



Health

01. GET ENOUGH SLEEP

Good sleep hygiene promotes better physical health, mental sharpness, and emotional well-being.

02. EXERCISE AS OFTEN AS YOU CAN

Engage in physical activity regularly. Aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity exercise each week.

03. AVOID TOBACCO, ALCOHOL, AND DRUGS

Refrain from using tobacco products, limit alcohol consumption, and steer clear of recreational drugs.

04. EAT A HEALTHY, BALANCED DIET WITH LOTS OF VEGETABLE

Consume a variety of nutrient-rich foods. Aim for a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.

05. GET REGULAR CHECKUPS

Regular health screenings and check-ups can help detect potential health issues early on, allowing for timely intervention and better management of health concerns.

Stay fit

Editorial Message

A clean environment is essential for human health and well-being. The Sustainable Development Goal 3 (SDG 3) is a global goal that looks to ensure health and promote well-being for everyone. This is referred to as the “Good Health and Well-being” goal. Good Health and Well-being is one of the 17 Sustainable Development Goals established by the United Nations in 2015, as part of the 2030 Agenda for Sustainable Development.

SDG 3 focuses on good health and well-being as essential for individuals, communities, and nations to enable everyone to thrive and achieve their potential. The idea behind SDG 3 is that good health is a fundamental human right and a prerequisite for sustainable development. Therefore, investing in health and well-being will increase productivity, economic growth, and social stability. This in turn will help to reduce poverty reduction and to promote an equitable society.

The main objectives of SDG 3 are: (i). Reduce the mortality rate from non-communicable diseases. (ii). Reduce communicable diseases. (iii). Improve mental health and well-being and prevent substance abuse. (iv). Create and improve health systems and access to essential medicines and vaccines. (v). Improve healthcare access for vulnerable populations, including women, children, and the elderly. (vi). Mitigate the impact of health emergencies such as pandemics and natural disasters.

Some important specific targets of SDG 3 include reducing maternal and child mortality, tackling infectious diseases, and ensuring universal access to sexual and reproductive health and rights. SDG 3 also promotes access to sexual and reproductive healthcare services such as family planning and information through the integration of reproductive health into national programs.

SDG 3 is particularly important for India, given the challenges faced by its large and diverse population. Despite significant economic progress, India has faced challenges of equity and lack of access to quality health services, particularly in rural areas. With a rise in noncommunicable diseases such as heart disease, cancer, and diabetes, the need to address health as a determinant of progress was strongly felt. Due to an archaic patriarchal society, maternal and child health was also often neglected. Thus it was important for policymakers to look at reducing maternal and neonatal mortality and improving nutrition and nutritional deficiencies among children and women. India faces several challenges in achieving SDGs. Insufficient funding is a major challenge to achieving SDG 3. Robust health systems require sustained investment to ensure that they are well-equipped to deliver quality healthcare services to all. Addressing the challenges requires a comprehensive approach involving health, education, finance, and the environment. Government initiatives, sufficient funding, and effective public-private partnerships are critical to achieving SDG 3 and ensuring that all people enjoy the benefits of quality healthcare, health, and well-being. Achieving the target of SDG 3 in India is essential for better health and well-being and for removing disparities. This will help build a sustainable and equitable society.

Dr. M. Gairiangmei R. Naga
Professor, Department of Political Science

Message from Management

Good Health and Well Being

Health is God's gift to us. Health refers to the physical and mental state of a human being. To stay healthy is not an option but a necessity to live a happy life. The basic laws of good health are related to the food we eat, the amount of physical exercise we do, our cleanliness, rest, and relaxation. A healthy person is normally more confident, self-assured, sociable, and energetic. A healthy person views things calmly, and without prejudice. Your life term extends when you maintain good physical fitness. If you are committed to exercising with a sensible diet, then you can develop a sense of well-being and can even prevent yourself from chronic illness, disability, and premature death. Health and well-being is a high priority in current health and social care provision. The importance of promoting health and well-being is due to the dramatically increasing trend of morbidity and mortality from health problems, illness and chronic disease. "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." (WHO, 1948)

Now considering the state of Nagaland there are several issues in the field of physical, mental and social well being of its citizens. In recent years, efforts have been made to improve health-care services and infrastructure, but there remain several obstacles that need to be addressed to ensure better healthcare access and outcomes for the people of Nagaland. Issues such as maternal and child health, prevalent diseases, mental health of the youth, health-care infrastructure, health-care workforce, etc. plagues the state of Nagaland.

As for the youth of the state of Nagaland there is so much at stake for their well being in every aspect so as to make themselves productive in the days to come. Especially as the future pillars of the Nagaland state they need to be physically, mentally and socially fit and to achieve this status is not impossible but needs discipline. Indulging in unhealthy lifestyles such as alcohol and substance abuse, tobacco usages, pre-marital sex, etc. will have a long term detrimental effect on their future life's prospects. To be a success in our chosen field of profession we need to be, primarily, physically and mentally fit and to be that we need to make smart choices at the crucial juncture of our youth life. We need to identify the elements that will weaken us physically and mentally and thereby avoid or abstain from indulging in it. This is not rocket science that needs mega-research to understand but simple commonsense to instill the self-discipline to the right thing so as to reap in future harvest in the days to come. A sick person is not only a liability to himself or herself but also to the society as a whole and this is true for the person who knowingly or intentionally indulges in activities which results in ill-health or invites misfortunes. So my dear students, make the right choice today so that tomorrow you will build a healthy state of Nagaland where you will thrive and prosper.

Prof. Charles Mhonthung Ezung
Dean of Student Affairs
St. Joseph University

Department Meeting

The Department of History conducted a Staff meeting on 13th September 2024 at 2.30 p.m.
The Department of Social Work held a Staff Meeting on 12th September, 2024 at 2:30 p.m.
The Department of Social Work held a Staff Meeting on 26th September, 2024 at 2:30 p.m.
The Department of Physics held a Staff Meeting on 18th September, 2024 at 2:30 p.m.
The Departmental of JMC conducted Staff Meeting on Friday, the 27th of September, 2024 at 2.30pm.
The Department of Education conducted Staff Meeting on 13th September 2024 at 2.30 pm.

HEALTH CARE PROGRAMME

St. Joseph University, Chumoukedima, Nagaland, hosted a two-day Healthcare Week on September 30 and October 1, 2024, organized by the National Cadet Corps (NCC), Red Ribbon Club (RRC), and Youth Red Cross Club (YRCC). The event, themed “One Health: A Way Forward for a Sustainable Future,” took place at the University Seminar Hall.

DAY 1

SESSION I

Dr. TsarangpiSangtam, Physician and Head of the Emergency Department at CIHSR Referral Hospital, delivered a presentation emphasizing the importance of learning Basic Life Support (BLS). His team highlighted the critical role of Cardiopulmonary Resuscitation (CPR), discussing both the anatomy and physiology of the heart and the vital significance of CPR in emergency situations.



SESSION II

Mr. KG Gaikhonlugpou, Head of the Department of Transfusion Medicine at the Blood Centre, CIHSR Referral Hospital, highlighted the critical role of blood donation in saving lives. He emphasized that a single blood donation has the potential to save up to three lives. During his address, Mr. Gaikhonlugpou also elaborated on the different types of blood donors, the criteria donors must meet, and the various health benefits associated with blood donation. Ms. Ikali, a counsellor at St. Joseph University, delivered a talk on substance abuse, highlighting its impact on youth, including chronic health, mental health, addiction, social, and financial issues.

DAY 2

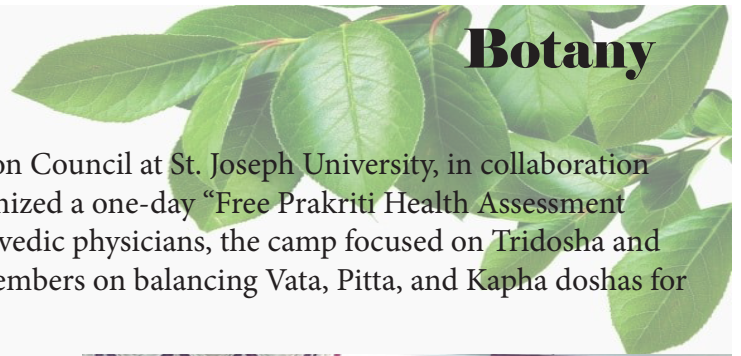
A blood donation drive was held in collaboration with the Blood Centre, CIHSR Referral Hospital, in honour of “National Voluntary Blood Donation Day.” Out of 67 registered donors, 47 successfully donated blood.



DEPARTMENTAL PROGRAMME

Free Prakriti Health Assessment Camp

The Department of Botany and Institute's Innovation Council at St. Joseph University, in collaboration with the Regional Ayurveda Research Centre, organized a one-day "Free Prakriti Health Assessment Camp" for staff on September 7, 2024. Led by Ayurvedic physicians, the camp focused on Tridosha and Prakriti, providing health counselling to 50 staff members on balancing Vata, Pitta, and Kapha doshas for overall wellness.



Computer Science

CyberSecurity Awareness Program

The Department of Computer Science, in collaboration with IIC, organized a "Cybersecurity Awareness Program" featuring Mr. A.L. Stalin Benny, Project Manager and Security Analyst at HCL Technologies Ltd., as the resource person. Hosted by Ayimtila Longkumer, the event was attended digitally by Computer Science and B.Tech CSE students. The speaker covered key topics on cybersecurity, vulnerabilities, and cyberattacks, with a positive outcome for all participants.



Voluntary Blood Donation Camp
 Computer Science students, NCC cadets participated in a Voluntary Blood Donation Camp at St. Joseph University, themed "Give Blood, Give Life."



Faculty Development Program

The Departments of Computer Science and Civil Engineering organized a five-day "Online Faculty Development Program on Teaching Learning Process and Challenges" from September 23 to 27, 2024, in collaboration with IIC.

Resource persons included:

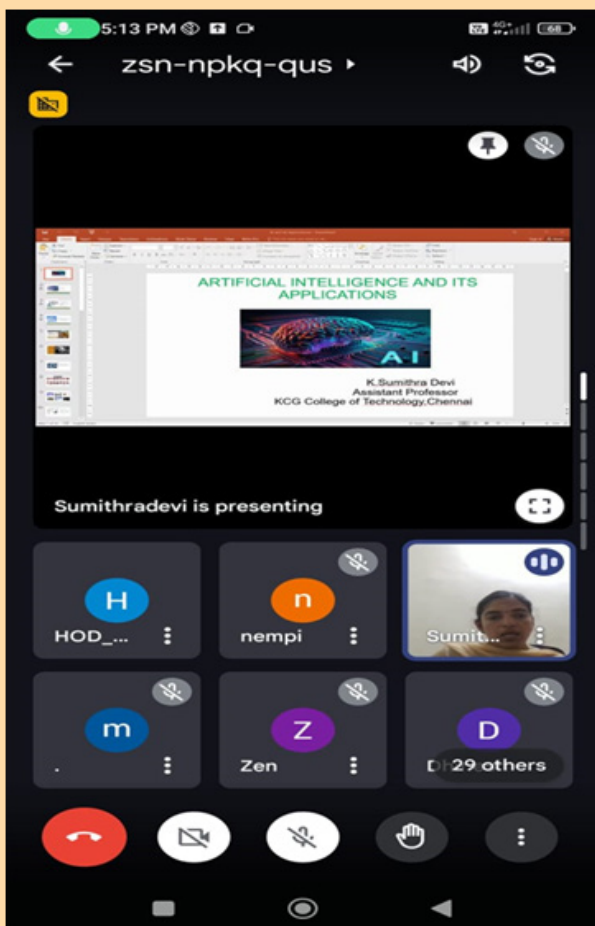
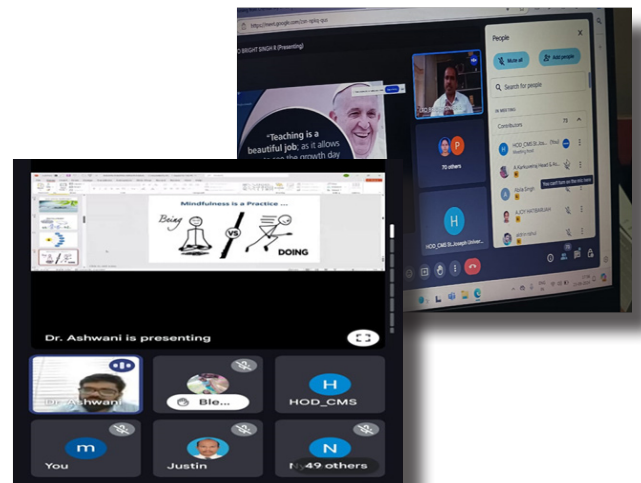
Day 1: Dr. R. Leo Bright Singh, Asst. Professor, Mar Ephraem College of Engineering and Technology, Tamil Nadu.

Day 2: Dr. Kusuma Sundara Kumar, HoD, Ramachandra College of Engineering, A.P.

Day 3: Mrs. K. Sumithra Devi, Asst. Professor, KCG College of Technology, Chennai

Day 4: Dr. Ashwani Pundeer, Asst. Professor, National Forensic Sciences University, Gujarat

Day 5: Dr. Devabalan Pounraj, Dean, Fatima Michael College of Engineering and Technology, Madurai



Education Freshers' Day

The Department of Education organized a vibrant Freshers' Day celebration to welcome the new batch of students within the department on Friday, September 06, 2024 at 2.30 p.m. The Freshers' Day celebration was a resounding success. The event helped to create a positive and inclusive atmosphere, setting the tone for a fruitful academic year ahead. The program ended with the result declaration of Mr. and Miss. Fresher's. The winners were Mr. Vikupu of UG1 and Ms. Holito of PG 1.



English Theatrical Play

The Drama Club of the Department of English at St. Joseph University presented a theatrical production of Shakespeare's Romeo and Juliet on October 1, 2024, at 9:30 AM. The program commenced with a welcome address by Ms. Amy Chishi, Assistant Professor, followed by Mr. Ajith J., Assistant Professor, who provided a brief overview of theatrical history and its various genres. Ms. Tokaholi Chishi, Assistant Professor, spoke on the cultural significance of drama and its timeless relevance, which led to the selection of Romeo and Juliet for the performance. The stage production realistically brought Shakespeare's iconic love story to life, with the cast skillfully capturing the innocence, passion, and intensity of their characters. The performance resonated with the audience, making the brief romance feel profoundly real. Directed by Toto Zhimo, an MA 1st Semester student, the play featured 17 characters. The event concluded with a vote of thanks delivered by Ms. Betina Vashi, Assistant Professor, acknowledging the efforts of the cast and coordinators.



History



Outreach Programme

The Department of History conducted an outreach programme on 5th of September 2024 on the theme 'Elevating Humanity' to observe International Day of Charity. The programme was held at the Old Age Home, Tenyiphe I, Chumoukedima. The purpose of the visit was to make the students aware of the importance of taking care of old people and to nurture a personality of compassion, sympathy and goodness. The programme was attended by 30 students and 6 members of the Home including the Coordinator. The Coordinators of the event were Ms. Imkongsenla, and Ms. V.ShinatoliShohe, Assistant professors, Department of History, SJU.

Second Historia

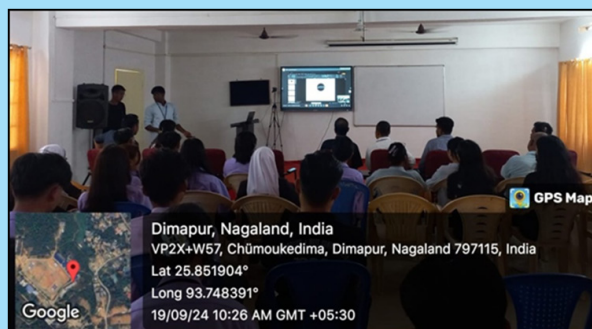
The Department of History, St. Joseph University organized the Second Historia on September 23, 2024, under the theme “Folktales Through Performing Arts”, at St. Joseph University, Auditorium. The program commenced at 10:00 am, with an overwhelming response from 250 students. It was designed to promote and preserve the cultural heritage of the Naga people. This event was conceived to foster the preservation of indigenous traditions while raising cultural awareness and education among the student body.



Journalism and Mass Communication

Digital Broadcasting

On September 19, 2024, the Journalism and Mass Communication Department, in collaboration with the Media and Publicity Cell of St. Joseph University, organized a webinar on “Digital Broadcasting.” Moderated by Associate Professor Nazrey Hossain, the session featured Mr. W. Rojenn Singh, Assistant Professor at Patkai Christian College, who discussed the shift from traditional to digital broadcasting. The event provided insights into digital platforms like streaming services and social media. The webinar concluded with a vote of thanks by Ms. Poukendiliu Pamai.



Fresher's Day 2024

The Department of Journalism and Mass Communication held its 2024 Freshers' Day on September 17 at the University Auditorium. The event began at 3:30 pm with an invocation by Vitutsuo (UG Sem V) and a welcome address by Asst. Prof. Kayideluo Pfoze. It featured entertainment, speeches, and a Mr. and Miss Freshers contest, concluding with a benediction by Dr. N. Nishikanta Singh, HOD.

Political Science

The Department of Political Science and IIC at SJU, in collaboration with RIS and NETRA, hosted a talk on “Nari Shakti: From Women Development to Women-Led Development” on Sept 30, 2024. Dr. Priyadarshi Dash from RIS, New Delhi, highlighted G20 initiatives focused on empowering women, addressing gender gaps, and promoting women in leadership roles. Professor Polly Vauqueline from Guwahati University discussed the importance of gender-inclusive development, emphasizing equal resource distribution, women's active participation, and decision-making, warning

A TALK ON NARI SHAKTI: FROM WOMEN DEVELOPMENT TO WOMEN LED DEVELOPMENT

that gender bias leads to unsustainable development. The programme also witnessed two more talks on “The Impact of Financial independence on Women lives” by Ms. Nengeithem Henga, Co-Founder of Runway India HM Pvt, Ltd. who spoke on the fundamentals of doing business; financial literacy and Financial discipline and “The role of Banks, financial institutions and Government in promoting women entrepreneurs” delivered Ms. IsileNza, Assistant Area Manager, Nagaland Moneywise Centre for financial Literacy, Nagaland.

International Day of Peace

The Department of Political Science at St. Joseph University observed the International Day of Peace on September 21, 2024, with a talk by Dr. Shonreiphy Longvah on the theme "Cultivating A Culture of Peace." Dr. Longvah highlighted the 25th anniversary of the UN's declaration on the culture of peace, emphasizing that peace is more than the absence of conflict; it involves promoting non-violence, human rights, and tolerance. She discussed the importance of addressing the root causes of conflict, especially in the Naga context, citing factors like the Indo-Naga conflict, tribalism, and governance issues. Dr. Longvah concluded that meaningful dialogue is essential for the Nagas to embrace a culture of peace.



Psychology and Counselling

Counselling and its Benefits

The Department of Psychology and Counselling at St. Joseph University, Nagaland, held a session on "Counselling and its Benefits" on October 1, 2024. Ms. Kelengonu Thakro, a counsellor at the university, discussed the importance of personal counselling in helping individuals navigate their lives. The session aimed to encourage students to develop the healthy habit of seeking help from counsellors, assuring them of privacy and confidentiality.



Social Work

3rd Cultural and Literary Day Program

The Department of Social Work at St. Joseph University, Chumoukedima, hosted its 3rd Cultural and Literary Day on September 10, 2024, themed "Igniting Culture." The event aimed to connect students with cultural values through performances and discussions that enhance communication skills and critical thinking. Guest speaker Mrs. Ahimsa Zhimo, Founder of Beyond Cancer and former President of the Sumi Women Organization, emphasized the importance of culture in shaping society. She urged students to cultivate their cultural identity and remain vigilant against cultural erosion to build a better community.



Field Visit

On September 6, 2024, MA RD Semester I students from the Department of Social Work visited the Can Youth Organization in Dimapur for an orientation program, supervised by Miss Yashienla, Assistant Professor. Established in 2010, Can Youth is a registered non-profit organization dedicated to supporting underprivileged

communities with a mission to "help them help themselves." The organization focuses on five thematic areas: health, education, child rights, leadership, and skill building to empower children, adolescents, and youth, including dropouts. Mr. Jenpu Rongmai, the Founder and Chief Functionary, provided an overview of the organization's work.

On September 13, 2024, MA RD Semester I students from the Department of Social Work visited the Organic AC Market in

Chumoukedima, Nagaland, under the supervision of Miss Yashienla, Assistant Professor. This market, the first of its kind in the state, aims to benefit farmers by linking agricultural produce with the Nagaland State Agricultural Marketing Board. Mr. N. Jacob Yanthan, Managing Director of NSAPLMB, provided an orientation on marketing structures and objectives. He discussed the farm-to-table concept, raised awareness about the origins of organic food, and encouraged students to adopt eco-friendly practices in their daily lives.



Freshers' Day

The Department of Social Work at St. Joseph University, Chumoukedima, held its Annual Fresher's Day on September 4, 2024, at the University Auditorium. The event welcomed new students from both the Bachelor of Social Work and MA Rural Development programs. Dr. Pramodini Magh, Head of the department, encouraged students to embrace learning. The highlight of the event was the selection of Mr. and Miss Freshers, with Ms. Khengdauliu (MA RD I) and Mr. Lungwangdinglheilung (BSW I) being crowned.



The department of Zoology organised an online webinar on "Artificial Reefs and its Importance" on the 3rd of September at the University seminar hall. The resource person of the webinar was Dr. Sakthivel, Principal Scientist and Head, Kudde Life Foundation, Pondicherry. The resource person in his talk highlighted the importance of reefs and the need to create artificial reefs. Dr. M Baranitharan, Assistant Professor Department of Zoology was the organizing secretary of the webinar. The Webinar was attended by more than 50 online attendees including, faculties, scholars, academicians and students from various colleges and universities.

Online Webinar

Zoology



Management

People Education Program

The Department of Management Studies, St. Joseph University, in collaboration with the Institution's Innovation Council (IIC), SJU, and the Khadi Village Industries Commission (KVIC), Dimapur, successfully organized a seminar on "People Education Program". The event took place on 25th September 2024, 9.30 am, at Auditorium hall.

The seminar was mainly focus on creating awareness of the policy and program of the Government of India on MSME and particularly for KVIC. The event was well-received and highlighted the university's commitment to promoting entrepreneurship among young minds critical thought and understanding of key social and economic principles of MSME.



Entrepreneurial Skill Development Program

A webinar on "Entrepreneurial Skill Development Program" was conducted at St. Joseph University by the department of Management on September 30 at 10:00 Am. The session mainly aimed on how to bring up young entrepreneurs around Nagaland and built up their confidence towards their goals. The webinar brings an insight of its scheme that is a government scheme. The scheme is called "Advancing North East" that mainly focuses on digital world on career and livelihood of the youths of the North Eastern Region. The session highlighted the efforts of the scheme in supporting early startups through E- learning, creating awareness, counseling, mentorship and also access to networking areas. The audience included university faculty, Hod and management students.



ST JOSEPH UNIVERSITY

2nd INTERNATIONAL CONFERENCE
on
MULTIDISCIPLINARY RESEARCH & INNOVATION

24th & 25th
October 2024

ORGANIZED BY
INTERNAL QUALITY ASSURANCE
CELL (IQAC), SJU

<p>CONFERENCE THEMES</p> <p>Papers are invited from the field of:</p> <ul style="list-style-type: none"> Arts and Humanities Commerce and Management Engineering and Technology Sciences 	<p>PUBLICATION</p> <p>Conference Souvenir (ISBN) and selected papers in ISSN Journal/ISBN Book (with publication charges).</p>
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IMPORTANT DATES

Last date of Abstract Submission: 15th October 2024
Acceptance Notification: 17th October 2024
Full Paper Submission: 19th October 2024

FOR MORE DETAILS

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REGISTRATION FEES

National participants
Students (UG/PG): ₹ 750
Research Scholar: ₹ 1500
Faculty: ₹ 2000
Non Academicians: ₹ 2500

International Participants
Students/Scholar: \$ 50
Faculty/ Non Academicians: \$ 100

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Hearty Welcome

3rd EDITION
ST. JOSEPH UNIVERSITY
TROPHY

7th - 9th OCTOBER 2024

Special Guest:
Shri. Zhaleo Rio, IAS (Retd.)
MLA & Advisor
Urban Development & Municipal Affairs Department
Government of Nagaland

VENUE : ST. JOSEPH UNIVERSITY GROUND **TIME : 10:00 AM**

Upcoming
EVENTS

in
ST JOSEPH UNIVERSITY

ST. JOSEPH UNIVERSITY
IKISHE MODEL VILLAGE, CHUMOUKEDIMA, NAGALAND - 797115

2nd NATIONAL SEMINAR | REVIVING LINGUISTICS, LITERATURE AND CULTURAL STUDIES

7th - 8th OCTOBER 2024 | 09:30AM | SJU AUDITORIUM

ORGANIZED BY DEPARTMENT OF ENGLISH

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