thokchom Sunanda Devi, HoD, Department of

English, Prof. Dr. Avinuo Chupuo, HoD, Department of History, and Dr. Naorem Nishikanta Singh, HoD, Department of JMC, SJU. The Orientation program was successful in presenting undergraduate students to the importance of staying curious, adaptable, and exploring their passions and interests in their career development and three-year stay at SJU. A total of 65 students attended the programme.



DEPARTMENT ACTIVITIES:

THE DEPARTMENT OF PSYCHOLOGY AND COUNSELLING

The Department of Psychology and Counselling, St. Joseph University, conducted an orientation program for the undergraduate first semester students on 8th July 2025.

Objective of the Orientation Program:

The main objective of the orientation program was to welcome the newly admitted students and to familiarize them with the academic structure, departmental policies, activities, and career prospects within the field of psychology and counselling. It also aimed to help students transition smoothly into university life and understand the expectations and opportunities ahead.

Dr. Wataro Longkumer, Associate Professor and Head of the Department, addressed the students and

highlighted key aspects of the **National Education Policy (NEP) 2020**, emphasizing its vision, implementation, and relevance to higher education.

Further, Ms. Yanbeni W. Lotha and Mr. Gideon Valhou, Assistant Professors in the department, shared important insights on **departmental activities, academic discipline, and career guidance respectively.**

A total of **23 students** attended the orientation program, along with the faculty members of the department.



DEPARTMENT OF BIOTECHNOOLOGY:

REPORT ON WORKSHOP ON “INTELLECTUAL PROPERTY RIGHTS (IPR)”

The Department of Biotechnology organized a one-day workshop on “Intellectual Property Rights (IPR)” on 31st July 2025 to raise awareness about the importance of IPR in biotechnology and scientific research. The workshop featured two sessions: **Dr. Jayanta Kumar Chamuah** spoke on “**Science for Motivation,**” encouraging innovation and scientific engagement, while **Dr. Narendra V N** delivered a talk on the “**Overview of IPR Profile in India,**” covering key IPR concepts like patents and copyrights. An interactive quiz competition was also held, with **Neeha Das**, Macingaulung Elu, and Reingam-

bo Zeliang winning the top three prizes. The event concluded with a vote of thanks by **Dr. Naorem Chanu Sumedha.**



DEPARTMENT OF COMPUTER SCIENCE:

REPORT ON THE EVENT “RECENT TRENDS IN ARTIFICIAL INTELLIGENCE: A MODERN PERSPECTIVE”

The Department of Computer Science organized an event titled “Recent Trends in Artificial Intelligence: A Modern Perspective” on July 18, 2025, at the SJU Auditorium. Dr. T. Ebanesar, Head of the Department, delivered the welcome address and introduced the guest speaker, Mr. Akumlong Longkumer from ICAFI University Nagaland. Mr. Longkumer presented an in-depth session on Generative AI, highlighting its ability to produce text, code, images, and

more using deep learning models like Transformers. He explained the role of Large Language Models (LLMs), such as GPT-4, in understanding and generating human-like responses, and discussed concepts like neural networks, multimodality, and fine-tuning techniques. He concluded with a powerful quote: “AI will replace humans who don’t use AI.”



DEPARTMENT OF ENGLISH

REPORT ON ORIENTATION PROGRAMME

St. Joseph University, Chümoukedima, held an Orientation Programme on 8th July 2025 for undergraduate students of English, History, and Journalism and Mass Communication. The event aimed to familiarize students with university norms, departmental activities, discipline, academic opportunities, and career guidance. Five sessions were conducted by faculty members, covering topics such as student involvement in department clubs, discipline and conduct, the New Education Policy 2020, career prospects, and the feedback system. Coordinated by the heads of the three departments, the orientation

successfully encouraged students to be responsible, engaged, and open to interdisciplinary learning. A total of 65 students attended the programme.



REPORT ON “SLAM POETRY COMPETITION”

The Department of English at St. Joseph University organized a Slam Poetry Competition on 25th July 2025 in the University Auditorium, celebrating student creativity across semesters. Hosted by Ms. Dzuiveno Keyho, the event featured musical interludes, a keynote address by Dr. Thokchom Sunanda Devi, and performances by 15 student poets. Judges evaluated entries based on originality, theme, presentation, and content. Ms. Lensanaro (UG 3rd Sem) won 1st prize, followed by Ms. Kinthanle (UG 5th Sem) and Ms. Grace (UG 3rd Sem). The program concluded with cultural performances, a vote of thanks, and a benediction, wrapping up a vibrant and successful afternoon.



REPORT ON “SCHOLASTIC DAY PROGRAMME”

On 30th July 2025, the Research Forum of the Department of English, St. Joseph University, Chumoukedima, Nagaland hosted its “Scholastic Day” under the theme Research Scholars’ Guidance and Progress Assessment Program a platform for research scholars to present their ongoing academic work. A total of 40 participants attended the programme, where scholars delivered presentations showcasing their research findings and methodologies. The session was evaluated by Dr. Thokchom Sunanda Devi, Head of the Department and Dr. Alemmenla Walling, Coordinator of the Research Forum.

Both Evaluators offered insightful feedback and guidance, fostering academic excellence and strengthening the department’s research culture.

***DEPARTMENT OF HISTORY***

The UG III semester students of the Department of History, St. Joseph University visited Chumpo Museum on 19th of July 2025. The aim of the educational field immersion was to enhanced understanding of indigenous practices and craftsmanship, appreciation of Naga art and tribal diversity and reflect on cultural preservation and modernization. It was conducted under the supervision of Mr. Hokato Sumi, Assistant professor, Department of history, SJU. In total forty-one students participated.

***DEPARTMENT OF JMC*****REPORT ON “INTERACTION PROGRAMME WITH ALUMNI PLACED IN MEDIA HOUSES”**

The Department of Journalism and Mass Communication, St. Joseph University, organized an Interaction Programme with Alumni Placed in Media Houses on 25th July 2025 to expose students to real-world experiences and opportunities in the media industry. Alumni from various batches, now working in outlets like NLTV, Hornbill TV, and Dimapur24x7, shared insights on internships, freelancing, reporting, and newsroom challenges. The event, designed and led by Dr. N. Nishikanta Singh, included motivational talks, a Q & A session, and interactive discussions. Attended by 41 participants, the programme concluded with a vote of thanks and benediction, inspiring students to pursue media careers with passion and responsibility.



DEPARTMENT OF PHYSICAL SCIENCES

The Orientation Programme for the newly admitted first-year undergraduate students of the Department of Physical Sciences was held on 9th July 2025 in the room number 3206, as per the schedule issued by the Dean of Science. The orientation was part of the university induction programme to help students adjust from school to college life. The primary objective of the orientation was to provide the students with a clear understanding of the academic structure, departmental facilities, disciplines and career opportunities in the fields of Physics, Chemistry and Mathematics. The programme was successfully attended by students of all three departments.



DEPARTMENT OF POLITICAL SCIENCE

ORIENTATION PROGRAMME

The Department of Political Science's orientation sessions was conducted for the UG I semester on 9th July 2025. The orientation was aimed at familiarizing students to the New Education Policy 2020, highlighting its flexible, student-centric structure and implementation at St. Joseph University. Sessions on co-curricular and extracurricular activities emphasized student engagement, leadership, and holistic development. Guidelines on discipline and academic integrity were clearly outlined to ensure a respectful and responsible academic environment. Career guidance provided insights into various professional pathways, university resources, and skill-building

opportunities. Lastly, students were encouraged to share feedback to help improve departmental practices and foster a collaborative learning culture.



DEPARTMENT OF SOCIAL WORK

RURAL CAMP AT BENREU TOURIST VILLAGE PEREN DISTRICT, NAGALAND

The Department of Social Work, St. Joseph University organised rural camp for BSW III semester students from 12th July to 19th July 2025 at Benreu Tourist Village, Peren district. The camp was designed to foster meaningful engagement with the village community while promoting participatory practices, sustainable skill-building, putting the theory into practice and enhancing the skills for future developmental activities for students. The students comprising of 26 from BSW III Semester were guided by Dr. Kevitsalie Jerome and Dr. Oinam Anjali, to execute a series of

impactful activities throughout the camp duration. Overall, the camp created a profound impact by enhancing awareness, building skills, and promoting collective action. The experience served not only as a learning opportunity for the students but also contributed meaningfully to the development journey of the village. The department of Social Work would like to extend heartfelt appreciation to the village leaders of both the villages for the comfortable stay and also guiding the students in their learning process.



RURAL CAMP AT MEZOMA VILLAGE

The Department of Social Work, St. Joseph University organised rural camp for MA Rural Development III Semester students from 12th July to 19th July 2025 at Mezoma Village, under Kohima District. The camp was designed to foster meaningful engagement with the village community while promoting participatory practices, sustainable skill-building, putting the theory into practice and enhancing the skills for future developmental activities for students. The students comprising of 21 students from MA RD III Semester were guided by Dr. Janet Gonmei and Mr. Kezhakhoto Chalieu, Skill development was a central focus of the camp, with two major training programs conducted: mushroom cultivation and paper bag making. The mushroom cultivation workshop introduced villagers to the fundamentals of growing edible mushrooms using simple, locally available materials. From substrate preparation to maintenance and marketing, participants received hands-on guidance that empowered them to consider mushroom farming as a viable income-generating activity. Overall, the camp created a profound impact by enhancing awareness, building skills, and promoting collective action.



CLUBS REPORT:

NCC REPORTS

REPORT ON CATC-68 WOKH

Corporal Rohit Dahr and Corporal Imtitemsu of BCA V Semester actively participated in the CATC-68, NCC camp held at Wokha, under the aegis of the 24 Assam Rifles. The camp was organized by the 25 Nagaland Battalion NCC with the aim of instilling discipline, promoting teamwork, and providing various forms of military and leadership training to cadets. More than 600 cadets from various institutions took part in the camp.



REPORT ON CATC-74 WOKHA

A total of 32 NCC cadets from St. Joseph University participated in the Combined Annual Training Camp (CATC-74) held at 24 Assam Rifles, Wokha Town, from 26th July to 4th August 2025. The camp was organized by the 25 Nagaland Battalion NCC with the objective of instilling discipline, promoting teamwork, and providing cadets with military, physical, and leadership training.

▶ Achievements by St. Joseph University Cadets during the camp activities: JUO Imtiyala was appointed Company Senior for Charlie Company (Girls)

▶ CPL Yuvraj Thapa was appointed Company Senior for Bravo Company (Boys)

In the shooting competition:

▶ L. CPL Nzanthung Ezung secured 2nd Position

▶ CDT. Kethozeto Pesehie secured 3rd Position



REPORT ON FLAG AREA COMPETITION

JUO Kalongba Walling, a student of BCA V Semester, proudly represented our University NCC and the Kohima Group at the prestigious IGC Level Flag Area Competition Camp, held from 12th to 21st July 2025 at Pasighat, Arunachal Pradesh. The camp was organized under the aegis of the NCC Directorate and brought together cadets from various regions including Silchar, Guwahati, Shillong, Tezpur, Jorhat, Imphal, Dibrugarh, and others.

STUDENTS VOICES



Mr. Thsangpa Sangtam

B.A. 1 Semester

Political Science Department

Selected for Merit Award with 1st position under the Foundation's "Dr. Ambedkar National Merits Award Scheme"

RANK 4TH HSSLC 95.6%

RANK 6th HSLC 97.8%

"DIGITAL AUTHORITARIANISM: HOW GOVERNMENT'S ARE USING AI AND TECHNOLOGY TO CONTROL CITIZEN"

In today's rapidly evolving digital age, artificial intelligence (AI) has emerged as a transformative force, reshaping governance, society, and the very nature of power itself. While AI has undoubtedly enhanced administrative efficiency, it has also opened doors for misuse—particularly by states seeking greater control over their citizens. This darker side of AI has given rise to a phenomenon known as digital authoritarianism, where governments use AI-powered tools to monitor, suppress, and manipulate public behavior and opinion.

At its core, digital authoritarianism involves extensive state surveillance, often through facial recognition technology and behavioral analytic. This creates a reality similar to an AI-powered panopticon—a system where citizens are constantly watched, limiting their freedom and silencing dissent. A clear example of this can be seen in China, where a vast network of surveillance cameras is integrated with national databases. These tools enable the Chinese government to swiftly identify and monitor individuals. Further, the state deploys Natural Language Processing (NLP) algorithms to scan and censor communication on social and mass media, targeting content deemed politically sensitive.

Worryingly, the Chinese system also engages in pre-emptive governance—using predictive AI algorithms to anticipate possible crimes and punish individuals even before any wrongdoing occurs. This predictive punishment model raises grave ethical concerns, as it criminalizes individuals based on data-driven speculation rather than actual offenses.

Another disturbing case is Afghanistan, where the Taliban, after regaining power in 2021, began using biometric surveillance tools originally introduced by the US. These technologies are now being repur-

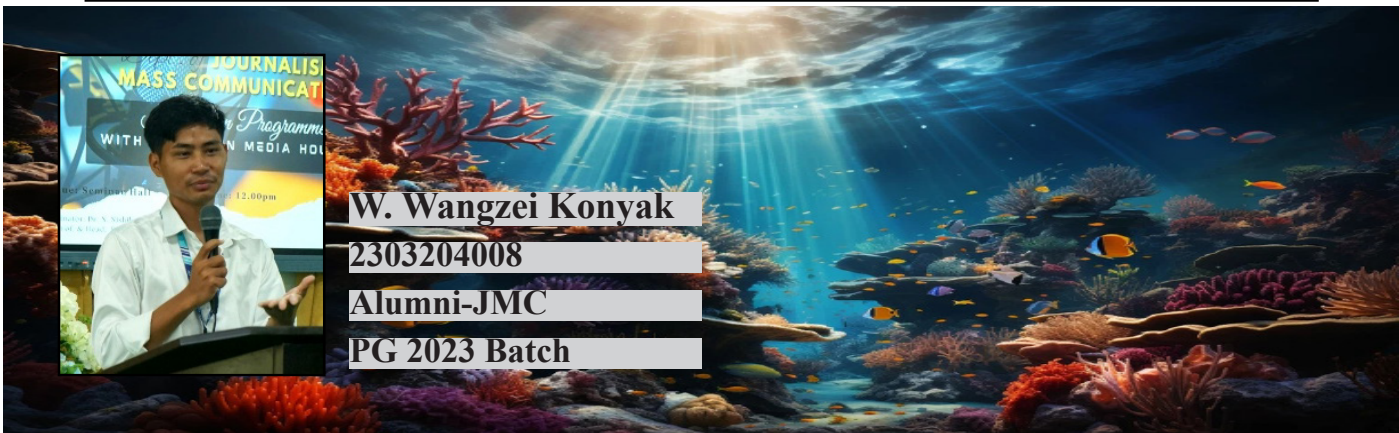
posed to intimidate and suppress the population, forcing many into what is described as a state of digital silence—a fear-driven withdrawal from online platforms to avoid state retaliation.

However, digital authoritarianism is not confined to authoritarian regimes. Democracies like India, Turkey, and the United States have also shown tendencies to adopt AI tools for political surveillance and control. For example, India's digital landscape is increasingly monitored, and critical voices are often silenced. The arrest of JNU student leader Umar Khalid under the UAPA law, following his social media criticism of the Citizenship Amendment Act (CAA) and National Register of Citizens (NRC), exemplifies how state power can be misused to curb free expression. This is deeply concerning, especially given that Article 19(1)(a) of the Indian Constitution guarantees the right to freedom of speech and expression.

These developments signal a global shift where technological advancements are being paired with authoritarian tendencies to erode democratic principles. The rise of digital authoritarianism poses a serious threat not only to individual privacy and liberty but also to the foundational values of democracy itself.

To address this challenge, global cooperation is essential. The world must come together to establish ethical frameworks and regulatory mechanisms that prioritize morality, privacy, and individual rights in the use of AI. Without such collective action, democratic nations—including India—risk becoming democracies in name only, where freedom is no longer a lived reality but a forgotten ideal.

LIFE UNDER WATER: URGENT ACTION FOR OUR OCEANS



W. Wangzei Konyak

2303204008

Alumni-JMC

PG 2023 Batch

From rivers and lakes to wetlands and seas, water ecosystems are home to rich biodiversity. But increasing pollution, climate change, and human activities are putting marine life at serious risk.

The Global Push for Ocean Conservation

On June 8, 2021, the UN Ocean Decade Coordination Unit endorsed the first Ocean Decade Actions to boost sustainable development through innovation and global cooperation.

One major action is Marine Life 2030 – a global program to create a coordinated system of ocean life data to improve human well-being, conservation, and sustainable development.

UN Sustainable Development Goal 14: Life Below Water

Target 14.1: By 2025, prevent and significantly reduce marine pollution—especially from land-based sources like plastic and nutrient runoff.

Target 14.8: Enhance scientific research and technology to support ocean health and marine biodiversity. Major Threats to Ocean Life

- **Marine Debris**

Plastic waste is a global issue. Marine animals often ingest or get entangled in debris, endangering entire ecosystems. The Save Our Seas Act of 2018 renewed global commitment to clean-up efforts and cross-border action.

- **Climate Change**

Oceans have absorbed 31% of CO₂ and 90% of excess heat over the past 50 years. But their capacity is reaching a limit. A 2018 EU report found only 39%

of surface waters in good ecological status—with rivers and estuaries in the worst condition.

- **Plastic Pollution**

The ocean is the final destination for much of the world's plastic.

Over 5.25 trillion plastic particles float near the surface.

By 2018, microplastics were found in 114 aquatic species.

By 2020, scientists estimated 14 million metric tons of microplastics settled on the ocean floor.

Deep-sea “hot spots” like the Tyrrhenian Sea hold up to 2 million pieces per square meter.

Science & Technology: The Hope Ahead

We've long exploited the ocean's resources—but now we must act to protect them. Emerging tools like remote sensing, AI, underwater drones, and genetic mapping offer exciting ways to monitor marine life and ecosystem health.

These technologies, when combined with traditional research and global collaboration, can help track changes from local to global scale and guide effective policies.

Conclusion

We have benefited immensely from our oceans—but this has come at a cost. The time to act is now. Through global cooperation, science, and sustainable action, we can protect life under water and secure the future of our blue planet.

FACULTY PERSPECTIVES***Life below Water: A Deep Dive into Oceanic Sustainability*****Dr. Monjit Roy**

**Asst. Prof & Research Supervisor,
Department of Commerce**

The ocean is frequently referred to as the heartbeat of the globe. It encompasses over 70% of the earth's surface, aids in climate regulation, provides food and jobs, rich biodiversity, and marine plants and phytoplankton yield more than 50% of the world's oxygen. The United Nations, in its Sustainable Development Goal 14, "Life below Water," aims to protect and sustainably manage oceans, seas, and marine resources. Life underwater, ranging from the tiniest plankton to the largest whales, enhances ecological and coastal economic resilience. However, marine ecosystems are vital to the coast as they protect and preserve the region from human negligence and climate change, marine ecosystems are increasingly threatened. The marine ecosystem is no longer only regarded as an environmental problem to solve, rather, it is an intricate global problem needing extensive multidisciplinary solutions involving human economic, social, and health dimensions.

Perhaps the most significant concern regarding life beneath the waves is the issue of ocean pollution. Roughly 8 million metric tons of plastic waste is dumped into the ocean every year. This poses major threats to marine life, as many animals mistake plastic for food. Sea turtles, fish, and seabirds consume plastic and become injured or die as a result of getting ensnared in plastic. Furthermore, the ocean is harmed by non-plastic waste. Industrial waste, raw sewage, oil spills, and agricultural runoff containing pesticides and fertilizers greatly reduce water quality. This causes the creation of hypoxic or 'dead' zones where marine life is unable to thrive. Overfishing is another important issue. Fishing practice inspired by increasing global demand for seafood has reduced fish shares and pressed some species to the edge of extinction. Bottom trawling and other harmful fishing methods not only reduce the fish stock, but also destroy coral reefs and seabed houses that are crucial to the biological diversity of the sea.

Climate change presents several challenges of sea acidity, rising sea level and warm water temperature. Coral whitening, which is the direct result of hot seas, has damaged coral reefs, which are houses of about 25% of the sea species. In addition, an increase in the level of carbon dioxide is replaced by the sea pH in the water, affecting shells and interferes with food chains.

In spite of all these challenges, there is a great scope for recovery, conservation, and sustainable development in life beneath the ocean. Oceans can be a source of renewable resources if they are maintained sustainably. Initiatives such as marine protected areas (MPAs), sustainable aquaculture, community-based conservation initiatives, and agreements like the United Nations Convention on the Law of the Sea (UNCLOS) hold hopes. Technology and scientific development also present new means of tracking, cleansing, and healing ocean health. Remote sensing, satellite monitoring of fishing boats, biodegradable packaging materials, and ocean-cleaning robots are only a few devices being utilized to mitigate the effects of human activity on the sea environment. Engaging the public and raising awareness about protecting the ocean can mobilize individual and collective action. Their own marine resources can be managed by local people, particularly coastal communities, through conservation efforts, sustainable tourism, and sustainable fishing practices. Governments also have a responsibility by enforcing tough legislation, making investments in ocean research, and collaborating on such issues as migratory fish stocks and common marine ecosystems. The blue economy encompassing biotechnology, shipping, tourism, and fisheries has tremendous potential to create sustainable employment and generate income, provided it is developed in an environmentally sound manner.

Nonetheless, the road to ocean sustainability is riddled with challenges requiring international collaboration, systemic reforms, and sustained commitment. One of the primary challenges is the absence of enforcement and accountability. Despite signing international treaties, poor governance and dearth of resources ensure poor implementation. Illegal, unreported, and unregulated (IUU) fishing still plagues most areas and undermines both conservation and economic stability. There is the additional challenge of reconciling development with conservation. Port construction, coastal urbanization, seabed mining, and offshore drilling can stimulate the economy but negatively affect marine ecosystems. Money is another large concern, particularly in developing countries where short-term economic needs tend to override environmental considerations. Scientific lacunae and poor data on deep-sea ecosystems and migratory animals also impede good policymaking. Public apathy and ignorance worsen the condition. Most people who reside inland might not be connected to marine matters, although the sea directly influences global food security, climate, and livelihoods. Furthermore, geopolitical tensions typically make it difficult for marine conservation efforts that cut across national boundaries, especially in conflicted waters or areas with disputed maritime borders. Overcoming these challenges requires not only environmental activism but political effort as well, cooperation across sectors, and global cohesion.

To wrap up, “Life Below Water” goes beyond sea creatures and plants. It touches on our planet’s future and humanity’s fate. The ocean links to all life forms, us included. Keeping it healthy plays a key role in climate control, species variety, and economic progress. Marine ecosystems face big risks from many sources: dirty waters too much fishing changing climate, and harmful growth. Yet, we can find answers if we act fast, think outside the box, and bring everyone on board. People, towns, leaders, and world groups need to team up to cut down on pollution, push for lasting practices, put money into sea science, and build a culture that values and cares for the ocean. For Goal 14 to work, we need more than new rules; we need a new way of thinking. We should see life in the sea as a precious gift, not a never-ending supply. If we all pull together with the same goal, we can pass on a strong, lively, and healthy ocean to those who come after us.

STUDENTS ACHIEVEMENT



Ronel Topo – BCA 2022 Batch

CONGRATULATIONS!

SUCCESSFULLY PLACED AT TELEPERFORMANCE

FACULTY RECOGNITION

TWO DAYS INTERNATIONAL CONFERENCE ON HUMANITIES AND SOCIAL SCIENCES (ICHSS) on 31st JULY 2025

**Presenter: DR. SOMINGAN MAWON, ASSOCIATE PROFESSOR
K TOHUTO, ASSISTANT PROFESSOR**

Paper Title: DRY LAW, WET REALITY: YOUTH PERSPECTIVES AND THE PARADOXES OF LIQUOR PROHIBITION IN CONTEMPORARY NAGALAND

SJU FACULTY AWARDED PRESTIGIOUS IPRA FOUNDATION PEACE RESEARCH GRANT



St. Joseph University is proud to announce that Dr. Shonreiphy Longvah and Dr. Somingam Mawon, both Associate Professors in the Department of Political Science, have been awarded the esteemed Peace Research Grant by the International Peace Research Association (IPRA) Foundation, United States. Their project, titled “Transitioning Ceasefire into Positive Peace: Exploring Challenges and Opportunities in the ‘Indo-Naga’ Context,” brings global academic attention to one of South Asia’s longest-running yet understudied conflicts. The ‘Indo-Naga’ ceasefire agreement signed in 1997 marked a significant turning point, reducing direct violence between the Government of India and the National Socialist Council of Nagalim (Isak-Muivah). However, as Dr. Longvah and Dr. Mawon note, peace extends beyond the silencing of guns. Their research challenges the limits of “negative peace” – the mere absence of war – by focusing instead on the possibilities of “positive peace,” which encompasses justice, inclusion, and sustainable reconciliation.

At the heart of their inquiry lies a critical question: Who is shaping peace in the Naga context, and who has been left out of the conversation? The project takes a bold step toward addressing this question by centering two often-overlooked constituencies – women and youth – as key agents in the transformation from ceasefire to lasting peace. The goal is not only to document experiences but to co-produce knowledge that informs policy and practice. As the project investigators put it, “This project is about making visible the invisible work of peace.”

The implications of their findings could extend far beyond the ‘Indo-Naga’ context. In highlighting inclusive, community-driven pathways to peace, the project offers important lessons for other post-conflict societies grappling with the challenge of transforming ceasefires into just and durable peace.

St. Joseph University congratulates Dr. Longvah and Dr. Mawon on this remarkable achievement. Their work exemplifies the university’s commitment to socially engaged scholarship, and their research promises to enrich not only academic discourse but also the lives of communities seeking to build peace from the ground up.



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