



SJUNewsbytes

A monthly Newsletter of St. Joseph University

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16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



GOAL 16

PEACE, JUSTICE, AND STRONG INSTITUTIONS

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable, and inclusive institutions at all levels

EDITORIAL MESSAGE

Dear Readers,

Warm greetings from the Newsbites team. At the outset, we wish to sincerely acknowledge your unwavering encouragement and continuous support, which has been a source of strength and inspiration for us. Your trust motivates us to carry forward our mission of bringing meaningful understanding and knowledge to our readers with dedication and commitment.

Each month, we dedicate our editorial focus to one of the Sustainable Development Goals (SDGs), reflecting on its global relevance and local implications. For this edition, we turn our attention to SDG 16: Peace, Justice, and Strong Institutions. This goal stands as a cornerstone of sustainable progress, underscoring the necessity of inclusive societies, accessible justice, and accountable governance as the foundation for lasting development.

Peace is more than the absence of conflict; it is the presence of fairness, security, and opportunities for all. Justice ensures that every individual, regardless of their background, is treated with dignity, fairness, and equality before the law. Strong institutions, meanwhile, serve as the guardians of these ideals upholding rights, fostering transparency, and creating environments where trust and cooperation can flourish.

In today's interconnected world, the importance of this goal cannot be overstated. Without peace, development is hindered. Without justice, inequalities deepen. Without strong institutions, societies become fragile and vulnerable to corruption and instability. Achieving SDG 16 is therefore not only about building fair systems but also about empowering people to have a voice in decisions that affect their lives.

As a team, we recognize that peace and justice are not abstract concepts but values that must be nurtured in everyday life. From ensuring fairness in classrooms and workplaces to fostering dialogue within communities, each step taken toward integrity and compassion contributes to the larger vision of sustainable and inclusive growth.

Through this issue, Newsbites seeks to shed light on the significance of SDG 16, highlight ongoing efforts worldwide, and encourage reflections on how each of us can play a part in building a culture of peace and accountability. The responsibility to create just and resilient societies is a collective one, and it begins with awareness, empathy, and action at every level.

We thank you once again for standing with us in this journey of knowledge-sharing. Let us continue to move forward together, inspired by the belief that peace, justice, and strong institutions are not merely aspirations, but achievable realities.

*With regards,
Ms. Aeminla
Assistant Professor
Department of Physics*

MESSAGE FROM THE PUBLIC RELATIONS OFFICER



Dear Students, Faculty, and Staff,

Peace, justice, and strong institutions. Three big words that sound like they belong only in the United Nations or in some international summit with people wearing suits and speaking in complicated English. But let's pause and ask ourselves — don't these words matter in our daily lives too? We often imagine peace as a world without wars, but peace is also that moment in the library when no one is talking loudly on the phone. Justice is not only about courtrooms and lawyers in black coats, but also about returning that borrowed pen you "forgot" to give back. And strong institutions? Well, if our classrooms, offices, and committees work smoothly without endless delays, that's as much a strong institution as the Supreme Court itself.

As the great Mahatma Gandhi once said, "Peace is not the absence of conflict, it is the ability to handle conflict by peaceful means." Notice the wisdom here — peace doesn't mean silence, it means learning to argue without breaking chairs. (Yes, dear students, this message applies during group projects too!) Justice, on the other hand, is not just about punishing wrongdoers. It is about fairness. It is about listening to others even when we disagree. It is about ensuring that the weak have a voice and the strong use their strength to protect, not to dominate. Or, as Martin Luther King Jr. reminded us, "Injustice anywhere is a threat to justice everywhere." Even the smallest unfairness, like skipping someone in the canteen line, can ripple into a culture of disregard. And then we come to strong institutions. Let me be honest: an institution is only as strong as the people who run it. If we treat rules like Wi-Fi passwords (something to constantly find loopholes around), then even the best institution collapses. But when we respect systems, participate responsibly, and hold ourselves accountable, our college, our workplaces, even our student clubs become examples of stability and trust.

Humor aside, the reality is that our world today desperately needs young people and educators to live these values. Violence, corruption, and mistrust seem to be trending everywhere — and unlike Instagram trends, these are not worth following. Instead, let us be trendsetters of peace, ambassadors of justice, and builders of institutions that future generations will thank us for. So, dear students, faculty, and staff, let's not just leave "Peace, Justice, and Strong Institutions" as a UN goal printed on a poster. Let's live it in our classrooms, in our offices, in our playgrounds, and yes, even on WhatsApp groups where arguments often reach "World War III" levels.

To end with a smile, remember: peace begins with a smile, justice begins with fairness, and strong institutions begin with us showing up on time (yes, that includes those who think 9 AM means 9:45). Together, let us create a university culture that reflects these values — vibrant, fair, and strong. Because when we live by peace and justice, we are not just building a university, we are shaping a better tomorrow.

Thank you, with regards,
Rev. Fr. Dr. Anish
Public Relations Officer

MESSAGE FROM THE DEAN OF STUDENT AFFAIRS



PEACE JUSTICE AND STRONG INSTITUTIONS

One of the goals of Sustainable Development Goal (SDG) refers to the promotion of peace, justice and strong institutions so that all sections of the human society can partake the fruits of development in the society. This SDG goal focuses on eliminating and reducing all forms of violence, ending exploitation and ensuring all people have equal access to justice and fully participate in the society without discriminations. For meaningful development to be achieved it is important for the establishment of a just and peaceful society which is supported by a set of strong institutions designed to secure peace and justice within the society. Let us examine specifically what the goals of peace, justice and strong institutions actually entails.

This SDG seek to create a world where peace is maintained, communities are inclusive and just, and institutions are transparent and accountable. This goal recognizes that peace and justice are fundamental for sustainable development, and strong institutions play a critical role in ensuring that societies function efficiently and equitably.

In the promotion of peace and justice, the following points needs to be highlighted;

1. Reducing violence: Significantly decreasing all forms of violence, including conflict-related deaths and homicide rates, is a key target.
2. Protecting children: Ending all forms of abuse, exploitation, trafficking, and torture against children is a crucial component.
3. Ensuring access to justice: Guaranteeing everyone has equal access to justice and upholding the rule of law at national and international levels are fundamental.
4. Ending discrimination: Promoting and enforcing non-discriminatory laws and policies is necessary for a just and peaceful society.

While building strong institutions, the following points needs to be stressed.

1. Accountability and effectiveness: Institutions need to be effective, accountable, and inclusive at all levels of government.
2. Rule of law: Supporting the rule of law and promoting equal access to justice for all are essential for building strong institutions.
3. Reducing corruption: Efforts are needed to reduce corruption and bribery in all its forms.
4. Inclusive governance: Institutions must be responsive to the needs of all citizens, ensuring they have a say in how their country is run and that marginalized people are not left behind.

Therefore, in a world plagued by conflict, injustice, and weak governance, the SDG of Peace, Justice and Strong Institutions, aims to address these challenges and create an enabling environment for prosperity, security, and social cohesion. By focusing on promoting peaceful and inclusive societies, this goal seeks to create opportunities for growth, development, and well-being for all.

Prof. Charles Mhonthung Ezung
Dean of Student Affairs

DEPARTMENTAL MEETINGS

The Department of Biotechnology held Staff Meeting on 24th September 2025.

The Department of Chemistry held Staff Meeting on 16th September, 2025.

The Department of English held Staff Meetings on 8th and 16th of September 2025.

The Department of Journalism and Mass communication held Staff Meeting on 11th September, 2025.

The Department of Physics held Staff Meeting on 24th September, 2025.

The Department of Psychology and Counseling held Staff Meeting on 16 September, 2025

The Department of Political Science held Staff Meeting on 18th of September 2025.

The Department of Zoology held Staff Meeting 22nd of September 2025.

DEPARTMENTAL ACTIVITIES

DEPARTMENT OF BIOTECHNOLOGY

International Microorganism Day

The Department of Biotechnology, St. Joseph University, in collaboration with IIC, commemorated International Microorganism Day on 24th September 2025. The program was chaired by Ms. Mongyung M. Chemdok (B.Sc. I Year) and commenced with an invocation by Ms. Toketoli Rochill (B.Sc. II Year). A welcome address was delivered by Dr. Amrita Difusa, Assistant Professor, Head of Biotechnology Department, followed by a felicitation by Dr. K. Rajaganesh, Associate Professor, Department of Biotechnology. The highlight of the event was an insightful talk by Dr. M. Murali, Associate Professor, Zoology, on “Human-Microbes Interaction: Daily Benefits and Challenges.” The session enhanced awareness of the role of microbes in human health and daily life. The program concluded with a vote of thanks by Dr. Kikoleho Richa, Assistant Professor, Department of Biotechnology. Overall, the event was successful in promoting awareness and appreciation of microorganisms among students and faculty.



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Webinar

A one-day webinar on “Role of Biotechnology in Cancer Treatment” was successfully conducted on 26th September 2025, organized by the Department of Biotechnology, St. Joseph University, Chumoukedima. The webinar featured Dr. Yanpothung Yanthan, MD, Assistant Professor, Radiation Oncology, Dr. B Borooah Cancer Institute, Guwahati, Assam as the resource person. The resource person delivered an insightful and engaging presentation. In his address, Dr. Yanthan emphasized the importance of biotechnological tools such as genetic engineering, monoclonal antibodies, CRISPR gene editing, immunotherapy, and molecular diagnostics in cancer treatment. Participants, including students, researchers, faculty members actively engaged in the session, posing thoughtful questions that sparked meaningful discussion.



DEPARTMENT OF CHEMISTRY

Workshop

On 8th September 2025, the Department of Chemistry in collaboration with Institute's Innovation Council, St. Joseph University, Chumoukedima, Nagaland, organized a momentous one-day workshop on "Food Safety and Consumer Awareness in the Digital Age" held at the university Conference Hall. The workshop saw active participation from 19 students and faculty members. The Resource person Zuthungbemo K Ngullie, Food Chemist, Food Safety Dimapur, FSSAI, presented a brief talk to bridge the gap between technological advancements and consumer awareness, ensuring that food safety measures evolve alongside digital innovations.



Report on Industrial Visit

The department of chemistry conducted industrial visit to M/s JO BEVERAGES Pvt. Ltd, Seithekema Basa Village, Chumoukedima on 12th September, 2025. The visit was accompanied by 3 students and 4 students (UG 5th semester) along with 2 faculties, Mrs. Nurhebei and Dr. Renathung C Ngullie. The industrial visit to M/s JO Beverages Pvt. Ltd. was an enriching experience for all participants. The purpose of this visit was to provide students with practical exposure to real-time production processes and operations management, and to bridge the gap between theoretical knowledge and industrial practices.



DEPARTMENT OF CIVIL ENGINEERING

Department of Civil Engineering & Department of Computer Science, in collaboration with The Institution of Engineers (India) IEI, celebrated National Engineer's Day on 15th September 2025 at the university auditorium, with the theme "Unleashing the Power of Engineers to Advance the Sustainable Development Goals." The celebration began with an invocation by Rev. Sr. Dr. M. Thianes Mary, followed by a welcome address delivered by Mr. P. Vivekanandan, HoD, Department of Computer Science. A special number was presented by the CSE department students and Erenbemo Odyuo from Civil Engineering department. The Resource Person Address was delivered by Dr. A Robert Xavier, Registrar, St. Joseph University. He spoke on the importance of engineers' contribution to nation-building and highlighted the importance of engineers in our day to day life through innovation and ethical practices. Following the address, Mrs. Reenamol T.X, HoD, Department of Civil Engineering, proposed the Vote of Thanks. The program concluded with a benediction by PRO Rev. Fr. Dr. L. Anish.



Session on Research Paper Writing

The Department of Civil Engineering, St. Joseph University, organized an offline session on Research Paper Writing on 26th September 2025. The session was chaired by Monu (4th Year), with invocation by Akhéno Yokha (3rd Year), welcome address by Mr. E. Ramesh, and the resource person was Dr. S. Jeyaparvathi, Professor & Head, Dept. of Zoology, SJU-Nagaland. The programme ended with a vote of thanks by Tsilongla Thonglaru (3rd Year) and benediction by H. Papi (4th Year).

Key Points were discussed on Scientific writing, A scientific paper IMRAD format – Introduction, Methods, Results, and Discussion, Data presentation through text, tables, charts, and diagrams. The session was very helpful for students in understanding how to write research papers effectively. Dr. Jeyaparvathi explained the process in a simple way, which will guide students in their future research work.



Career Guidance Programme

The Department of Civil Engineering and Computer Science, St. Joseph University, organized a career guidance programme on 29th September. The event began with Ms. Kajol Sunar, serving as the chairperson. The invocation was presented by Mr. Lakshum followed by a warm welcome address by Mrs. Reenamol T X (HoD of Civil Engineering). The highlight of the event was the resource session by Dr. M. Rajendran (IAS-Retd), Director of Administration at KMMC Medical College, Muttom, Kanyakumari in which he talked about various career options available to engineers, including private, research, industry, and public sectors (IAS, state exam). He offered valuable advice on career planning and the skills needed in today's competitive world, also encouraged all the students and congratulated them for choosing engineering and aiming for competitive exams. Following the session, Mr. P. Vivekanandan (HoD of Computer Science) delivered the vote of thanks. The programme concluded with the benediction by Miss. Nabam Sumpi.



DEPARTMENT OF COMPUTER SCIENCE

The Department of Computer Science, St. Joseph University, Chümoukedima, hosted its two-day techno-cultural fest Tekne Fest 2025 on September 25–26 under the theme “From Sparks to Breakthrough”. The fest featured a wide range of technical, cultural, and gaming events including coding, quiz, exhibition, photography, painting, meme-making, reel-making, Mobile Legends, PUBG, chess, ludo, and arm wrestling. Students displayed innovation, creativity, and talent, with winners like IDreams7 (Mobile Legends), Team International (PUBG), Himganlung Gangmei (Meme & Graphic Designing), Tongpanghok & Juheto Awomi (Coding), Rafia Bano & Gulzar Hussain (Quiz), Razwan Hussain and Kengimheing Nampeung (Code Hunt) and Akhum Lims (SJU Got Latent) among others. The event, graced by Dr. S. Thiyagarajan, COE, concluded with a prize distribution ceremony and benediction, leaving behind a vibrant spirit of collaboration and achievement.



DEPARTMENT OF EDUCATION

Curriculum Day Programme—"AGON"

The Department of Education, St. Joseph University, celebrated its annual Curriculum Day programme on the theme "AGON" on 11th September 2025 at the SJU Auditorium. The event commenced at 9:30 a.m. and was graced by the presence of students, faculty members, and distinguished guests. The Presidential Address was delivered by Rev.Sr.Dr.M Thianes Mary DMI, Deputy Registrar, St.Joseph University. The Guest Speaker, Rev. Fr. Dr. Pezalhoukho George Rino, Parish Priest and Principal, St. Joseph Higher Secondary School, 7th Mile, Chümoukedima, exhorted the gathering with valuable insights.



Eudaimonia- Philosophy Day

The Department of Education, St. Joseph University, Chumoukedima organized Eudaimonia- Philosophy Day with great enthusiasm and academic fervor at the university Auditorium on 26th September 2025. The Guest Speaker of the event was DR. T. Soundara Pandian, Associate Professor, MITE, Kohima, who highlighted the objective of Eudaimonia to reflect on ourselves and discover the meaning of true happiness and human flourishing from philosophical perspectives. A special song was presented by UG 1st Semester, Department of Education which enriched the atmosphere and captured the spirit of the celebration. The first session concluded with Vote of Thanks by Mr. Baulang N., President, Department of Education Student's



DEPARTMENT OF ENGLISH

Magazine Release

The Department of English at St. Joseph University marked a significant academic and literary occasion on 29th September, 2025, with the official release of the second volume of its esteemed literary magazine, Horizons. The launch ceremony was held in the Vice-Chancellor's Chamber. The volume was formally released in the presence of Dr. M. Rajendran, Retd. IAS, Director-Admin KMMC Medical College, Muttom, Kanyakumari. He was joined by the Registrar and the Vice-Chancellor of St. Joseph University, alongside the dedicated faculty of the Department of English.

The second edition of Horizons was enthusiastically described by the department as "not just a collection of articles, but a vivid chronicle of our journey over the past year, reflecting the passion and dedication that define our community."

The magazine also highlights the diverse competitions and activities organized by the department's various clubs, showcasing the vibrant talents and spirit of friendly competition among the student body.



DEPARTMENT OF HISTORY

5th Historia Diem

The Department of History and Heritage Club at St. Joseph University held the 5th Historia Diem on September 2, 2025, themed “Revitalize Tribal Culture and Tradition.” The event featured prayers, a special song, Jaintia folk dance, and a speech by Dr. Muleto Vero on preserving tribal cultures. Cultural competitions showcased folk stories and dances, with UG V and PG III semesters winning top prizes. Individual awards recognized outstanding performances. Around 225 students and faculty attended. The program was coordinated by Mr. K Hokato Sumi and Dr. Lanuchila Changkiri.



Event by Research Forum

On 3rd September 2025, the Research Forum, Department of History organizes a talk on, ‘Research publication and Ethics’ with Dr. Rukulu Kezo as guest speaker. The programme was held at Seminar Hall and it was chaired by Ms. Minching Konyak, Research Scholar, Department of History. Welcome address was delivered by Prof. Dr. Avinuo Chupuo, Head, Department of History and introduction of the speaker by Ms. Visakono Solo, Research Scholar, Department of History. The main objective of this program is to promote responsible research practices, foster trust and credibility in research and obtain advance knowledge while maintaining ethical standards. These learnings can help to become a responsible researcher and contribute to maintaining high ethical standards in research publications. The vote of thanks was delivered by Ms. Kethovino Kulnu, Research Scholar, Department of History. Around 26 students participated along with 7 Research scholars, 3 faculty members and resource person.



International Day of Charity

The Department of History, St. Joseph University, organized an outreach program on September 4, 2025, at Hope Oasis Home, Ikishe village, to commemorate the International Day of Charity with UG 1st semester students. The event, themed “Step Forward, Lend a Hand,” aimed to promote global solidarity and kindness. Chaired by Ms. V. Shinatoli Shohe, the program included an invocation, a talk by Mr. Micah Paomalsawn, performances by Hope Oasis children and students, and concluded with a benediction. The event was coordinated by Ms. Imkongsenla and Ms. Shohe, with 40 students participating.



Parent-Teacher Meeting

The Department of History, St. Joseph University, convened a Parent-Teacher Meeting on 20th September 2025, in the university auditorium. The proceeding was chaired by Mr. Khekato K. Zhimo, Assistant Professor. The session commenced with an invocation led by Ms. Shinatoli Shohe, Assistant Professor, followed by a welcome address delivered by Prof. Dr. Avinuo, Head of Department. The meeting provided a formal platform for parents and teachers to share feedback and suggestions on the learning environment and student engagement. The event concluded with a vote of thanks presented by Mrs. Ethupe-u Thopi, Assistant Professor, and the gathering was formally closed with the university anthem.



Guest Lecture

The Department of History, St. Joseph University, Chümoukedima, successfully conducted an academic lecture on the topic “Indian Diaspora” on 29 September 2025 with Dr. M. Rajendran (IAS Rtd.) Director-Admin, KMMC Medical College, Muttom, Kanyakumari, as the resource person. The session was chaired by Dr. Lanuchila Changkiri. The event commenced with an invocation delivered by Mr. Khekato Zhimo. This was followed by the welcome address from Prof. Dr. Avinuo Chupuo, Head of the Department.



Dr. Rajendran delivered an erudite presentation focusing on the historical antecedents of the Indian Diaspora, particularly its emergence during challenging and tumultuous periods. The lecture comprehensively analyzed the varied challenges faced by the diaspora communities, their enduring significance. The proceedings formally concluded with a vote of gratitude by Dr. Muleto Vero. A total of 73 students were present for the session, alongside several teaching faculty members.

Two-Day National Seminar

The Department of History and Department of Education, St. Joseph University, Chümoukedima, Nagaland, jointly organized a Two-Day National Seminar commencing from 17th-18th September 2025, under the thematic focus “Heritage and Learning”, presided by Dr. Muleto Vero as the Chairperson. The inaugural address was graced by Ma’am Vilanuo Angela Yhome, and the keynote address was delivered by esteemed Ma’am Sentila Yanger, Padmashree awardee



On the second day, the valedictory session was chaired by Mr. Khekato K Zhimo with Dr. Lily Aye Terangpi, Assistant Professor, Diphu Government College, Assam, as the special guest.

The Two-day National Seminar attracted an overwhelming participation of 101 paper presenters, drawing scholars, intellectuals and students not only from within the state but beyond, representing diverse fields and expertise. The success of the seminar was seamlessly conducted with 11 technical sessions, which were meticulously curated, providing a robust platform for the exchange of innovative ideas and well-grounded research, further elevating the academic impact.

DEPARTMENT OF JOURNALISM AND MASS COMMUNICATION

Workshop

The Department of Journalism and Mass Communication organized a Workshop on “Journalistic way of Writing” on 23rd September 2025. The programme started with an invocation by Sr. Ruth Gangmei of UG 5th Sem, which was followed by a welcome address from Dr. N. Nishikanta Singh, HOD Journalism and Mass Communication, St. Joseph University.

A special moment in the programme was the felicitation of the resource person, Dr. Moalemba Jamir, Associate Editor of The Morung Express, recognizing his contribution in the field of journalism. In his lecture, he started with the craft and development of “news”, stressing the importance of clarity, accuracy, brevity, objectivity and responsibilities of a journalist. The program was successfully concluded by a vote of thanks from Hemam Windy Chanu, Assistant Professor, JMC followed by a benediction from Rokonguno Zashumo.



Parent-Teacher Meeting

The Department of Journalism and Mass Communication conducted Parent-Teacher Meeting on 19th September, with Ms. Windy, Asst. Prof. Dept. of JMC as the Chairperson of the program.

The program began with an Invocation by Gloria (PG Sem-III), followed by a welcome note delivered by Ms. Rhuthulu Dukru, Asst. Prof. Dept. of JMC.

This was followed by the departmental briefing by the Head of Department, Dr. Naorem Nishikanta Singh, where he gave an overview of the Department and the University and shared some encouragement words for the students. The programme concluded with vote of thanks delivered by Ms. Poukendiliu Pamai, Asst. Prof. Dept. of JMC. After the formal session, parents had the opportunity to interact with the teachers of the children for further discussion and feedback.



DEPARTMENT OF MANAGEMENT

Parents-Teachers Meeting

The Department of Management Studies conducted a Parents-Teachers Meeting on 6th September 2025. The main objective was to provide a platform for parents and teachers to share feedback about the student's academic progress and behavior. The parents were informed about class timings, attendance requirements, examinations, and discipline guidelines.



DEPARTMENT OF MATHEMATICS

Mathematics Awareness Outreach Program

A Mathematics Awareness Outreach Program was held on 22nd September 2025 at Daeshin Academy, organized by PG students of the Department of Mathematics, St. Joseph University. The program aimed to help students overcome math anxiety, understand its real-life applications, and explore career opportunities. Attended by the Principal, teachers, and students of Classes 9 and 10, the session focused on four key objectives: career prospects in mathematics, developing interest, understanding applications, and strengthening basics like arithmetic, algebra, geometry, and reasoning. The event concluded successfully, motivating students to view mathematics with confidence and enthusiasm.



Webinar

The Department of Mathematics, St. Joseph University, Chümoukedima, organized a webinar on “From Equation to Reality: Applications of Differential Equations and Mathematical Modeling” on 25th September 2025. Chaired by Dr. Md. Khurshid Alam, the session featured Dr. Jagdish Prasad Maurya from Rajiv Gandhi University, Arunachal Pradesh, as the resource person. He discussed the significance and applications of mathematical modeling with examples like population growth, radioactive decay, Newton's law of cooling, and interest rate calculations. The event concluded with a vote of thanks by Dr. Th. Thadoi Devi and a benediction by Ms. Tsuktirenla Kichu.



DEPARTMENT OF PHYSICS

Educational Field trip:

On 13 September 2025, students of Physics and Mathematics from St. Joseph University, along with four staff members, visited the Planetarium at Uzanbazar and the National Science Centre at Khanapara, Guwahati. A total of thirty-one students took part in this trip.

At the Planetarium, students watched an interactive show on planets, stars and galaxies. They learned about celestial mechanics, eclipses and the role of mathematics in predicting astronomical events. The show connected classroom theories with real observations and highlighted the link between Physics and Mathematics.



LECTURE SERIES –III

The Department of Physics, St. Joseph University (SJU), in collaboration with the Institute's Innovation Council (IIC), organized a one-day special lecture on “Developing a Gas Sensor for Room Temperature: Building the Start-Up Mindset” on September 24, 2025. The invited resource person was Dr. I. Loyola Poul Raj, Associate Professor and Head, Dhanalakshmi Srinivasan University, Tiruchirappalli, who delivered a meaningful and inspiring lecture. He introduced participants to the fundamentals of nanotechnology and highlighted its applications in the field of gas sensor development. The session also underlined the importance of cultivating a start-up mindset among students, encouraging them to explore the entrepreneurial potential of scientific innovations.



DEPARTMENT OF POLITICAL SCIENCE

Parent-Teacher Meeting

On 11th September, 2025 (Seminar Hall), the Department of Political Science conducted a Parent-Teacher Meeting.

The meeting was chaired by Ms. Abetoli Achumi, Asst. Prof, followed by a welcome address by Ms. Limongi, who highlighted the importance of regular interactions between parents and teachers in shaping the students' academic and overall personal growth and development. Ms. Heli, Asst. Prof. highlighted the evaluation and assessment process of the University. Mr. Sinyhunlo Keppen, Asst. Prof. delivered the vote of thanks, and later it was followed by a session with the respective class teachers of each batch. All together seventy-three (73) parents/wards attended the Parent-Teacher Meeting.



Freshers' Day

The Department of Political Science at St. Joseph University successfully organized the Freshers' Day celebration on September 3, 2025. The event was hosted by Mr. Rontilo Kent and Ms. Tovili Awomi, who ensured smooth coordination throughout the programme. The celebration began with an invocation led by Ms. Teyongmenla, followed by the welcome address delivered by Mr. Akito A. Asumi, President of the Political Science Association (PSA). The new students were greeted with a melodious welcome song performed by the department students. After the introductory round, Dr. Somingam Mawon, Associate Professor, delivered a heartfelt exhortation to the freshers. The event included several special performances, such as a solo by Mr. Wekupe Therie, a dance performance titled Rhythm in Motion by PG and second-year students, and musical renditions by Mr. Innamaong Jamir (Special Serenade) and Mr. Himato Awomi (Strings of Elegance). The panel of judges comprised Miss Heli, Assistant Professor, Department of Political Science; introductory, Miss Josephite 2025; and Mr. Michael Haksing, Mr. Josephite 2025. Mr. Chotha Kezo and Ms. Tunali G. Chophy were crowned Mr. and Miss Fresher 2025, and the programme concluded with a vote of thanks delivered by Ms. Munglemla, General Secretary, PSA.



Pre International Day of Peace

Department of Political Science, St Joseph University on 20th September held pre-observation of International Peace Day on the theme "Act Now for a Peaceful World" at University Conference Hall. The guest speaker of the event was Dr. Pillarson A S Assistant Professor, North East Christian University (NECU). In his lecture he emphasis on the importance of acting now for building a peaceful world. In order to herald a peaceful world order, we must first practice peace within ourselves through respecting each other and accepting our differences. Finally acting today for peace also means taking care of and protecting our environment. The lecture was followed by Q&A session where many students were involved.



DEPARTMENT OF PSYCHOLOGY AND COUNSELING

Parent Teacher Meeting

A Parents-Teacher Meeting (PTM) was held on September 6, 2025. The meeting was conducted in a one-on-one format to ensure focused and meaningful discussions with parents. Around 15 students from PG III, UG I, III & V semesters, along with their parents/guardians, attended the session.

Teachers shared individual feedback with each parent, highlighting specific areas of academic difficulty as well as attendance-related concerns. Overall, the PTM served as an important intervention, aimed at bridging gaps in academic performance and attendance while reinforcing the joint responsibility of parents and teachers in ensuring the holistic development of students.



WORLD SUICIDE PREVENTION DAY, 2025

The Department of Psychology and Counselling, St. Joseph University, in collaboration with the Institution's Innovation Council (IIC), organized an Awareness Program on the occasion of World Suicide Prevention Day on 10th September 2025, under the global theme "Changing the Narrative on Suicide." The program was hosted by Ms. Ritika, a student of UG 1st Semester. This was followed by an opening address delivered by Ms. Rongsenlila of UG 3rd Semester. The keynote address was delivered by the esteemed Ms. Loivitoli Awomi, Counselling Psychologist and Founder of Lapiye Center for Mental Health and Well-Being. She presented recent data on suicide rates in the state over the past five years, shedding light on the rising concerns and the urgent need for proactive mental health initiatives. The session concluded with a Vote of Thanks by Ms. Viani, a student of UG 3rd Semester.



Fresher's Day Programme

The Department of Psychology and Counselling, St. Joseph University organized its Fresher's Day on the 12th of September 2025. The programme began with a warm welcome address delivered by Ms. Yanbeni W. Lotha Assistant Professor and was chaired by Ms. Ritika, a student of UG I Semester.

The event witnessed the enthusiastic participation of around 100 students, including 38 freshers from both UG I and PG I. One of the highlights of the programme was the selection of Mr. and Ms. Fresher. Ms. Terhozo-u Lasuh was crowned Ms. Fresher and Mr. Sensoyanger was crowned Mr. Fresher of the department.



AWARENESS PROGRAM ON ALZHEIMER'S AND DEMENTIA

In observance of World Alzheimer's Day, the Department of Psychology and Counselling at St. Joseph University, Chumoukedima, organized an awareness program on September 20, 2025. Held at the Ebenezer Orphanage Home, the event was a collaborative effort with the Tribal Old Age Home cum Day Care Centre (TOAHDCC). Led by class in-charge Ms Rebecca Veswuh, the program drew senior citizens and caretakers from TOAHDCC, along with 41 undergraduate psychology students.

On observation of World Alzheimer's Day 2025, themed "Ask about Dementia, Ask about Alzheimer's," Ms Veswuh spoke on the theme to raise and ask questions to break the silence and challenge stigma and offer dignity to those living with Alzheimer's. She also encouraged participants to be more informed, more empathetic, and more active in spreading awareness.

The event also facilitated inter-generational connection through friendly conversations and engaging activities.

PSYCH FEST 2025

The Department of Psychology and Counselling organized its 5th Psych Fest 2025, a two-day inter-college event themed “Neural Sparks – Connecting Minds, Sparking Ideas”, held on September 25–26, 2025 at St. Joseph University. The inaugural featured a magazine release by Dr. V. Tiruppathi Vasagan and a motivational guest address by Mr. Kezhazolie Cornelius Mere, who inspired students to pursue psychology passionately. The second day offered games, competitions, and a meditation room promoting mindfulness and well-being. With participation from multiple colleges, the fest successfully blended academic excellence, creativity, and student engagement, celebrating psychology through collaboration and innovation.



DEPARTMENT OF SOCIAL WORK

Cultural and Literary Day, 2025

The Department of Social Work, St. Joseph University, celebrated the Cultural and Literary Day 2025 on 16th September at the SJU Auditorium under the theme “Voices of Unity.” A total of 96 students, four Research Scholars and six faculties of the Department participated in the program. Professor Charles Mhonthung Ezung, Dean of Student Affairs, SJU, addressed the gathering by encouraging the students to preserve cultural identity while also embracing unity in diversity. He stressed the balance of traditional culture and modern literary in today’s world and emphasised tolerance for a peaceful unity



Addiction and De-Addiction

The Department of Social Work, St. Joseph University, Chumoukedima, Nagaland in collaboration with the District Mental Health Programme, District Hospital, Dimapur, Nagaland organized a one-day workshop on “Exploring Healthy Alternatives to Addiction” on 23rd September, 2025. The workshop aimed to raise awareness on addiction and empower attendees with the knowledge and tools to promote healthy lifestyles.

Dr. Temsuyanger, SMO (Psychiatrist), District Mental Health Programme, Dimapur, delivered a comprehensive speech on “Addiction & De-Addiction.” Ms. Niemhanu, Psychiatric Social Worker, District Mental Health Programme, Dimapur, focused her presentation on “Better Alternatives to Addiction.” Mr. Vincent Neikha, Counsellor, shared powerful insights into the “pattern of addiction”.



18th Peace Knit Fest 2025

Twenty-two students and a faculty, Dr Janet Gonmei, from the Department of Social Work, St. Joseph University, Nagaland participated in the 18th Peace Knit Fest 2025 under the theme “Act now for a peaceful world” organised by Peace Channel and North East Institute of Social Sciences and Research on 21st& 22nd Sept. 2025 at NEISSR’s BAM Hall. During the two-day fest, students attended panel discussion on multiple themes related to facilitation and leadership skills, conflict resolution skills, mental health and substance abuse, peace building skills, peace celebration and peer mediation which are some of the activities promoted

by Peace Channel and the students also participated in the peach march. The team returned with winning title of the prestigious Mr Peace Knit 2025.



3rd Two-Days Workshop On Research Methodology

The Research Forum, Department of Social Work, St. Joseph University, Chumoukedima, Nagaland organized 3rd two days workshop on Research Methodology from 29th to 30th September 2025 from 9:00 am to 2:15 pm in the Room No. 2208. The workshop aimed to equip the undergraduate and post graduate final year students with comprehensive knowledge and skills in research methodology. Total number of 41 students attended the workshop.



Field Visit to HEIRLOOM NAGA CENTRE, Sovima

As part of the academic curriculum, the students of MA Rural Development, 1st Semester visited the Heirloom Naga Centre, Sovima on 12th September, 2025. A total of 12 students were accompanied by Dr Janet Gonmei, Asst. Professor, Department of Social Work, SJU, Nagaland.

The students had an interaction with Mr Nathan, the Director of Heirloom Naga Centre. He briefed the students about the history of its establishment, the activities they are engaged in especially on the traditional arts and crafts. They provide workshops on such arts and crafts, deals with export business, and provide livelihood to approximately 500 women weavers from around the districts of Nagaland.



DEPARTMENT OF SOCIOLOGY

Parent Teacher Meeting

The Department of Sociology conducted its 4th Parents Teacher Meeting on 19th Sept 2025. The formal session was moderated by Dr. Tiatula Ozukum (HIC), Dept of Sociology followed by the welcome address which was delivered by Dr. Elonbeni Ngullie (Assoc. Prof) Dept of sociology. The Dean of Social Science and Management also attended the formal session where he gave a very detailed and elaborate exhortation and words of encouragement to the parents and guardians present. In the informal session, all concerned teachers of the department met and consulted the guardians/parents individually. The vote of Thanks was delivered

by Ms. Narsen Ngully (Asst. Prof) Dept of Sociology. The program ended with a benediction by Ms. Jandeno Ezung (Asst. Prof) Dept of sociology. A total of 26 parents/ guardian attended the meeting.



One Day Lecture Session on Gender Dynamics in North East India

The Department of Sociology, St. Joseph University organised a lecture session on Gender Dynamics in North-East India” on 12th Sept. 2025. Dr. Prithibi Pratibha Gogoi, Assistant Professor, Department of Sociology, Tetso College was invited as the guest speaker and she delivered a very informative lecture highlighting the behavioural expectations associated with each of the two genders. Each state has its own gender norms and hence North East India is a mosaic of various gender norms. The lecture session concluded with a question-and-answer round session where students from the department actively participated. The session was attended by Prof. V.T.Vasagan, Dean of Social Science and Management, Faculties and students of the Department.



DEPARTMENT OF ZOOLOGY

Parent Teacher Meeting

The Department of Zoology, St. Joseph University, organized a Parent-Teacher Meeting on 15th September 2025. A total of 27 parents participated in the event, along with faculty members and students from the department.

The formal program was led by Ms. Nungshitula, a student of P.G. I Semester. Dr. S. Jeyaparvathi, Head of the Department, delivered the welcome address, followed by a special song performed by the U.G. I Semester students.

Mrs. Tainla Ningdangri, representing the parents, expressed her appreciation for the department’s efforts and the university’s role in shaping the students. The Dean of Student Affairs, in his address emphasized the importance of bridging the communication gap between teachers and parents. Following the formal session, individual parent-teacher interactions took place.



REPORT ON TEACHERS' DAY CELEBRATION 2025

St. Joseph University, Chumoukedima, Nagaland celebrated Teachers' Day on 4th September 2025 with great enthusiasm. The event was graced by Dr. D. Gnanadurai (Vice-Chancellor), Dr. S. Thiyagarajan (Controller of Examinations), Dr. A. Robert Xavier (Registrar), Rev. Sr. Dr. Thianes Mary (Deputy Registrar), Deans, Fathers, Sisters, Heads of Departments, faculty, staff, and students.

The programme began with an invocation by Fr. Augustine, followed by a tribute to teachers by Mr. Chaiwang and Ms. Supon Lam from the English Department. In her welcome address, Rev. Sr. Dr. Thianes Mary described teaching as a divine vocation shaping society.

Cultural performances included a song by JMC UG Semester V boys, a group song by Sociology students, and a video presentation by JMC and Political Science associations expressing gratitude to teachers. A fusion dance by Ms. Toketoli and Ms. Livu from Biotechnology added color to the celebration.

The highlight was the Teachers' Award Ceremony, chaired by Dr. Monjit Roy and Rev. Sr. Dr. Thianes Mary, honoring excellence in various categories:

- Best Faculty (Chancellor Award): Dr. Debojit Konwar (Economics)
- Research Excellence: Dr. Murali (Zoology)
- Outstanding Achiever: Dr. Sunanda (English)
- Best Department: Political Science
- Best Non-Teaching Staff: Mr. Pangho Konyak

In his address, Vice-Chancellor Dr. Gnanadurai emphasized innovation, research, and integrity in teaching. The event concluded with a vote of thanks by Prof. Charles Mhonthung Ezung.



CLUB ACTIVITIES

ECO CLUB

The Eco Club and NCC Unit of St. Joseph University jointly observed Gandhi Jayanti by organizing a Swachh Bharat Abhiyan cleanliness drive on 26th September 2025. A total of 81 volunteers actively participated under the guidance of their coordinators to promote cleanliness and environmental awareness. The drive focused on cleaning the university parking lot, areas outside the main gate, and other parts of the campus. The initiative reflected Mahatma Gandhi's vision of a clean and self-reliant India.

The event concluded with coordinators appreciating the volunteers' efforts and encouraging continued commitment to environmental sustainability and civic responsibility.



LITERARY CLUB

The Literary Club, the Department of English, St. Joseph University, organized an event titled “From Pen to Pages to People: Seeing Life in Words” on September 19, 2025. Guest speaker Dr. Inakali Assumi, author and HOD of St. John College, discussed her books *The Yellow Dress* and *Isü Le*, emphasizing authenticity and creativity in writing. The informal session showcased dance, music, poetry, and short films on social themes. “What Holds Us Apart” by Cheesecake Production won first place, followed by “Forgiveness Triumphs Over Cruelty” by BA 5th. The event celebrated collaboration, creativity, and cultural expression.



MATHS CLUB

The Math Club of St. Joseph University, Dimapur, held a Quiz Competition September 26 2025.

This time, the quiz was held individually, giving each of the 18 participants a chance to show their skills. The rounds included Logical Reasoning, Mental Math, Problem Solving, and Rapid-Fire questions.

Faculty members acted as quizmasters and judged the event, making sure it was fair. The top three winners were given certificates and prizes. The event ended with positive feedback, with many saying it boosted confidence, interest in math, and healthy competition.



MUSIC CLUB

The Music Club of St. Joseph University organized “Autumn Vibes” on 26th September 2025 at the SJU Auditorium as a pre-observation of World Tourism Day. The event, held at 4:00 PM, celebrated the essence of autumn and the spirit of tourism through captivating musical and dance performances. The program began with a prayer by Rev. Dr. Fr. L. Anish and a welcome note by N. Esther Ezung, followed by an inspiring message from Rev. Fr. Dr. Michael Arockiam Nathan, who encouraged participants to nurture and share their talents. Performances included soulful songs, lyrical hip-hop, instrumental pieces, and duets such as *River Flows in You*, *Music of the Night*, and *Viva La Vida*, showcasing students’ and faculty’s creativity. The event was graced by Dr. M. Rajendran, IAS (Rtd.), whose presence added honor and inspiration. It concluded with a vote of thanks by Sungjano, followed by refreshments, celebrating cultural diversity and artistic expression.



NATIONAL CADET CORPS

Three NCC cadets from St. Joseph University — CSM Shojila Temjen, CQMS Liviya Chishi, and Sgt. Petekrenio — attended the NCC NER Workshop held at Royal Global University and Girijananda Chowdhury University, Guwahati, from 6th to 18th September 2025. The workshop, focused on entrepreneurship development, included daily physical training, interactive lectures, and group discussions led by experts from the EXPA Cadet Programme. Using modern teaching tools and engaging methods, cadets explored innovative business concepts and later presented their entrepreneurial ideas before the Commanding Officer and EXPA lecturers, gaining valuable feedback. The experience enhanced their leadership, creativity, and teamwork skills.

In commemoration of Gandhi Jayanti, the NCC Unit, in collaboration with the Eco Club, organized a Swachh Bharat Abhiyan on 26th September 2025. A total of 81 volunteers participated under the guidance of the coordinators. The cleanliness drive focused on the university parking lot, surrounding areas, and spaces outside the main gate, promoting environmental awareness and civic responsibility. The event concluded with a motivational address appreciating the volunteers' efforts. This initiative reflected Mahatma Gandhi's vision of a clean and self-reliant India, showcasing the university's ongoing commitment to youth-led environmental sustainability and national service.



NATIONAL SERVICE SCHEME (NSS)

The National Service Scheme (NSS) Unit of St. Joseph University celebrated NSS Day on 24th September 2025 at the University Auditorium, bringing together faculty, executives, and volunteers in the spirit of service. The event, chaired by Ms. Khozuni Margereth, began with a prayer by Ms. Kariangthailiu and a special song by Ms. Lolika Shohe. Dr. Monjit Roy, NSS Coordinator, delivered the welcome address, emphasizing youth leadership and social responsibility. The chief guest, Prof. Charles Mhonthung Ezung, Dean of Student Affairs, inspired students to engage actively in community service and nation-building. Responsibilities were efficiently distributed among volunteers, ensuring smooth coordination in logistics, refreshments, and technical arrangements. Asuile Meriam served as the overall in-charge of the event. The celebration concluded successfully with a vote of thanks by Ms. Repila Anar, reinforcing the NSS values of unity, responsibility, and selfless service among the students and motivating them toward continued social commitment.



SCIENCE CLUB 2ND COGNIZANCE FEST



The Science Club of St. Joseph University held its 2nd Cognizance Fest on 30th September 2025, under the theme “Exploring Nature’s Language through Science.” The event brought together around 150 participants, including students, faculty, and special invitees, to celebrate scientific inquiry, creativity, and collaboration. The inaugural session featured a keynote address by Er. Aghali A. Swu, Senior Environmental Engineer at NPCB, who highlighted the importance of environmental awareness and sustainable practices. The fest featured a dynamic line-up of events such as painting, exhibitions, DIY projects, debates, singing, and cosplay. Each competition reflected the students’ originality, critical thinking, and enthusiasm, making the day both engaging and inspiring.

RED RIBBON CLUB AND NATIONAL CADET CORPS (NCC)

The Red Ribbon Club (RRC) of St. Joseph University, in collaboration with the National Cadet Corps (NCC), organized an HIV/AIDS awareness programme on 22nd September 2025 to educate students and faculty about the disease, its causes, prevention, and responsible behavior. The resource person, Dr. N. L. Chankija, Retd. Principal Director, Directorate of Health & Family Welfare, Nagaland, delivered an engaging session on transmission, prevention, and the importance of informed choices. He emphasized the role of sex education in institutions to combat myths, stigma, and risky behaviors, while sharing alarming statistics on HIV cases. Participants were encouraged to promote awareness, undergo regular testing, and adopt responsible lifestyles. The session concluded with a powerful message: “Be aware, be on time, and say no to unethical behavior.” The programme was highly appreciated, with recommendations for regular awareness drives, inclusion of sex education in curricula, and improved access to testing and counseling services.



OBITUARY



FACULTY RECOGNITION

1. Dr S. Thangapandiyan, Associate Professor, Department of Zoology has published a book on “Animal Physiology Practical Manual” in floral publication, Tamil Nadu, India with ISBN No. 9788198608086
2. Dr S. Thangapandiyan, Associate Professor, Department of Zoology has published a review article entitled on “Health promoting and medicinal properties of Zingiberaceae family plants” in Elsevier journal, current research in Biotechnology with impact factor 4.5.



The following faculties of St. Joseph University presented papers at the Two Day national Seminar on Meta Ethics Through The Ages: Historical And Literary Deliberations In Indian Context, on Sep 19-20, 2025 organised by the St Francis De Sales College Alao, Arunnachal Pradesh.

- Rev. Fr. Dr. Sunny Joseph, Professor, Department of Education Presented a paper titled “Narratives of Meta-ethics In Literature in the field of education”.
- Dr Magdalene Kiewhuo, Assistant professor, Department of Zoology, Presented a paper titled “Meta-Ethical Challenges in the Pedagogy of Zoological Sciences”.
- Dr Imkumnaro, Assistant professor, Department of Education Presented a paper titled “Meta-ethical Elements in the Belief Systems of The Naga Culture”.
- Ms Mughakali Aye, Assistant professor, Department of Education, Presented a paper titled “Education as an Agency to Develop Ethical Responsibility in Children of Primary School”.
- Ms. Aorenla M Jamir, Assistant professor, Department of Education, Presented a paper titled “The Professional Ethics of Teachers in Higher Education: A Constitutional Perspective”.

STUDENTS ACHIEVEMENT

The following papers were presented by the Research Scholars and students of the Department of Education at the Two Day national Seminar on “Meta Ethics Through the Ages: Historical and Literary Deliberations in Indian Context”, on Sep 19-20, 2025 organised by the St Francis De Sales College Alao, Arunnachal Pradesh.

1. Strategies for Developing Ethical Responsibility at Graduate Level in India, Adila Imchen, Research Scholar, Dept. Of Education, SJU, Chumoukedima.
2. The Management of Higher Education and Implementation of Ethical Principles, Rency Sebastian, Research Scholar, Dept. of Education, SJU, Chumoukedima.
3. Traditional Ethics And Curriculum Content In Indian Secondary Schools, Manita Girisa, Research Scholar, Dept. of Education, SJU, Chumoukedima.
4. Ethical Considerations in Teacher Preparation in India, Lemlen C Shuka Phom, Research Scholar, Dept. of Education, SJU, Chumoukedima.
5. Challenges of Creativity in Ethical Education at the Secondary Level Pedagogy, Neimeno Luho and Mr Amul Armstrong, Research Scholar, Dept. of Education, SJU, Chumoukedima.
6. Ethical Challenges Faced By Teenagers In India (2020s), Senteinla Ao, Research Scholar, Dept. of Education, SJU, Chumoukedima.
7. The Ethical Praxis of Kindness in Education: Students Perspective, Vevozolu Lohe, Research Scholar, Dept. of Education, SJU, Chumoukedima.
8. Ethical Dilemmas of Educational Research in India: An Analysis, Piden Catherine, M A MA 3rd semester, Dept. of Education, SJU, Chumoukedima.
9. Ethics in Assessment of Children in the School. Pewe-U Kronu, MA 3rd semester, Dept. of Education, SJU, Chumoukedima.
10. Meta Ethical Behaviour and Challenges of Modernity Among the Sumi Naga Tribe of Nagaland. N Kikali, M A 1ST Semester, Dept. of Education, SJU, Chumoukedima.
11. Cultural Concepts of Meta-Ethics Among the Sangtam Tribe of Nagaland, Bitsala, 3rd semester, Dept. of Education, SJU, Chumoukedima.
12. Ethical Dilemmas of Educational Research in India: An Analysis, Ritsala, M A 3rd semester, Dept. of Education, SJU, Chumoukedima.

Column 01: Tips for Health

HEALTH CARE CORNER

Wellbeing Tips:

1. Stay Active: Exercise daily walk, run, or play sports.
2. Eat Balanced Meals: Include fruits, vegetables, and whole grains.
3. Stay Hydrated: Drink plenty of water throughout the day.
4. Maintain Hygiene: Wash hands, brush teeth, and keep your environment clean.
5. Manage Stress: Practice mindfulness, hobbies, or talk to friends.
6. Limit Screen Time: Balance online activities with offline fun and exercise.
7. Good Posture: Sit and stand straight to prevent back and neck pain.
8. Stay Positive: Smile, laugh, and connect with others.

Basic First Aid Tips:

1. Minor Cuts & Scrapes: Wash with clean water, apply antiseptic, and cover with a bandage.
2. Burns: Run under cold water for 10–15 minutes; cover with a clean cloth.
3. Nosebleeds: Sit upright, lean forward slightly, and pinch the nose for 10 minutes.
4. Fainting: Lay the person down, elevate legs, and ensure fresh air.
5. Sprains & Strains: Rest, apply ice packs, compress with a bandage, and elevate.
6. Headache or Fever: Drink water, rest, and take over-the-counter medicines if necessary.
7. Eye Irritation: Rinse with clean water or saline; avoid rubbing.

Thank you

Column 02: Personality growth

FEAR

Ms. Ikali.Y.Sema (Counsellor)

Fear is something which we experience almost every day though the intensity may vary. Our apprehensions about meeting new people, trying out a new cuisine, going to a new place etc has a slight fear in it for which we may or may not be aware of. Sometimes when we face certain situations our heartbeat increases or we start perspiring, which indicates that we are facing a certain threat or danger, which is not in our comfort zone. Fear in psychology is defined as “an intense basic emotion aroused by the detection of an imminent threat which prepares an organism to confront or escape danger”.

Fear can be Rational which is a response to a real imminent fear or Irrational which is an exaggerated response that doesn't make logical sense. Most youngsters have some common fears which are:

1. Social fears- fear of rejection from peers, feelings of social rejection/ exclusion
2. Academic / performance fears- failure in exams or grades, inability to perform as expected
3. Future related fears- fear of uncertainty about the future(goals , career, relationships)
4. Personal fears- fear of losing their loved ones, injury and death.

Therefore, as youngsters it is important to learn to manage your fears. Here are a few steps on how to manage it.

- a. Be mindful and make decisions wisely.
- b. Share and communicate your feelings
- c. Talk to a trusted friend, counselor, mentors or therapist.

Humour is often regarded as a simple tool for entertainment, yet its influence extends far beyond mere amusement. In fact, humour plays a crucial role in shaping personality, developing social skills, and fostering emotional intelligence. From early childhood to adulthood, the way individuals perceive and employ humour can significantly impact their character, resilience, and interpersonal relationships.

One of the most important functions of humour in character formation is its ability to promote emotional resilience. Life inevitably presents challenges, disappointments, and failures. Individuals who cultivate a sense of humour are often better equipped to cope with stress and adversity. By laughing at setbacks or recognizing the lighter side of difficult situations, people develop a balanced perspective and reduce the psychological burden of negative experiences. This ability to face challenges with equanimity and optimism fosters traits such as patience, adaptability, and perseverance, all of which are vital components of a strong character.

Humour also plays a central role in social development. A person with a well-developed sense of humour is often more approachable, empathetic, and socially intelligent. Humour enables individuals to communicate complex emotions in a non-threatening way, bridging gaps between diverse personalities and fostering mutual understanding. Moreover, the ability to laugh at oneself demonstrates humility, self-awareness, and emotional maturity—qualities that are highly valued in both personal and professional relationships. Through humour, individuals learn important lessons in empathy, tolerance, and effective communication, which collectively contribute to the shaping of a responsible and socially adept character.

Additionally, humour encourages creativity and cognitive flexibility, which are essential for personal growth. Crafting or appreciating humour requires the ability to perceive situations from multiple perspectives, recognize incongruities, and think diligently. These cognitive processes not only enhance problem-solving skills but also nurture open-mindedness and curiosity. In essence, humour stimulates the mind while simultaneously cultivating virtues such as insight, imagination, and intellectual humility—key attributes of a well-rounded character.

Importantly, humour contributes to ethical and moral development. When guided appropriately, humour can highlight societal norms, question rigid thinking, and promote ethical reflection. Satire, for instance, uses wit to expose injustice, hypocrisy, or prejudice, encouraging individuals to evaluate their own beliefs and actions. This moral dimension of humour teaches critical thinking and encourages a conscientious approach to decision-making, thereby strengthening the ethical foundations of character.

In conclusion, humour is far more than a source of entertainment; it is a profound instrument in character formation. By enhancing emotional resilience, social intelligence, creativity, and ethical reasoning, humour cultivates traits that define strong, adaptable, and empathetic individuals. Therefore, nurturing a sense of humour is not only beneficial for personal well-being but is also indispensable in developing a balanced and morally grounded character.

Corruption and Its Economic Impact: Why Strong Institutions Matter in Commerce

Dr. Monjit Roy
Assistant Professor & Research Supervisor
Department of Commerce,
SJU, Chumoukedima, Nagaland-797115



In today's global economy, commerce is a key driver of growth, job creation, and innovation. Yet, one of the biggest challenges to fair and lasting economic progress is corruption. In business, corruption means using power for personal benefit instead of the public good. This can take many forms, such as bribery, stealing company money, avoiding taxes, moving illegal money, or manipulating the buying process. Corruption affects businesses of all sizes, from small local firms to big international companies. It raises the cost of doing business, makes the market unfair, and makes people lose trust in organizations, both public and private.

Corruption creates an uneven playing field where business deals and chances are given based on who you know, not on how good the idea is. This discourages real competition and innovation. One big effect of corruption is that it makes it harder for foreign investors to invest. They are less willing to put money in places where corruption is common because they worry about unfair laws, unpredictable rules, and bad reputations. Studies show that countries with more corruption get less investment, which can hold back job creation and the sharing of new technology. Corruption also raises the costs for businesses. Bribes and hidden fees act like extra taxes that take away profits and make companies less competitive.

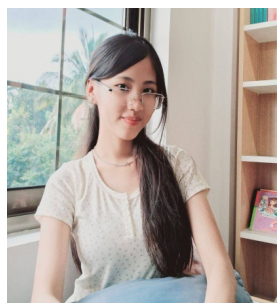
These costs are often passed on to customers, leading to higher prices, lower quality, and growing inequality. Another big problem is that corruption causes public resources to be used in the wrong way. In corrupt systems, decisions are often made to benefit a few people rather than the public. This leads to investments in unimportant or expensive projects, while important areas like health, education, and infrastructure are underfunded. This poor management slows economic growth and leaves people without necessary services. Corruption also weakens trust in government institutions like courts, tax offices, and regulators. When people believe that the law isn't applied fairly, they may break rules themselves, making things even worse. In such an environment, business becomes about influence rather than innovation and productivity. This is why having strong institutions is so important. Strong institutions support the rule of law, ensure transparency, and help hold people accountable. An independent court system makes sure that business problems are settled fairly and that those who act corruptly face consequences. Clear financial rules, including strict auditing and rules against moving illegal money, help stop unethical behavior.

Efficient tax and customs systems reduce chances for bribes and fraud. Putting these services online has been effective in many places, cutting down on face-to-face meetings and hiding corruption. At the company level, having strong internal controls, such as codes of conduct, ways to report wrongdoing, and independent monitors, is important for keeping things fair. Companies that are honest and open often gain more trust from investors and customers, leading to long-term success. However, the job of building strong institutions doesn't just belong to governments. The private sector also needs to take part in promoting integrity and supporting reforms. Businesses can start by refusing to pay bribes, even if others do. Being fair to employees, using ethical suppliers, and being clear about finances are not only the right thing to do but also smart business moves that build trust and competitiveness. Working together, businesses can make a big difference. Trade groups and business associations can push for fair policies, set corruption standards, and create spaces for talking with

governments and communities. Team efforts like integrity agreements and public-private programs focused on improving governance can help cut down on corruption. Companies can also support projects that make things more open, like public data systems, online buying platforms, and third-party checks that let people watch what's happening. These actions help individual companies and also build a better economic system that supports long-term growth. In the end, corruption is a major roadblock to economic progress, social fairness, and strong institutions. It makes markets unfair, breaks public trust, and deepens inequality.

Solid institutions, supported by honest business practices and proper management, are necessary to fight corruption and create an environment where fairness, transparency, and peace can grow. For the business world, this means understanding that making money and doing the right thing aren't opposites—they can work together. As teachers, researchers, and professionals in business, it's our job to encourage honesty both in the classroom and in the workplace. By aligning commerce with values like peace, fairness, and strong institutions, we can help build economies that are not only successful but also fair and strong.

STUDENTS VOICES



Driven by the Silence of Wasted Potential

Moasenla Jamir
Department of Political Science
first year Semester 1

“Yeah, you don't know what you're capable of until you actually try. So... go see for yourself. There's a quiet presence that follows all of us, subtle but impossible to ignore. It's the unspoken awareness of the potential we haven't yet explored, the abilities that remain untested. That potential exists whether we act on it or not, and the truth is, we never truly know what we're capable of unless we step forward. If we don't, it just sits there, quietly waiting, a constant whisper of what could have been. Years from now, the deepest regrets rarely come from what we tried and failed at - they come from the chances we ignored, the opportunities we shrugged off because it felt too hard, too uncomfortable, or too inconvenient.” Too often, we define ourselves before we even try. “It's too hard,” we tell ourselves. “I'm not competitive enough,” or worse, “This isn't meant for me.” And society, peers, or imagined critics seem to nod along, as if we need their permission to attempt something :) But here's the truth: potential doesn't live in assumptions. It lives in the act of trying, in embracing uncertainty, in showing up and discovering what we can actually do - on our own terms, not anyone else's.

Most of us discover our limits and our capabilities - through actual action. Maybe it's signing up for a marathon you've never trained for, attempting a recipe that looks way too complicated at 11 pm, pitching an idea that might get laughed at, or showing up to a workshop where everyone seems more confident than you. Maybe it's finally tackling a project you've been putting off, cracking an exam that felt impossible, or speaking up in a discussion that makes your heart race. Maybe you stumble, maybe you falter, but that's exactly the point! You're learning what you're made of, one awkward step at a time.

This challenge exists in everyone. Potential isn't reserved for the naturally talented, the fearless, or the exceptionally brave :) it exists in each of us, quietly waiting to be met, explored, and stretched. The only requirement is curiosity, the willingness to step forward and see what happens. Showing up is the first, hardest, and most essential step.

So, take the risk. Embrace discomfort. Try things you might fail at. Push past hesitation. Do the things that make you nervous, that make you feel ridiculous, that you've been avoiding for no reason other than fear. Discover what you're capable of before the “what ifs” pile up, because that untested potential is not going anywhere! and the only way to meet it is to start.

And yes, it can get awkward, uncomfortable, or even a little ridiculous at times—but so what? Do it anyway.

SIGNIFICANCE OF INTERNATIONAL PEACE DAY

Theme: Act Now For a Peaceful World

Thsatangpa Sangtam
Department of Political Science
1 Year Semester I

“Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.” — Martin Luther King Jr. It is both an honor and a responsibility to address you today on a subject that transcends geographical boundaries, political divisions, and cultural particularities—the subject of peace. The occasion of International Peace Day, commemorated annually on the 21st of September, offers the global community an opportunity to pause, reflect, and renew its commitment to the pursuit of peace as the highest aspiration of humankind.



The academic significance of this day lies in its dual nature—symbolic and practical. Symbolically, it underscores the universal yearning for concord that has been expressed through centuries of human thought, from the Stoic philosophers of antiquity, who envisioned cosmopolis or a world city bound by rational harmony, to modern thinkers like Immanuel Kant, who’s Perpetual Peace delineated a vision of international law and federation as prerequisites for enduring stability. Practically, the day serves as a reminder that peace is not merely the absence of armed conflict, but rather the presence of justice, equity, and cooperation.

When the United Nations General Assembly established this observance in 1981, it did so not as a ceremonial gesture, but as a moral imperative. The United Nations has long recognized that peace constitutes the precondition for sustainable development, human rights, and social progress. As articulated in the preamble of the UN Charter, the very first purpose of the international system is “to save succeeding generations from the scourge of war.” Thus, International Peace Day is inextricably tied to the intellectual and institutional history of the global order.

Moreover, peace is deeply interwoven with the disciplines of political science, international relations, and ethics. From the realist perspective, peace is often conceived as a temporary equilibrium maintained through power balance. From a liberal standpoint, peace is achievable through dialogue, cooperation, and the strengthening of institutions. Meanwhile, critical theorists emphasize structural inequalities, arguing that peace cannot be realized until systems of exploitation and marginalization are dismantled. Hence, International Peace Day offers not only a moral but also an academic platform to interrogate these competing perspectives and to seek integrative solutions.

Beyond the scholarly sphere, the practical implications are undeniable. In conflict zones, the observance of this day calls for cessation of hostilities, however brief, reminding combatants and civilians alike that even a moment of silence has profound symbolic power. In classrooms and universities, it becomes a pedagogical instrument to educate younger generations about tolerance, intercultural dialogue, and non-violent problem solving. In societies, it reinforces the awareness that peace is not the responsibility of states alone but of individuals as ethical agents.

In summation, International Peace Day is not a mere ritualistic observance; it is an academic, ethical, and practical commitment to the vision of a world where cooperation triumphs over confrontation. It embodies the realization that in the absence of peace, no intellectual endeavor, no economic aspiration, and no cultural flourishing can fully prosper. To honor this day, therefore, is to honor the very foundations of civilization itself.

Unfolding Knowledge: The forgotten history of Thipuzu Village.

Vesalu Tetseo

Department of JMC

UG 5th Sem.

St. Joseph University Chümoukedima,

The Department of Journalism and Mass Communication, students from UG 5th semester embarked on a notable field visit to Thipuzu Village in the Phek District of Nagaland on 30th of August till 2nd of September as part of a documentary film-making project.

The purpose of the visit was to research and document a tragic history of 1956-57, when the Indian armies burned down the village during Naga freedom struggles, causing immense loss and traumatic memory which left deep scar to the community. For many, this story remains unknown beyond the village, making the documentation a crucial step in preserving historical memory.

During the visit, students interacted with the village elders and eyewitnesses who recounted the harrowing experiences of survival, displacement, and resilience. The team was deeply moved while filming the narratives, landscapes, and remnants of the past. This practical exposure gave students a chance to go beyond technical skills—learning the art of sensitive storytelling rooted in empathy and respect for lived experiences.

The fieldwork not only enhanced filmmaking skills such as camera framing, sound design, and interview recording but also instilled in students, the responsibility of journalists and filmmakers to act as guardians of history. By documenting a story largely absent from mainstream discourse, students realized the power of media in giving voice to communities and preserving stories for future generations.

The Department extends its heartfelt gratitude to the people of Thipuzu Village for their openness in sharing painful yet vital memories. Special thanks to the university for providing this invaluable opportunity to learn outside the classroom, blending academics with social responsibility.

This visit reminded us that journalism is not only about reporting the present but also about recovering the past. By capturing the voices of Thipuzu Village, the students have ensured that a piece of history once forgotten will now be remembered and honored.

Media Literacy in Promoting Peace and Justice

Prashanth Reddy. Y

Department of JMC

P.G- I Sem



Introduction

Media literacy is very important for supporting peace and justice. It helps people and communities, to understand information better, fight against false news, and encourage open conversations. As the digital platforms become more important in how we learn and share ideas, knowing how to use media well is essential to avoid being manipulated, exposed to hate speech and involved in violence. It is a key part of building peaceful and fair societies.

The Power of Media in Shaping Societies:

Media creators have a major influence on society, whether they mean to or not. They present messages that can change people's beliefs and opinions. The way people understand these messages depends on their own views,

culture, and past experiences. Media companies, often driven by making money, choose stories that support existing values and power structures. This can either continue existing stereotypes and conflicts or help bring different groups together.

Building Peace and Justice through Critical Media Consumption:

Through critical media consumption media literacy helps people to look beyond what is on the surface and think deeply about the messages and reasons behind them. Teaching people especially young people to question biases and check for evidence helps create a more understanding and empathetic society. This kind of thinking is important for spotting misleading stories, fighting hate speech, and dealing with online violence. UNESCO sees media and information literacy as a key tool for stopping violent extremism and building tolerance. Journalists have a role to inform the public about real situations, give a voice to those who are unheard and build trust among groups that are divided. Peace journalism focuses on stories of reconciliation and hope instead of just violence. Training journalists ought to report carefully and with their peace focused approach helps them support peace efforts, fight false information and help create strong and fair government systems. Media literacy not only helps people think critically but also encourages them to take part in society and act responsibly. When people understand media better, they can more effectively deal with the important social, economic and political issues, take part in discussions, and push for change. This involvement is important for holding leaders accountable, shaping public policies, and creating societies that include and respect all voices.

The Role of Education in Media Literacy:

Teaching media literacy in schools helps students to not only succeed in school and work but also become responsible citizens in a changing world. Teachers help students learn skills like analyzing arguments such as checking evidence and creating honest media content. These skills help students to spot false formation and the propaganda making them informed and empowered members of society toward a just and peaceful society. Media literacy is essential for advancing peace and justice. It helps people to challenge unfairness, resist manipulation, and support societies that are inclusive and democratic.

Conclusion

Media literacy is not just a skill, but a key part of working towards the peace and justice. Its wider use empowers individuals to be positive change makers, capable of reducing conflicts, supporting dialogues, and upholding fairness in culture and human dignity in the digital age.

The Role of Small Businesses in Fostering Peace and Strengthening Social Stability through Local Economic Development

ARENE ZHOME

M.COM 1st SEMESTER

DEPARTMENT OF COMMERCE

In today's world, where everything is connected, peace and a stable society are really important for long-term growth and a strong economy. Although governments and international groups have a big role in keeping peace, small businesses have also become important players in bringing about real change. Through helping local economies grow, small businesses have a major impact on creating peace and making communities more stable. Small businesses are often the mainstay of the local economy. They create jobs, which is really important because without jobs, people can end up in poverty or unemployment—two big reasons for social problems. When people have steady work and money, they are less likely to get involved in crime or support violent actions. This gives people a sense of belonging and safety, which are essential for a peaceful society. Additionally, small businesses help create a more inclusive economy by allowing people who are often left out, like women, young people, and minority groups, to take part in the economy. This helps reduce inequality and the sense of being excluded, which are common causes of conflict. By supporting diversity and equal opportunities, small businesses create a space where different groups can live together peacefully and work together for the good of everyone. Local businesses also help improve the community by using local resources and supporting local

infrastructure. Business owners are usually very connected to their areas, so they care a lot about making things better for their community. When they invest in education, health, and local projects, it helps everyone in the community feel better off. This sense of togetherness and trust among people and local leaders is a big part of keeping peace and stability. Moreover, having a strong small business scene brings innovation and makes local economies more resilient. Small businesses can change quickly to meet new market demands and solve local problems. This flexibility helps communities deal with tough times, like big global events or political issues, which can otherwise lead to social problems. When a community can handle tough situations, it's easier to keep order and ensure peace. Good institutions and fair government is also important for small businesses to succeed. Clear rules, fair laws, and efforts to stop corruption make it easier for businesses to grow. When the government works well and is honest, businesses can do better, and people trust their leaders more. This trust reduces frustrations that can lead to conflict, so supporting strong institutions helps keep peace and encourages small businesses to thrive. In short, small businesses are very important in building peace and making society more stable through local economic growth. By creating jobs, supporting inclusive development, investing in communities, and making economies more flexible, small businesses help create peaceful and united societies. To ensure lasting peace and progress, leaders need to understand and support the power of small businesses as important parts of a stable and growing economy.

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For any query contact us at: sjunb@stjosephuniv.ed.in

PROMOTE PEACEFUL AND INCLUSIVE SOCIETIES FOR SUSTAINABLE DEVELOPMENT, PROVIDE ACCESS TO JUSTICE FOR ALL AND BUILD EFFECTIVE, ACCOUNTABLE AND INCLUSIVE INSTITUTIONS AT ALL LEVELS



PLEAS FOR GLOBAL PEACE

GROW LOUDER

WORLD IS WITNESSING LARGEST
NUMBER OF VIOLENT CONFLICTS

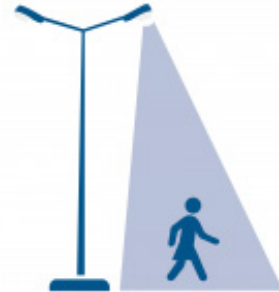
SINCE 1946

AND

A QUARTER OF THE
GLOBAL POPULATION

LIVES IN CONFLICT-AFFECTED

COUNTRIES (END 2020)



1/3 OF THE WORLD'S POPULATION

MOSTLY WOMEN

FEAR WALKING ALONE IN

THEIR NEIGHBOURHOODS AT NIGHT



A RECORD
100 MILLION PEOPLE

HAD BEEN FORCIBLY DISPLACED WORLDWIDE

(MAY 2022)



GLOBAL HOMICIDE RATE DECLINED

5.2%

BETWEEN
2015 AND 2020

FALLS SHORT

OF THE "SIGNIFICANT REDUCTION"
BY 2030 TARGETED IN THE SDGs



CORRUPTION IS FOUND IN EVERY REGION

ALMOST 1 IN 6 BUSINESSES HAVE RECEIVED BRIBE REQUESTS
FROM PUBLIC OFFICIALS

ST. JOSEPH UNIVERSITY

State Private University Established Under Nagaland Govt. Act No.6 of 2016

Recognized by University Grants Commission (UGC)

Approved by All India Council for Technical Education (AICTE)

Virgin Town, Ikishe Model Village, Chümoukedima, Nagaland, India - 797 115

Contact Nos. +91 81310 62811 +91 87298 16268 03862 242069

info@stjosephuniv.edu.in www.stjosephuniv.edu