

A MONTHLY PUBLICATION OF ST JOSEPH UNIVERSITY



The Zero Hunger goal aims to end hunger and malnutrition, and to ensure that everyone has access to enough nutritious food. The goal also seeks to improve nutrition, promote sustainable agriculture, and achieve food security by 2030.



## The Imperative of Ending Global Hunger

In a world of abundant resources and unprecedented technological advances, it is a grave paradox that hunger remains a persistent issue. The second Sustainable Development Goal (SDG 2) – ZERO HUNGER is not just a moral imperative; it is the foundation upon which all other development goals rest. The UN's definition of Zero Hunger goes beyond a single number. A more complete rundown of the second Sustainable Development Goal (SDG) is to “End Hunger, achieves food security and improved nutrition, and promotes sustainable agriculture.”

To measure the success of achieving this, the UN outlines five targets to indicate our progress towards Zero Hunger.

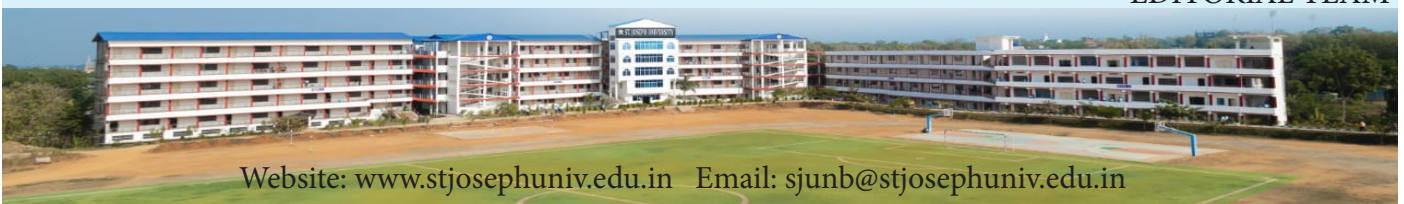
- Access to safe, nutritious, and sufficient food year-round
- End malnutrition in all its forms
- Increase agricultural productivity
- Sustainable food systems and agricultural resilience
- Diversified crops and seeds

If a person doesn't get enough food, they'll lack the strength and energy needed to work. Or their immune system will weaken from malnutrition and leave them more susceptible to illness that prevents them from getting to work. This can lead to a vicious cycle, especially for children. If a mother is malnourished during pregnancy, that can be passed on to her children. We all want our families, friends, and loved ones to live long, creative, happy lives, having enough food that provides the nutrients we need is a key ingredient.

To achieve Zero Hunger, we must adopt a holistic and inclusive approach. This involves transforming our food systems to be more sustainable, resilient, and equitable. Governments, international organizations, the private sector, and civil society must collaborate to address the root causes of hunger. Investment in agriculture, particularly in sustainable and climate-smart practices, is crucial. Empowering women and smallholder farmers, improving access to education and healthcare, and building social protection systems can help break the cycle of poverty and hunger.

The SDG 2- (Zero Hunger) of Nagaland Vision 2030 aim to end hunger, increase food production and attain food security for all. The Vision target to attain the status of a state that has surplus production by 2030, zero malnutrition amongst children and women, increase rice productivity per hectare from 2 metric tonne to 4 metric tonne by 2030 and increase food grains production from 7, 38, 260 metric tonne to 9,91, 180 metric tonne. The agriculture and allied sector is one of the major contributors to the GSDP and is the largest employers of the workforce in the state with 45.47 per cent of the working population engaged in agriculture activities. Phek District ranked first across all 103 NE districts in Goal 2- Zero Hunger. However, there is scope for improving the performance of some of the poor performing indicators at the district and state levels. Achieving Zero Hunger is not an unattainable dream; it is a necessary and achievable goal if we act with urgency, commitment, and compassion. The fight against hunger is the fight for a just and sustainable world, where no one is left behind. It is time to turn promises into action and ensure that everyone, everywhere, has the food they need to live healthy, productive lives.

D Kayideluo Pfoze  
EDITORIAL TEAM



## MESSAGE FROM MANAGEMENT



*Dear Faculty and Students,*

*Reevaluating* how we produce, distribute, and eat food is necessary. When managed properly, forestry, fisheries, and agriculture can boost people-centered rural development, preserve the environment, and produce enough food for everyone.

Currently, our soils, freshwater, oceans, forests, and biodiversity are quickly degrading. Climate change is putting additional strain on the resources on which we rely, increasing the probability of calamities like droughts and floods. Many rural women and men are no longer able to make ends meet on their farms, pushing many to go to cities in search of work. Millions of children are stunted or too short for their age as a result of severe malnutrition caused by inadequate food security.

Approximately two billion people worldwide lack regular access to safe, healthy, and sufficient food. A world without hunger is a critical component of achieving a brighter future for all. However, a multifaceted approach is required to ensure food security for all. From ensuring proper distribution and protection to transforming food systems to achieve a more inclusive and sustainable world to limiting food waste and supporting local farmers, everyone can contribute to eradicating hunger in their own unique way.

A significant overhaul of the global food and agriculture systems is required to feed the 815 million hungry people who exist today and the extra 2 billion undernourished people predicted to exist by 2050. To help reduce the dangers of hunger, sustainable food production systems and investments in agriculture are essential for boosting agricultural productivity.

*"If you cannot feed a hundred people, then feed just one."*

- Mother Teresa

Dr. K. Rajaganesh  
Dean of Science and Management Studies  
St. Joseph University

### The Path to a World Without Poverty

**Lenila Chang**  
BBA, UG 3rd Semester

Poverty remains one of the most pressing challenges of our time, affecting millions globally and hindering progress towards equality and development. While the issue is complex, the journey towards a world without poverty can be approached with unique and practical strategies that prioritise simplicity and effectiveness.

**Understanding Poverty:** Poverty is not merely a lack of income but a multifaceted issue involving inadequate access to resources, education, healthcare, and opportunities. It traps individuals and communities in a cycle of deprivation, making it difficult for them to break free and improve their circumstances.

**Innovative Solutions**

**Universal Basic Income (UBI):** One approach gaining traction is UBI, where every individual receives a fixed, unconditional sum of money regularly. This ensures a basic level of financial security and can stimulate economic activity by increasing purchasing power.

**Micro finance and Social Enterprises:** Micro finance provides small loans to entrepreneurs in developing regions, allowing them to start or expand businesses. Social enterprises further this by addressing social issues through market-based solutions, creating jobs and improving local economies.

**Education and Skill Development:** Investing in education and vocational training equips individuals with the skills needed to secure better employment opportunities. Accessible education systems and lifelong learning programs are essential for empowering people to rise above poverty.

**Affordable Housing Initiatives:** Ensuring access to safe, affordable housing is crucial. Housing-first models prioritise stable living conditions, which can lead to improved health, employment, and overall well-being for those affected by poverty.

**Technological Integration:** Leveraging technology to provide services like telemedicine, online education, and digital financial tools can bridge gaps in access and reduce barriers to economic participation.

**Community Empowerment:** Empowering communities to take charge of their development can lead to sustainable change. Grassroots organisations and local leaders play a vital role in identifying needs and implementing solutions that are culturally and contextually appropriate.

**Global Cooperation:** Addressing poverty requires a collaborative effort from governments, non-profits, businesses, and individuals. By working together, sharing resources, and aligning efforts, the global community can create comprehensive strategies to reduce and eventually eliminate poverty.

### Conclusion

Achieving a world without poverty is an ambitious goal, but with innovative and practical approaches, significant progress can be made. By focusing on education, economic empowerment, and community involvement, and harnessing the power of technology, we can work towards a future where poverty is a relic of the past.

## Students Contribution

Poem: Zero Hunger

In a world where plenty meets the eye,  
Why do so many still hunger and cry?  
Fields of gold and oceans deep,  
Yet empty bellies find no sleep.

A child's dream, a mother's plea,  
For a world where hunger ceases to be.  
Bread and rice, a simple meal,  
Can turn despair into a hopeful zeal.

Communities united, hand in hand,  
To cultivate and nourish the land.  
No more waste, no more greed,  
Just enough for every need.

From the cities to the countryside,  
Let compassion be our guide.  
Together we can make it right,  
End hunger's plight, ignite the light.

With every seed and every grain,  
We can break this endless chain.  
Zero hunger, a goal so clear,  
A future where no one lives in fear.

Submitted by  
Andrew Ngaomei  
BBA, 3rd Sem.



**Congratulations**  
**WE HAVE THE WINNERS**

**1st**  
RHUYO KEZO  
B.A V SEMESTER  
DEPARTMENT OF Sociology

**2nd**  
YOGESH  
PG-III SEMESTER  
DEPARTMENT OF JMC

**3rd**  
NOKUL RIKHA  
BA -V SEMESTER  
DEPARTMENT OF JMC

**"ZERO HUNGER"**  
**PHOTOGRAPHY COMPETITION**  
Organised by  
DEPARTMENT OF JOURNALISM AND MASS  
COMMUNICATION  
ST. JOSEPH UNIVERSITY

### "A CLASSROOM HERO"

A teacher's love is pure and true,  
A selfless gift, forever shining through.  
In the classroom, or out of sight,  
You nurture our souls, with all your might.

With gentle hands and a caring heart,  
You guide us through life's every part.  
Your lessons taught, both old and new,  
Help shape our minds, and see us through.

With skillful hands and a creative heart,  
You craft lessons that never depart.  
Your teaching style, a work of art,  
Inspires us to learn, and never depart.

Your gift of teaching, a treasure so rare,  
A precious commodity, beyond compare.  
You share your knowledge, your time and your heart,  
And help us grow, a brand new start.

Composed by:  
Tokupu S Aye,  
VII Semester,  
B.Tech (Civil Engineering)

## *Introduction of ARCHERY as new Vocational Course*

St. Joseph University has proudly introduced a new vocational course, Precision Archery Techniques and Safety, as of August 17, 2024. This innovative course, launched on the university campus, recognizes archery as one of the world's oldest arts, celebrated for its historical significance, cultural heritage, and recreational value.



## *Department Meeting*

Department of Commerce conducted a meeting on 9th of August 2024 in room 2009.

Department of History conducted departmental meetings on 6th, 8th and 30th of August 2024.

Department of Psychology and Counselling conducted a department meeting on the 6th of August 2024.

Department of JMC conducted a meeting on 14th of August 2024 at 2.30P.M.

Department of Zoology conducted a meeting on 8th of August 2024 at the department.

Department of Education conducted a meeting on 8th of August 2024 at the department at 2.30P.M.

Department of Social Work held Staff Meeting on 8th of August 2024 at 2:25P.M. at Department premises.

## *Freshers Induction Programme*

The Freshers' Induction Program for the post-graduate students was held on 21st August, 2024, to welcome and orient new students of St. Joseph University. The special guest of the program was Rev. Fr. Dr. Joe Mariadhas, Director of Shalom Rehabilitation Centre, Chumoukedima.

The program began with a warm welcome address by Rev. Sr. Thianes Mary DMI, Deputy Registrar, who emphasized the importance of this new chapter in the students' lives. Dr D Gnanadurai, Vice-Chancellor, SJU gave the presidential address providing valuable insights into the institution's history, mission, and values. Rev. Fr. Dr. Joe Mariadhas, the special guest of the event spoke on the topic "Educate to Elevate" highlighting how every stream has its uniqueness. One should learn to aspire, aspire to achieve, and aspire in life as aspiration is self-realization. It is the lack of aspiration in student's life that leads to the downfall. He further added, "Adaptability is the key, as we learn, retain, and recall knowledge - the power to transform our lives."

In the second session, the academic programs and courses session was given by Dr. Kinitoli H Yeptho, Dean of Social Sciences and Dr. S. Thiyagarajan, Controller of Examination highlighted the examination and evaluation system of the university. These helped students to understand the curriculum and university's criteria.

Overall, program aimed to provide a comprehensive introduction of the University, its facilities, the academic and extracurricular opportunities available. The program was hosted by Ms Tokaholi Chishi, Assistant Professor, Department of English and it concluded with great success.

## Orientation Programme

As a part of the Academic Activity, St Joseph University conducted a general Orientation Programme for PG first semester students on 23rd August, 2024 at 10:00 Am till 2:05 Pm in the auditorium hall.



The programme was started with the brief introduction by the chairperson Dr. Bandangnaro Jamir, Assistant Professor, Department of Botany. Invoked the blessing of God through prayer by Miss Yashienla, Assistant Professor, Department of Social Work.



The Orientation programme was held in four different session, The Faculty members deliberated words of advice and keynote lecture to the newly admitted PG students 2024.



Session – 1: Topic: Discipline, Mr. Vikholo Rosii, Asistant Professor, Department of English  
Outcome: Highlighted and address the students

about the culture and customs in St. Joseph university, rules and regulations, inform the students about the code of discipline .explained in detail on issues of total ban on tobacco in the campus, uniform , importance of students ID card, exams rules and regulations, importance of attendance in academic and other welfare activities..Encouraged the students to be actively participate when it comes to learning.



Session- II: Topic: Activities, Dr. Parimal Chandra Bhomick, Assistant professor, Department of- Chemistry

Outcome: Co-Curricular & Extra-Curricular activities was elaborated upon by highlighting the various clubs and activities through a power point presentation. Encouraged student to actively participate for the overall personal growth and development and enhance academic performance.



Session – III: Topic: Role and responsibility of the students, Dr Somingam Mowan, Associate Professor, Department of political science.

Outcome: Discussed on the importance of the academic engagement in learning, creative and critical thinking, commitment to academic integrity, also

stressed on the responsibility of students in making uses of resources and infrastructure of university and awareness of institutional policies.



Session IV: Topic: Feedback by Dr. Imkongsenla Longchar . Director of IQAC

Outcome: Presented on the importance and the impact of the students feedback through aPower-Point presentation

The orientation programme concluded with Vote of thanks by Dr. Magdalene, Assistant Professor, Department of Zoology and benediction by Mr. Kayideluo Pfoze, Assistant Professor, Department of Journalism and Mass Communication.



## Departmental Programmes

### Biotechnology

#### Parasitic Diseases

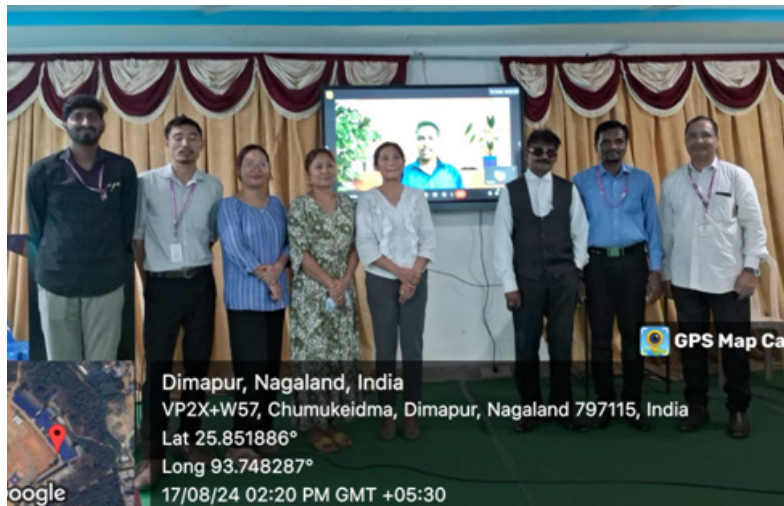
The Department of Biotechnology, St. Joseph University, Chumoukedima, Nagaland, in collaboration with IIC organized an insightful lecture series on "Parasitic Diseases" on the 28th of August, 2024. Dr. Jayanta Kumar Chamuah, a distinguished Senior Scientist from ICAR-NRC on Mithun, Medziphema, Nagaland, was the resource person for the event. His expertise in the subject brought valuable knowledge to the participants.



#### Entrepreneurship and Innovation as Career Opportunities in Herbal Drug Industries

The Department of Botany at St. Joseph University (SJU), in collaboration with the Institute's Innovation Council (IIC), organized a special lecture on "Entrepreneurship and Innovation as Career Opportunities in Herbal Drug Industries" on August 17, 2024. The event took place from 1:15 PM to 2:28 PM, drawing participation from students, faculty members, and research scholars across various departments and institutions, both in person and online via Google Meet. The guest speaker Dr. P. Shaktivel, Principal Scientist in Research & Product Development at Asthagiri Herbal Research Foundation, Chennai provided a comprehensive overview of the herbal drug industry, starting with the importance of plants in human welfare and the various disciplines of ethnobotany.

### Botany



## Role of Ethnobotany & Ethnopharmacological Effects in Native Plants of Nagaland

The Department of Botany at St. Joseph University (SJU), in collaboration with the Institute's Innovation Council (IIC), organized One day special lecture on "ROLE OF ETHNOBOTANY AND ETHNOPHARMACOLOGICAL EFFECTS IN NATIVE PLANTS OF NAGALAND" on August 21, 2024. The event took place from 09.30 AM to 12:30 AM. The event saw enthusiastic participation from botany students, faculties from various departments and institutions, both in person and online via Google Meet. The guest speaker Dr. Anbazhakan's presentation then focused on tribal communities in India, particularly in Northeastern India, discussing their occupations, diets, festivals, and the preservation of their botanical knowledge.



## Commerce Opportunities and Current Trend in Marketing and Finance

On the 16th of August, 2024, the Department of Commerce at St. Joseph University, Chumoukedima, Nagaland, hosted a guest lecture on "Opportunities and Recent Trends in Marketing and Finance." Shamshad Alam, the Founder & CEO of Edunachal Pvt Ltd, the resource person share his expertise on the latest developments and opportunities in the fields of marketing and finance. He highlighted the

evolving trends in these areas and provided valuable insights into how students can leverage these trends for their future careers.



## Computer Science

On August 19, 2024, the Department of Computer Science, St. Joseph University organized a dynamic Web Development Bootcamp Competition, held in collaboration with the Institution's Innovation Council (IIC). The event, which began at 9:30 a.m., aimed to provide students with practical experience in website development, focusing on strategies to attract and retain customers. Dr. S. Thiyagarajan, Controller of Examinations at SJU, delivered an insightful keynote on web design, operating systems, and the relevance of competitive exams like IELTS for international opportunities. Six student groups presented their projects, with Akash Chhetri and Anup Dey winning first place, Subi Khatun and Busra Parween securing second, and Kailyanjoti Sharma, Chubalong, and Deep Biswas finishing in third. The program concluded with acknowledgments from Viviano (BCA II) and a benediction by Sr. Juliana (BCA II), celebrating the students' achievements and skills.



## English

The Department of English, St. Joseph University in collaboration with IIC, had launched its first volume of Literary Magazine under the theme, "Horizons" on 27th August, 2024. A short program was conducted, wherein words of appreciation was given by Rev. Sr. Thianes, DMI, Deputy Registrar appreciating the department for their contribution in successfully launching the literary magazine. Dr. Kh. Joshiya, Assistant Professor, on behalf of the editorial team shared the glimpses of the magazine, wherein she mentioned, "this magazine stands as a testament to the ideology – it's time to pat ourselves for this magazine is a documentation of achievements and the vibrant activities of various clubs of the departments which is now brought to life in a tangible form." The magazine also has in it various forms of creative writing, thereby emanating art in variegated forms – starting from short stories, poetries, articles, quotes contributed by the students and alumni of the department. A hard copy of the magazine was given to the Management and the Department of English respectively while e-magazine was shared with the students and faculty members of the university after the launch. The program was coordinated by Ms Betina Vashi, Assistant Professor, and member of the editorial team.



## History

To commemorate the International Day of the World's Indigenous People on 9th of August 2024, the Department of History and Heritage Club in collaboration with Institution's Innovation Council (IIC), St. Joseph University, Nagaland, hosted a programme on the theme, "Indigenous Youth as agents of change for self-determination". The programme was held at SJU auditorium at 10.00 am and it was chaired by Mr. Vikedozo Ratsa (UG V sem). Prof. Dr. Avinuo Chupuo spoke on the importance of youth as agents of change. She spoke on self determination, its various aspects and how to make choices. As the Department of History

initiates the importance to Museum, she also spoke on the role of Museum curator and encouraged the students to be agents of preserving culture and traditions. The PG III sem students were awarded for their contribution towards the museum. There was also a competition on presentation (ppt) on traditional attires, tools and folk tales. The students from UG I, III, V and PG III competed at the event where Mr. Khumseba (UG III) participated on the topic 'tools used by the Nagas' and Ms. Bendanginla Jamir (UG I) on the topic 'attires of Ao tribe' were declared 1st and 2nd respectively in the competition. The judges were Mr. K Hokato Sumi, Ms. Imkongsenla, Mrs. Ethupeu. Along with 8 faculties 171 students attended the program.



## Historia Diem

The Department of History at St. Joseph University held its much-anticipated 4th Historia Diem on August 16, 2024, at 10:00 AM in the university's auditorium. The event, themed 'Reliving Past: Enriching the Present,' aimed to deepen students' understanding of historical values and legacies by exploring significant figures and personalities. Prof. Dr. Avinuo Chupuo, Head of the Department of History, and Rev. Fr. Anish, PRO of SJU, presented awards to the standout students, recognizing their exceptional performances and contributions. The event was expertly coordinated by Mrs. Mhonlumi L. Tungoe and Mrs. Ethupeu Thopi, with judging responsibilities carried out by Mr. Hokato K Sumi, Dr. Muleto Vero, and Ms. Shinatoli V Shohe.





## Journalism and Mass Communication Interaction Programme



The Department of Journalism and Mass Communication on 23rd August, 2024, conducted an interaction programme with the recent passed-out UG student, Samantha Sitlhou, Regd No. 2103104011, who got admitted for PG in Department of Journalism and Mass Communication, NEHU. The programme was mainly focused on importance of higher education and the motivational speech from alumnus really inspired the UG final year students to go for PG and so on.



On 22<sup>nd</sup> August 2024, the Department of History in collaboration with Institution's Innovation Council (IIC) organized a talk on 'Lean start-up and minimum viable Business' on seminar hall, SJU at 10.am. The program was chaired by Mr. L. Athew Dominic, PG III. The welcome address was given Prof. Dr. Avinuo Chupuo, Head, Department of History. The resource person of this program was Dr. Elangbam Haridev Singh, Head, Department of Management. He talked about the entrepreneurship and its philosophies, theory of systematic innovation and how one should contribute their time 24x7 in their job and should be able to take feedback from the customers. He also emphasis on innovation accounting leading to measuring progress, settling milestones and prioritizing work. The motive of this program is to encourage the students to enhance their skills and talents and to have the ability to take changes, risk, vision and have new innovative ideas. Around 65 students from PG I &III attended along with department faculties. The coordinator was Dr. Lanuchila Changkiri.

## NLTV conducts placement drive at St Joseph University

A one-day placement drive by NLTV was held at St Joseph University, Chumoukedima for the final year students as well as the passed-out students on 16th August, 2024. It was conducted by Placement Cell in collaboration with the Department of JMC. Pre-placement talk was given by Musaraf Ali Sheikh, a NLTV journalist, in which he briefed the students on the various opportunities available to students who are passionate about covering news, investigating events and reporting them objectively. He was accompanied by his team Nukshi Chang - WASP, Tovi Ayemi - DSNG and Yanger - video journalist.





The Management Department of St. Joseph University, Chumukedima successfully organised a three-day event, "Crafts and weaves Mahotsav" with the Ministry of Textile Industry from 7th – 9th August 2024. The event was designed for traditional crafts, providing students with the opportunities to engage directly with skilled artisans and learn various conventional arts. The highlight of the Mahotsav was the presence of four skilled artisans, each with an expert in their respective craft, who conducted hands-on workshops over the three days.

### World Entrepreneurs Day

A business pitch contest on the 21st of August was held at St Joseph University on account of "World Entrepreneurs Day" by the management department at 10:00 am. This program was held to celebrate the spirit of entrepreneurship and the important role it plays in driving innovation, creating jobs, and fostering economic growth and the development of young and new entrepreneurs. This was created to raise awareness about the importance of entrepreneurship in promoting sustainable economic development and reducing poverty to also give employment to young people.



## Mathematics

The Department of Mathematics, SJU conducted a programme on 2nd August, 2024 on the theme 'The Language of Innovation and Entrepreneurship' in collaboration with the Institution's Innovation Council (IIC), at Seminar Hall at 11:00 AM. Dr. D. Shobana, the resource person, delivered a compelling talk on "Mathematics: The Language of Innovation and Entrepreneurship." She emphasized the crucial role of mathematics in entrepreneurship, explaining how mathematical skills are fundamental to problem-solving, strategic planning, and decision-making in business. She also spoke on how entrepreneurs use mathematical concepts to analyze market trends, manage finances, optimize operations, and innovate solutions. She stressed that a strong foundation in mathematics enables entrepreneurs to make data-driven decisions, manage risks, and forecast future business trends. She also elaborated on how various mathematical disciplines, such as statistics, algebra, and calculus, are directly applicable to business functions. For instance, statistics is used for market research and consumer behavior analysis, while algebra is essential for financial modeling and problem-solving.



(SJU), in collaboration with the Institute's Innovation Council (IIC), organized One day special lecture on "ASPECTS OF PHYSICS IN NANOSCIENCE" on August 23, 2024. Dr. M. Kumaresavanji, Assistant Professor, National College (Autonomous), Tiruchirappalli, provided an insightful overview of the nanotechnology and uses in day today life. He is also discussed the various fields in nanoscience in related to physics and other department also.

## Physics

### ASPECTS OF PHYSICS IN NANOSCIENCE

The Department of Physics at St. Joseph University



# Political Science

## Colloquy on Peace

The Department of Political Science marked the International Day of the World's Indigenous Peoples 2024 by launching the annual "Colloquy on Peace" initiative. The event aimed to explore pathways to lasting peace and promote self-determination for the indigenous Naga people. Dr. Shonreiphy Longvah, Associate Professor, was the coordinator of the event.



## COLLOQUY ON PEACE CUM INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES 2024

**AUGUST 09, 2024**  
**@SEMINAR HALL**

**Guest Speaker**  
**Mr. Gam A. Shimray,**  
Secretary General of the Asia Indigenous Peoples Pact (AIPP)



The Department organized a thought-provoking workshop on Cyber Security, themed "Digital Citizenship and Online Ethics", on 13th August 2024. The workshop aimed to educate participants about the importance of responsible digital behavior and online ethics in today's interconnected world. Ms. Yoshei Amanda Konyak, an expert from MMB Cyber School, led the workshop as the resource person.

## Workshop on Cyber Security



## CYBER SECURITY WORKSHOP



# Psychology and Counselling

## Nasha Mukht Bharat Abhiyan

The Department of PSC in collaboration with the Institution Innovation Council (IIC), organized an impactful awareness programme on the 'Nasha Mukht Bharat Abhiyan' initiative. Held on August 20, 2024, the event was designed to educate and inform the university's first-semester undergraduate students about the dangers of drug use and addiction. Ms. Ikali Sema, a renowned Counsellor from the Wellness Centre, delivered the keynote address. In her insightful speech, Ms. Sema discussed the severe impacts of substance abuse, touching upon substances such as tobacco, alcohol, illicit drugs, and prescription medications. She elaborated on how these substances contribute to significant health impairments, stress, and long-term challenges. Ms. Sema also highlighted the various types of substance abuse, symptoms to watch for, and risk factors leading to addiction. She emphasized the importance of adopting effective coping strategies for recovery, including engaging in relaxing activities, practicing mindfulness, avoiding impulsive behaviors, and maintaining honesty with oneself. Her powerful message to the students was a call to action: "Stay clean from substance addiction."



The department of PAC carried out the department Association Election on 7th Aug 2024, the voting took place in respective classrooms. The results were declared on the same day.

The process of election was initiated by Mr. Gideon Vahlou who is the Chief Election Commissioner of Psychology Association SJU.

## Social Work

### STUDENT-EXCHANGE PROGRAM

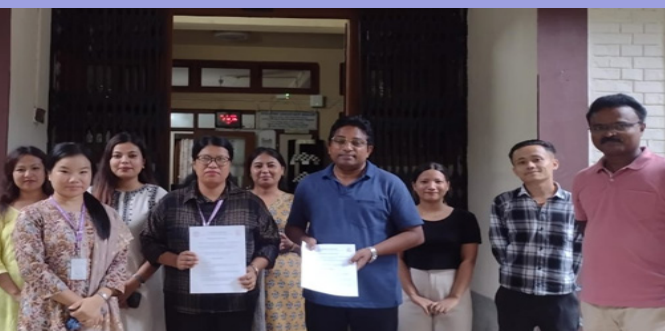
The Department of Social Work, St Joseph University in collaboration with North East Institute of Social Science and Research (NEISSR) had a student-exchange program on 23rd August, 2024 at 10:00am at the Seminar Hall 1301. From NEISSR 26 students undertaking Bachelor of Social Work, 1st Semester and Master of Social Work, 1st Sem accompanied by Dr Lily Sangpui, Asst Prof, NEISSR participated in the program. From St Joseph University, 23 students of BA Social Work, 5th Sem took part in the program. Dr Janet Gonmei, Asst Prof, Dept of Social Work, SJU was the coordinator of the program.

### FIELD VISIT

On 30th August, 2024, the Department of Social Work, MA RD I Semester visited Friday Market, 4th Mile, Chumoukedima, opposite to Central Jail as a part of field visit. A total number of 18 students under the guidance of Miss Yashienla, Assistant Professor have visited the market. The students were divided into groups, comprising of



The Memorandum of Understanding is made between the Departments of Social Work, SJU and Development Association of Nagaland, Chumoukedima, Nagaland on 29th August at 3.30 pm in DAN Office. The signing ceremony was done between the Dr. Pramodini Magh, HOD and Rev. Fr. Sajan Joseph, Director, Development Association of Nagaland. The scopes of the MOU were collaborative programs, Industrial visit program, and Internship program.



## SCIENCE CLUB

Fresher's Day was held by the St. Joseph University Science Club on September 3, 2024, at 2:15 PM at the University Auditorium. Five disciplines, including Botany, Chemistry, Mathematics, Physics, and Zoology, collectively celebrated the occasion.

### Editorial Team

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