

A MONTHLY NEWSLETTER OF ST. JOSEPH UNIVERSITY



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put a **full stop**
modern slavery and child labour



THE CIRCULAR
ECONOMY 

A POSITIVE FORCE FOR THE WHOLE PLANET

8 DECENT WORK AND
ECONOMIC GROWTH



EDITORIAL MESSAGE

Promoting sustained economic growth, productive employment and decent work for all is essential for a sustainable future. Goal 8 focuses on creating quality jobs, promoting entrepreneurship, and fostering economic growth that benefits everyone.

The journey towards achieving Goal 8 faces significant challenges due to the aftermath of COVID-19, trade tensions, rising debt in developing countries and geopolitical conflicts. These factors collectively threaten global economic growth.

In today's rapidly evolving world, the call for Decent Work and Economic Growth has never been more crucial. As economies expand and technology reshapes industries, the need to ensure that growth is inclusive, fair, and sustainable becomes a shared global responsibility. Sustainable Development Goal 8 emphasizes not only the creation of jobs but the promotion of opportunities that respect human dignity, provide fair wages, and foster safe and secure working environments for all.

Decent work goes beyond employment—it represents empowerment. It ensures that individuals have access to opportunities that enable them to reach their full potential while contributing meaningfully to society. It is about equality, respect, and participation. When people are engaged in decent work, they are more than workers; they become agents of change, driving innovation, stability, and social progress.

Economic growth, on the other hand, must move hand in hand with inclusivity and sustainability. True development is not measured solely by the numbers on an economic chart but by the quality of life it delivers to individuals and communities. Growth that leaves behind the vulnerable or exploits resources unsustainably cannot be considered progress. Hence, policies and practices must be directed toward ensuring that growth benefits everyone—especially youth, women, and marginalized groups who often face barriers to employment and advancement.

As we reflect on this theme, it is important to recognize that education plays a pivotal role in shaping the future of work. By equipping students with skills, creativity, and a sense of responsibility, we prepare them to contribute to economies that value both productivity and humanity.

Let us strive toward a future where every individual finds dignity in their labor and where economic growth uplifts all, ensuring that no one is left behind. In doing so, we uphold the true spirit of sustainable development — growth with purpose, progress with compassion, and work with dignity.

Miss Livikali Yeptho
Assistant professor
Department of Management Studies

MESSAGE FROM THE CAMPUS MANAGER



Dear Readers

I am glad and grateful to come across all of you through this message. Indeed, I am grateful for all the good you contribute to the growth of Our SJU. I am happy to write a message on Decent Work and Economic growth. This theme focuses about promoting inclusive and sustainable economic development, ensuring decent work for all and creating productive employment for the present Generation.

Sustainable Development Goal 8 (SDG 8) is the 2030 agenda of United Nations. It is an important guideline for how we, as an educational institution, can contribute to building a fair and prosperous society. SDG 8 focuses on creating quality jobs, promoting entrepreneurship, and fostering economic growth that benefits everyone. As a university, we believe that these goals are closely linked to the purpose of education and to the future of our students.

Quality jobs are at the heart of a stable and healthy community. When young people have access to decent work, they gain confidence, independence, and the opportunity to improve their lives and contribute meaningfully to society. Our responsibility is not only to educate students but also to prepare them to enter the world of work with strong skills, ethical values, and a sense of responsibility. Through updated curricula, practical learning experiences, and career guidance, we aim to make our students ready for the opportunities and challenges of today's job market.

Entrepreneurship is another key element of SDG 8. In a rapidly changing world, innovation and creativity are essential. We encourage our students to think boldly, explore new ideas, and develop solutions that can benefit their communities. Our university supports entrepreneurial thinking through workshops, incubation centres, and mentorship programmes that help students turn ideas into action. By promoting entrepreneurship, we are not only building future business leaders but also inspiring job creators who can contribute to long-term economic growth.

Inclusive and sustained economic growth is possible only when development benefits everyone. This means ensuring equal opportunities, supporting women and underrepresented groups, and promoting safe and productive working environments. As a university, we strive to model these values through our policies, programs, and campus culture. We are committed to creating an environment where all students feel empowered to learn, grow, and contribute.

SDG 8 reminds us that development is not just about numbers—it is about people. It is about dignity, fairness, and shared progress. As we continue our journey, we reaffirm our commitment to supporting quality education, skill development, innovation, and responsible citizenship. Together with our students, faculty, and partners, we will keep working toward a future where every individual has the opportunity to succeed and where economic growth leads to the well-being of all.

With this I wish you all every blessing from God and seeking your continued commitment to the cause of education.

Yours with regards

Rev. Fr. Arockia Sezhian MMI

MESSAGE FROM THE DEAN, SOCIAL SCIENCES AND MANAGMEENT STUDIES



Greetings to all.

With this issue of the SJUNewsbytes, we have an occasion to explore the SDG8 in relation to academia. Sustainable Development Goal 8 (SDG 8), which emphasizes inclusive and sustainable economic growth, productive employment, and decent work for all, holds significant relevance for the academic community. As institutions of higher learning, universities play a central role in shaping the knowledge, skills, and values necessary to advance these global priorities. Within the academic sphere, SDG 8 serves as both a guiding framework and a call to action, encouraging us to align our teaching, research, and institutional practices with broader societal needs.

At its core, SDG 8 underscores the importance of preparing individuals not only for employment but for meaningful participation in an evolving global economy. Higher education must therefore ensure that students acquire competencies that are responsive to contemporary labour market demands. This includes fostering analytical thinking, digital literacy, ethical leadership, and adaptability—skills that equip graduates to thrive in diverse professional environments. By integrating these dimensions into our curricula, we strengthen students' readiness for productive engagement in the workforce while promoting lifelong learning.

Furthermore, SDG 8 highlights the essential role of innovation and entrepreneurship in driving sustainable growth. Academic institutions serve as incubators of ideas, providing fertile ground for research, experimentation, and creative problem-solving. Through research initiatives, entrepreneurship cells, and interdisciplinary collaborations, universities can contribute directly to economic development. Encouraging student-led innovation, supporting start-ups, and facilitating industry partnerships not only expand employment opportunities but also foster a culture of initiative and resilience among learners.

The goal also calls for equitable access to opportunities and the promotion of safe, inclusive, and enabling environments. For academia, this means ensuring that educational spaces are free from discrimination, supportive of diverse learning needs, and committed to ethical practices. By upholding fairness and inclusivity, universities model the conditions necessary for decent work and social well-being, reinforcing the principles of SDG 8 within the academic community.

Additionally, research plays a crucial role in informing policies and practices related to economic growth and employment. Universities have the responsibility to generate evidence-based insights on issues such as labour market trends, workplace conditions, technological impacts, and sustainable business models. Such contributions strengthen national and global efforts toward achieving equitable development.

In advancing SDG 8, academia affirms its role as a catalyst for social progress. Through high-quality education, rigorous research, and committed engagement with communities and industries, universities help shape a future where economic growth is both inclusive and sustainable. Our collective efforts will continue to support the development of responsible citizens and capable professionals who contribute to the prosperity and well-being of society.

With best of regards
Prof. Dr. T. Vasagan

DEPARTMENTAL MEETINGS

The Department of Chemistry conducted a Department meeting on 24th Oct, 2025.

The Department of History conducted a Department meeting on the on 4th and 31st October 2025

The Department of JMC conducted a Department meeting on the on 10th October 2025

The Department of Mathematics conducted a Department meeting on 9th Oct, 2025.

The Department of Physics conducted a Department meeting on 27th Oct, 2025.

The Department of Zoology conducted a Department meeting on the 7th of October 2025

DEPARTMENTAL ACTIVITIES

DEPARTMENT OF ENGLISH

Report on the 3rd National Seminar on “Emerging Paradigms in Language, Literature & Culture”

The Department of English, St. Joseph University, successfully organized the 3rd National Seminar on “Emerging Paradigms in Language, Literature & Culture” on the 16th and 17th of October 2025. The two-day event brought together scholars, academicians, and students to discuss new trends and perspectives in language, literature, and cultural studies.

The inaugural session was hosted by Dr. Alemmenla Walling, Assistant Professor, Department of English. The program began with the National Anthem, followed by an Invocation by Rev. Sr. Dr. Thianes Mary, Deputy Registrar, SJU. Dr. Thokchom Sunanda Devi, Head of the Department of English, delivered the Welcome Address, while Dr. Betina Vashi introduced the seminar's theme. The Abstract Volume was released, followed by a folk dance by UG 3rd Semester students and a short video screening about the University.



Dr. A. Robert Xavier, Registrar, SJU, delivered the Presidential Address which was followed by Folk Song by UG 5th Semester. Ma'am Vilanuo Angela Yhome, President of the Naga Mother's Association, presented the Inaugural Speech. The Keynote Address was delivered by Prof. Mousumi Guha Banerjee, Director, and HoD, EFL University, Shillong Campus. The session concluded with the University Anthem and a Vote of Thanks by Mr. Vikholo Rosii, Assistant Professor, Department of English.

The first day featured a lecture on “A Multi-dimensional Research Vision for English Language Teaching and Literary Studies” by Dr. Vasanthan, Associate Professor, Nagaland University. This was followed by paper presentation sessions held simultaneously in the Auditorium and Seminar Hall, moderated by Dr. Moameren Pongen and Dr. Imkumnaro Walling, respectively. The day ended with an interactive Q&A session.

Day two began with an invocation by Rev. Fr. Dr. Michael Arockiam Nathan, followed by a welcome address by Mr. Limhathung A. Lotha. Dr. Ph. Jayalaxmi, Assistant Professor, Manipur University, delivered a lecture on “Politics of Home and Belongingness in the Northeast Writing.” The session concluded with a vote of thanks by Dr. Tayenjam Rajesh Singh.

The second session of the day included paper presentations moderated by Dr. Naorem Nishikanda Singh, with enthusiastic participation from students and scholars. The Valedictory Session was hosted by Dr. Tem-jentula Pongener and began with an invocation by Sr. Cicilia Ngaineiting Khongsai. Dr. V. T. Vasagan, Dean of Social Sciences and Management, delivered the Valedictory Note, followed by distribution of certificates. The seminar concluded with a Vote of Thanks by Mr. Ajith J. and Ms. N. Esther Ezung, Assistant Professors, Department of English. The two-day seminar was insightful and enriching, providing a meaningful platform for academic exchange and dialogue on emerging perspectives in language, literature, and culture.

Parent-Teacher Meeting

The Department of English, St. Joseph University, organized a Parent-Teacher Meeting on 24th October 2025. The program was hosted by Ms. Lulu, Research Scholar, and began with a prayer led by Rev. Fr. Dr. Nathan, Professor, Department of English. Mr. Vikholo, Assistant Professor, delivered the welcome address, introducing the department, its faculty, student activities, and achievements. A short video presentation about the university was also shared with the parents. Prof. Charles Monthung Ezung, Dean of Students' Affairs, addressed the gathering, commending the Department of English for its excellence and harmonious functioning. He emphasized the importance of parental involvement, punctuality, and regular attendance, especially for students residing in hostels and PG accommodations. Drawing from his personal experience as a parent, he encouraged guardians to understand and support their children's academic growth.



An interactive session followed, where parents and teachers discussed students' academic performance and attendance. The meeting concluded with a Vote of Thanks delivered by Mr. Imchenmeren, Research Scholar.

DEPARTMENT OF HISTORY

3rd SJU Heritage Diem 2025: Crafting Futures: Heritage, Innovation, and Youth Empowerment

The 3rd SJU Heritage Diem 2025 was held on 15th October 2025 at the SJU Auditorium Hall at 10:00 AM, followed by an exhibition at the Seminar Hall. The event was themed “Crafting Futures: Heritage, Innovation, and Youth Empowerment”, aiming to offer valuable insights into the world of craftwork and share an inspiring journey of achievement. The programme was chaired by Mr. Khekato Zhimo, with the invocation prayer led by Fr. Dr. L Anish. Prof. Dr. Avinuo Chupuo delivered the welcome address, and Sr. Dr. M Thaines Mary offered the felicitation to the special guest. Mr. Ruovilhokho Chuzho, Founder of Naga Feather Pvt. Ltd. and recipient of the prestigious State Entrepreneur Award 2025, graced the occasion as the Guest Speaker. The cultural segment featured a musical performance by the Department of History, a drama presentation by the Department of Social Work, and the SJU Anthem performed by the Department of Sociology. The departments participated in the exhibition are Chemistry, Education, Political Science, Mathematics, Biotechnology, Botany, Economics, Social Work, Journalism and Mass Communication, English, Psychology and counselling, Sociology, Civil Engineering, History, Computer Science, Commerce, Management, and Zoology. The coordinators were Dr. Avinuo Chupuo, and Mrs. Ethupeu Thopi.



3rd Alumni Meet 2025

The Department of History at St. Joseph University hosted its 3rd Alumni Meet on October 27, 2025, in the seminar hall, welcoming 18 alumni from both undergraduate and postgraduate programs. The event was chaired by Dr. Lanuchila Changkiri, and began with an invocation by Miss Teisovinuo, Assistant professors, Department of History. Dr. Kinitoli H Yeptho, Director of IQAC, delivered the welcome address, setting a warm tone for the gathering. Miss Alovi D Sumi spoke on behalf of the alumni, sharing heartfelt memories of her time at SJU and expressing gratitude for the university's role in shaping her personal and professional journey. She also encouraged current students to prioritize their health for long-term growth and success. Prof. Dr. Avinuo Chupuo, Head of the Department, emphasized the importance of a strong alumni network in opening doors to job opportunities and urged alumni to live smart, stay active, and embrace every opportunity with confidence. The program concluded with a vote of thanks by Sir K Hokato Sumi, Assistant Professor, Department of History, who appreciated the organizers and alumni for their enthusiastic participation and for making the event a resounding success.



DEPARTMENT OF JOURNALISM AND MASS COMMUNICATION

Orientation for Media Internship

The department of Journalism and Mass Communication conducted an internal orientation for the UG Sem-V and PG Sem-III on Media internship on 22nd October 2025 in the department premises. The HoD of the department, Dr. Naorem Nishikanta Singh took the initiative to orient the students who are going to take on media internship during winter break for 30 days. The class teachers of the two batches, Ms. Rhutulu Dukru and Mr. Ragul M also present in the programme. The HoD guided the students regarding necessary follow-up to be taken during and after completion the internship including report making and submission. The orientation programme was started at 09.50 am and concluded at 10.20 am.



DEPARTMENT OF POLITICAL SCIENCE

4th Edition Pol Fiesta 2025

The 4th edition of Pol Fiesta 2025, organized by the Political Science Association (PSA) Department of Political Science, St. Joseph University, was held on 28th October 2025 at University Auditorium on the theme “Inking Ideas, Inspiring Change”.

The inaugural session was chaired by Mr. Nikika Achumi, Vice President, SJUSC. The program commenced with SJU Anthem followed by an invocation by Rev. Fr. Dr. L Anish, PRO, SJU. The welcome address was delivered by Ms. Nangzunknungla Imsong, Assistant Professor, PSA Advisor. A special number was performed by Imnamaong W Jamir, UG 5th semester.

Rev. Sr. Dr. Thianes Mary, Deputy Registrar, SJU, was the Special Guest for the event. Speaking on the theme “Inking Ideas, Inspiring Change,” she encouraged the students to believe in the power of their ideas as ideas are like seeds, words, and actions to bring about transformation in the society. Through a short story, she reminded everyone that real change begins within oneself, when we set ourselves right, the world around us becomes right too. She motivated the students to pursue education not just for marks but to make a positive mark on the world. She concluded her address by stating ‘Get the man right, automatically the world will become right. Fix your face, your heart, and your beliefs, and the world will fix by itself’.

The inaugural session also featured a Mobile Film Making competition where students made a short clip on various issues confronting our Naga society like alcohol, bullying and other social issues. The inaugural session concluded with a vote of thanks proposed by Ms. Ikule Rangkau, Vice President of the PSA.

The second session saw students competing for various events like Quiz, singing, extempore speech, mimicry, waste recycling fashion show and retro dance. The fest also had sports event like Javelin, penalty shoot-out, 400-meter race and 4*100 relay. All the winners for the respective events were felicitated with certificate and cash prize. UG 5th semester Political Science department emerged as the overall champion of the 4th edition of the Pol Fiesta 2025.



Educational Study Tour to Guwahati, Assam: Travel and Tourism Vocational Course





As part of the vocational course in Travel and Tourism, a study tour to Guwahati, Assam was organized. The tour aimed to bridge theoretical learning with practical exposure while fostering cultural and environmental awareness. The group departed from Dimapur on 23rd October 2025 by the North East Frontier Railway and reached Guwahati the same evening, lodging at Hotel Fortune.

The first day began with a visit to Srimanta Sankardev Kalakshetra, a center showcasing Assam's art, culture, and traditions.

This was followed by an engaging experience at the Regional Science Centre, where students explored interactive exhibits connecting science and tourism. The day ended with a scenic ride on the Guwahati Ropeway, offering breathtaking views of the Brahmaputra River.

On the second day, students visited the Assam State Zoo cum Botanical Garden, learning about wildlife conservation and ecotourism. The trip concluded at Dighalipukhuri Park, where students observed urban recreation and community-based tourism. The tour was a meaningful and transformative experience, enriching students' knowledge and inspiring them to value culture, environment, and sustainable tourism practices.



DEPARTMENT OF PHYSICS

Space Week Celebration

The Department of Physics, St. Joseph University, organized a Space Week Celebration on 14th October, 2025 to commemorate the contribution of space science and technology to human welfare. The event aimed to inspire curiosity and promote scientific learning among students, with active participation from 41 undergraduate and postgraduate students.

An engaging and insightful session was delivered by Mr. Samir Dhrude, Scientific Officer, IUCAA Pune, who shared his expertise on various aspects of space science, encouraging students to explore new frontiers of knowledge. His presentation captivated the audience and motivated them to think beyond the classroom.

Two exciting competitions were also held as part of the celebration a Quiz Competition and an Oral Presentation. Mr. Rejusanen (UG I Semester) emerged as the winner of the quiz, while Mr. Dhiraj Mech (UG I Semester) and Mr. Avineet Dhar (PG III Semester) were declared runners-up. In the oral presentation category, Ms. Rafia Bano (PG III Semester) was awarded the title of Best Presenter for her exceptional presentation skills. The event concluded on a positive note, successfully nurturing students' enthusiasm for astronomy and space exploration while providing a valuable platform for learning, creativity, and interaction.



DEPARTMENT OF SOCIOLOGY

Field Trip to Kapamodzu, Phek.

The Department of Sociology conducted a memorable field trip to KAPAMODZU, PHEK on 18th October 2025 wherein 60 students from B.A 3rd and M.A 3rd Semester participated in the field trip under the supervision of Ms. Narsen Ngullie, Assistant Professor, Department of Sociology as part of their field study/field immersion course. The field trip aimed at combining academic learning with practical exposure, and to enhance their learning experience outside the classroom, and foster teamwork and interaction. The objective of the field trip was not only to experience but also this trip will be beneficial for academic as well as personal growth of the students. The field trip was conducted successfully and that more opportunities to increase the practical skills of the students will be explored.

Seminar on “Impact of Social Media in Contemporary Society”

The Department of sociology organized a one day seminar cum interactive session on the theme “Impact of Social Media in Contemporary Society” in collaboration with Cultural Club SJU on 22-10-25 at the university auditorium from 10 Am to 12pm. Mr.P.Vivekanandan, Assoc Prof. from the department of Computer Science was the guest speaker for the event. 170 students from the department attended the Programme along with the teaching faculties. The first session of the program was successfully conducted with Miss Vizolenuo from MA 1st semester as the Chairperson. A brief word of welcome was delivered by Dr Elonbeni Ngullie Assoc Prof and Programme coordinator, followed by the lecture session taken up by the resource person. The second session followed with the Q and A session. The program successfully concluded with a vote of thanks.

DEPARTMENT OF ZOOLOGY

Field visit to the Nagaland Zoological Park, Dimapur

The Department of Zoology, St. Joseph University, Nagaland, organized an educational field visit to the Nagaland Zoological Park, Dimapur, on 24th October 2025 under the Biodiversity Conservation and Eco Club initiative. The visit aimed to provide students with first and exposure to wildlife diversity, conservation strategies, and habitat management, bridging the gap between theoretical knowledge and practical understanding. A total of 23 undergraduate students from I and II Year Zoology participated, accompanied by faculty members.



The program began with an orientation session at the Interpretation Centre, where Dr. Magdalene Kiewhuo and Dr. S. Thangapandiyan briefed students on the park's objectives, animal care, breeding programs, and conservation awareness. Students learned about the zoo's role in conserving endangered species through captive breeding, rescue, and rehabilitation efforts, and its contribution to education and research in biodiversity conservation.

Overall, the experience enriched students' understanding

of ecological balance, inspired environmental responsibility, and aligned with the Eco Club's mission to promote biodiversity conservation and environmental awareness among future zoologists.

CLUB ACTIVITIES

A COLLABORATION OF SJU CLUBS: NCC, RRC & YRCC

Blood Donation Drive, 2025

A blood donation drive, organized by SJU Clubs i.e National Cadet Corps (NCC), Red Ribbon Club (RRC) and Youth Red Cross Club (YRCC), St. Joseph University, Chumoukedima, Nagaland, was held on 22nd October, 2025 at University Seminar Hall. Dr. Mejungsangla Longkumer, MD. Pathology, Christian Institute of Health Sciences and Research, Chumoukedima, Nagaland, presented on the significance of donating blood. She emphasised how a donors can save a life. She also stated as to how there is a shortage of Blood donors in India and particularly Nagaland, due to the lack of awareness of the blood donation. In her presentation, she explained the three types of blood donors i.e Professional Donors, Replacement Donors and Voluntary Donors. The presentation also explains certain criteria to be followed before donating blood such as having a proper sleep, should not have less than 45kg, 18 years to 65 years of age. She further explains on the benefits of donating blood as well as the benefits of donating blood to CIHSR Blood centre. Altogether 250 students from three clubs attended the program.



The event was chaired by Dr Patrick (Asst. Professor and Coordinator, YRRC), St. Joseph University. Welcome address was delivered by Dr. Kikoleho Richa (Asst. Professor and Coordinator, RRC), St. Joseph University. The event was concluded with a word of gratitude delivered by Dr. Marsosang (Asst. Professor and Coordinator, NCC), St. Joseph University.

The day witnessed a Blood donation drive in collaboration with Blood Centre CIHSR Referral Hospital. The Blood donation drive had around 50 donors, with 32 successfully donating their precious blood. The Event was coordinated by Ms. Mughakali, Ms. Heli, Dr. Patrick, Dr. Kikoleho Richa, Dr. Marsosang, Assistant Professors of St. Joseph University, Nagaland.



Report on A Career Choice in the Indian Navy

The Placement Cell of St. Joseph University, in collaboration with The Indian Navy, organized a Career Guidance Program titled “A Career Choice in the Indian Navy” on 14th October 2025 at the S.J.U Auditorium. The event aimed to educate students about the diverse career opportunities in the Indian Navy and to motivate them to serve the nation with honor, discipline, and dedication.

The program commenced at 9:30 a.m. with an Invocation led by Rev. Fr. Dr. L. Anish, creating a solemn and respectful atmosphere. This was followed by the National Anthem, rendered by the University's Music Club, which instilled a sense of unity and patriotism among all present.

Prof. V. T. Vasagan, Dean of Social Sciences and Management, delivered the Welcome Address, warmly greeting the gathering and emphasizing the importance of defense services in shaping the nation's strength and

progress. He highlighted the role of educational institutions in guiding young minds toward purposeful and service-oriented careers.

A Felicitation Ceremony was held to honor the distinguished guests from the Indian Navy, after which the NCC cadets performed a vibrant Table Drill Demonstration. Their disciplined performance and perfect coordination drew applause from the audience, reflecting the values of teamwork, precision, and leadership — qualities deeply associated with military life.



The highlight of the event was the Guest Session, featuring Lt. Cdr. Bezai Moses, a Submarine Specialist from the Indian Navy. His keynote address was both insightful and motivational, offering students a rare glimpse into naval life and the opportunities it presents.



Lt. Cdr. Moses began his session with a series of engaging videos showcasing the operations of the Indian Navy and its Submarine Division. The visuals demonstrated the Navy's advanced technology, rigorous training regimes, and the teamwork essential for underwater missions. He gave an overview of the Navy's key responsibilities, including protecting India's maritime borders, maintaining peace in the Indian Ocean region, and assisting in humanitarian missions and disaster relief. The session concluded with inspiring words from Lt. Cdr. Moses, encouraging students to embrace discipline, hard work, and a sense of service to the nation.

The program ended with a Vote of Thanks by Ms. Acing Susanna, Assistant Professor and Placement Coordinator, expressing gratitude to the Indian Navy and all contributors. This was followed by a Benediction by Kalaparthi from B.Sc. Zoology (5th Semester). The event concluded with a photo session and an interactive Q&A, where students eagerly sought guidance on recruitment and career preparation.

3RD INTERNATIONAL CONFERENCE ON MULTIDISCIPLINARY RESEARCH & INNOVATION (ICMRI-2025)



The 3rd International Conference on Multidisciplinary Research & Innovation (ICMRI-2025) was successfully held on 23rd and 24th October, 2025, organized by the Internal Quality Assurance Cell (IQAC) of St. Joseph University, Chumoukedima, Nagaland. The conference was convened by Dr. Kinitoli H. Yeptho, Director, IQAC. Centered on the theme "Sustainable Development Goals (SDG 2030)," the conference provided a global platform for academicians, researchers, industry experts, and students to exchange ideas, present

research findings, and foster collaborative learning and to promote innovation-driven research across diverse fields, including science, social sciences, humanities, commerce, and management.

A total of 119 participants from diverse academic disciplines and various global regions registered for the two-day international conference. The event was graced by several eminent invited speakers namely, Prof. Darlando Khathing, Pro-Chancellor, NECU, Nagaland; Prof. Daisy Bora Talukdar, Department of Education, Dibrugarh University; Dr. Nargiza Nuralieva, Associate Professor & Dean, Bucheon University, Uzbekistan; Prof. Amalesh Bhowal, Department of Commerce, Assam University, Diphu Campus, Assam; and Dr. Akalesh Kumar Verma, Assistant Professor, Cotton University, Assam.

The inaugural ceremony was moderated by Ms. K. Livikali Yeptho, Asst. Professor, Department of Management. The proceedings began with an invocation of blessings by Rev. Fr. Dr. L. Anish (PRO), followed by SJU Anthem, performed by the University's Music Club.

Dr. Kinitoli H. Yeptho, Director, IQAC and the Convener of the Conference at St. Joseph University, delivered the welcome address and introduced the Conference's Objectives. This was followed by a presidential address from Dr. D. Gnanadurai, the Hon'ble Vice-Chancellor of the University. In his address, Dr. Gnanadurai elaborated on the three core pillars of sustainable development: economic growth, social progress, and environmental protection.

He discussed how the balance of these pillars is crucial for achieving economic development in a sustainable manner. The inaugural speaker, Prof. Darlando Khathing, Pro-Chancellor of NECU, Nagaland, shared valuable insights from his experiences and underscored the power of collaborative efforts in driving development.

The formal ceremony concluded with a vote of thanks delivered by Dr. Naorem Nishikanta Singh, Asst. Professor, Journalism and Mass Communication Department. The inauguration was followed by technical sessions, where scholars from various institutions presented their research papers. The paper presentations at the conference reflected a rich tapestry of ideas centered on sustainability, education, gender equality, cultural preservation, and ecological balance. The discussions demonstrated how research and innovation can contribute to achieving the Sustainable Development Goals (SDGs) while remaining rooted in local contexts and human values.

The valedictory session was moderated by Ms. Viliho Chishi, Assistant Professor, Department of Mathematics, St. Joseph University. The session commenced with an invocation of blessings by Fr. Arokia Sezham, Campus Manager, St. Joseph University, Nagaland, followed by a welcome address from Prof. Gowri SA., Dean of Science. In his special address, Dr. A. Robert Xavier, Registrar, St. Joseph University, congratulated the conference



Column 01: Minerals for Life

PRINCIPLES OF HUMOUR AS A PEDAGOGY FOR HIGHER EDUCATION



Fr Dr Prof Sunny Joseph

Humour has increasingly been recognized as a valuable pedagogical tool in higher education, where instructors aim to foster engagement, reduce anxiety, and cultivate supportive learning environments. When used intentionally and appropriately, humour can strengthen the instructor–student relationship and create conditions that enhance motivation and cognitive processing. Several key principles guide the effective use of humour as a pedagogy in college-level instruction.

A central principle is relevance, meaning that humorous content should connect meaningfully to course concepts. Relevant humour can serve as a cognitive anchor, aiding students in memory retention and concept comprehension. For example, analogies, playful examples, or discipline-specific jokes can help students understand abstract material by linking it to familiar or amusing contexts. Relevance ensures that humour supports rather than distracts from instructional goals.

Another essential principle is appropriateness, which emphasizes sensitivity to diverse cultural, social, and personal backgrounds. Humour that marginalizes, stereotypes, or alienates students undermines trust and impedes learning. In higher education's increasingly diverse classrooms, instructors must employ inclusive humour that promotes community rather than division. Self-effacing humour, for instance, can humanize instructors without risking harm to students.

A third principle, timing and moderation, highlights the importance of strategic use. Excessive or poorly timed humour may detract from instructional flow or diminish the perceived credibility of the instructor. Purposeful, intermittent humour—used to introduce topics, relieve tension during challenging discussions, or re-energize the class—enhances attention while preserving academic rigor. Effective timing requires instructors to read the room, maintain awareness of group dynamics, and adapt accordingly.

Additionally, humour as pedagogy benefits from the principle of authenticity. Authentic humour aligns with an instructor's natural communication style, allowing interactions to feel genuine rather than forced. When humour reflects an instructor's personality and comfort level, students are more likely to perceive it as sincere, fostering rapport and psychological safety.

Finally, humour functions best within a framework of pedagogical intent, ensuring that its use supports explicit learning objectives. Whether used to clarify concepts, facilitate discussion, or alleviate anxiety around difficult content, humour should contribute to a purposeful instructional strategy.

In sum, the principles of relevance, appropriateness, timing, authenticity, and intentionality form the foundation of humour as an effective pedagogy for higher education. When thoughtfully applied, humour not only enhances student engagement but also promotes deeper learning and a more positive classroom climate.

DECENT WORK AND ECONOMIC GROWTH



Prof. Charles Ezung
Dean of Student's Affairs

One of the UN Sustainable Developmental Goals (SDG 8) is the goal of decent work and economic growth for every citizen of the earth. Decent Work and Economic Growth means creating an enabling environment where people can secure productive and decent employment that promotes their well-being. There is a close relationship between decent work and economic growth, where inclusive economic growth provides opportunities for decent work, and decent work fosters productivity and social stability, creating a positive cycle. Decent Work and Economic Growth focus on creating opportunities for everyone to have access to quality employment that provides fair wages, social protection, and safe working conditions.

It seeks to eradicate forced labour, child labour, and all forms of discrimination in the workplace. The goal emphasizes the importance of economic growth that is sustainable, inclusive, and benefits all members of society. Decent work involves fair pay, safe conditions, and respect for fundamental rights, while economic growth requires sustained, inclusive, and sustainable practices to increase prosperity for all. Challenges remain in achieving this, such as addressing the informal economy, promoting gender equality, and providing youth with skills for a changing labour market.

It involves the following important initiatives, such as,

Economic growth as a foundation: Sustained and inclusive economic growth is necessary for creating jobs and improving living standards. Without it, there can be no real progress or opportunities for people to improve their lives.

Decent work as a driver: Having jobs that are productive, provide a fair income, offer a safe environment, and allow for personal development—is a critical component of sustainable growth. When workers are secure and fairly compensated, they are more productive and contribute more to the economy.

A virtuous cycle: Economic growth leading to job creation and which results in better living standard and social stability. This stability, in turn, fosters a more productive and innovative workforce, driving further economic growth.

All in all, Governments have a central role in building people-centered economies, implementing laws that promote equality, and ensuring social protection for all. In our state Nagaland there are positive feedbacks about the SDG 8 but at the same time more needs to be achieved in areas such as performance between districts within Nagaland and the benefits of economic growth have not consistently “trickled down,” leading to uneven development across the state. Therefore, there is an urgent need for a consistent collaboration between the state government, civil societies, institutions and communities so as to realize the SDG 8 to its fullest.

ECONOMIC GROWTH AND DEVELOPMENT THROUGH EXPORT PROMOTION



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Economic development and growth are two of the greatest objectives that all nations strive to attain, particularly those that are yet to develop. These countries tend to desire to enhance living standards for their citizens, lessen poverty levels, and establish robust industry bases. Export promotion stands out as one of the best means of achieving such aims. Export promotion refers to a policy that entails a number of government policies and interventions whose purpose is to stimulate production and sale of domestic goods and services in foreign markets. Encouraging exports helps nations earn precious foreign exchange, increase employment, lure investment, and become competitive on the international stage. In the course of time, it has been evident that nations pursuing export-oriented growth are likely to have more stable and sustained economic growth than those pursuing only production of goods for the domestic market or replacing imported goods with locally produced goods. Export promotion is based on the concept of providing assistance to the producers and companies exporting goods and services, so that they can compete in international markets.

This assistance is in various forms, including financial proposals, simplified trade procedures, marketing assistance, and infrastructure improvement. They all enable domestic industries to concentrate more on foreign trade. Previously, most developing nations had been adopting a model known as import substitution industrialization, where the focus was on producing goods locally in an effort to minimize imports. But by the 1970s and 1980s, it was realized that export-led strategies were far more effective in attaining economic development and industrialization. South Korea, Singapore, and Taiwan demonstrated that with intensive export promotion policies, they could transition from farm-based economies to mighty industrialized countries within a matter of a few decades. Exports are an important driver of economic growth through a number of interrelated processes. To begin with, they earn foreign exchange that enables nations to import machinery, raw materials, and sophisticated technology for industrial growth. If countries lack foreign exchange, they might not be able to sustain the balance of payments, which keeps them from investing in key sectors of the economy.

Secondly, more exports translate to increased levels of production and job opportunities. As businesses attempt to satisfy global consumers, they earn revenue, reduce unemployment levels, and promote development in various sectors of the economy. Third, international market exposure makes firms more effective and efficient because they have to satisfy global quality levels, embrace new technologies, and keep improving their products. As volumes of exports increase, economies tend to shift their structure from relying mostly on agriculture and raw materials to more sophisticated manufacturing and services that generate higher value and better productivity. The field of export promotion is extremely wide and encompasses a range of industries and activities. It extends beyond conventional goods to encompass significant services like tourism, information technology, education, and finance, which are now major contributors to the export earnings of a nation. Export promotion also entails diversifying not only the variety of products but also the markets in which goods and services are exported, to prevent excessive dependence on limited commodities or trading partners.

By assisting small and medium-sized enterprises, export promotion measures enable local innovators and entrepreneurs to join global supply chains. With the modern era, digital trade and e-commerce are now part of export promotion, which enable small producers to reach international consumers without significant investments in fixed infrastructure. Additionally, as the globe is becoming increasingly centered on sustainability,

there is a greater chance to induce green exports like renewable energy technologies, organic agricultural produce, and other eco-friendly products. Export promotion has numerous benefits for nations that adopt proper policies to encourage it. Through export promotion, domestic firms can access a broader customer base, become more efficient, and earn higher returns. Exposure to global competition and consumer tastes compels firms to introduce innovative production methods, improve technology, and produce more efficiently. Export promotion also enables economies to diversify by lessening reliance on one product or industry, thus making them more resistant to economic shocks.

In addition, involvement in global and regional trade agreements gives nations greater scope to increase their network of trade relationships and access foreign direct investment. Export-led growth provides nations the opportunity to enhance their value-added exports, graduating from exporting raw materials to manufacturing finished products, generating more revenue and enhancing their international prestige. Further, expansion in export industries results in higher employment and skill development opportunities, making the workforce more empowered and facilitating greater economic engagement. Export promotion benefits are not only extensive but also long-term. Through increasing exports, a nation can attain rapid and sustainable economic growth by expanding production, investment, and trade. Increased export revenues balance the nation's payments and render the nation financially secure, thus less dependent on foreign borrowing.

Export sectors generate jobs, particularly for women and youth, lowering poverty and ensuring social inclusion. Foreign market exposure also accelerates technology transfer, stimulates innovation, and enhances productivity, as domestic companies learn from international best practices. Export promotion also tends to induce government investment in crucial infrastructure like roads, sea and river transport, airports, and communication networks, which stimulates the entire economy. As exports increase incomes, individuals have greater access to education, health services, and other social necessities, raising the general level of well-being. In addition, a robust export sector can enhance the image of a country internationally, helping it become a desirable location for global trade and investment. If export promotion is to be successful, nations must develop and execute carefully considered and coordinated plans.

Governments can provide tax incentives, financial assistance, and credit facilities to favor exporters and make their products more competitive in the international market. Streamlining the processes involved in exporting, reducing tariffs, and enhancing customs function are also significant steps in facilitating trade. Infrastructure and logistics investments ensure timely arrival of goods and reduce the cost of doing business. Supplying precise information regarding markets, trade statistics, and buyer tastes enables exporters to recognize new markets and reform their products in accordance with shifting needs. Training and education programs are fundamental for the creation of an efficient and skilled workforce that is able to satisfy the high quality demands of global markets. The creation of export promotion agencies can provide robust institutional support through advisory assistance, finance, and access to international networks for exporters. Lastly, incorporating environmental sustainability into export policies ensures that economic growth is realized in a manner that maintains environmental safety and ecological balance.

Although it has numerous advantages, export promotion is confronted with numerous challenges that must be taken carefully into consideration. Most developing nations are challenged to compete favorably in the international market due to the stiff competition they face. Their commodities are also challenged to attract buyers' attention and recognition worldwide. Additionally, these nations are often prone to rely on a few key commodities, including oil, minerals, or agricultural products. This reliance exposes their economies to an abrupt change in international prices and alteration in demand, leading to financial instability. Besides these economic threats, most developing nations have poor infrastructure, making it costly to move products and circumscribing their coverage in the global market.

Excessive transportation and energy expenses also contribute to the challenges of making exports competitive. At the same time, developed nations tend to employ protectionism and trade policies that limit the entry of developing countries into these markets. Even domestically, weak institutions and poor coordination among government agencies may hinder the progress of export efforts. Regular changes in policy and variable regu-

lations make it uncertain for firms, making it more difficult for them to invest and plan on export operations. To counter these difficulties, nations must formulate stable and transparent trade policies that support long-run investment and growth. Research and development investment can assist in generating new products and enhancing the process of manufacturing. Efforts from governments and private sectors can also result in more efficient strategies towards promoting exports and enhancing competitiveness.

The cases of South Korea, China, and Vietnam offer evidence of how export promotion can revolutionize an economy. In the 1960s, South Korea implemented export-oriented policies and industrialization, which transformed the nation from a poor agrarian economy into a manufacturing global powerhouse. China, since the 1970s, has emphasized opening its economy to the outside world, encouraging exports, and foreign investment, which contributed significantly to lifting millions of Chinese out of poverty. Vietnam, likewise, has taken the same route, through prioritizing labor-intensive production and the diversification of its exports, which has led to it becoming one of the most rapidly growing economies in Asia. All these examples serve to point out that when promotion of exports is accompanied by sound governance, highly developed human capital, and investment in innovation, then it can induce sweeping economic change. It also demonstrates the significance of stable policies and long-term planning so that growth is sustained. In summary, export promotion is an important driver for economic growth and development.

By increasing their exports, nations can obtain foreign exchange, which can be utilized to finance development projects and infrastructure development. Exports also stimulate industrial development, generate employment, and propel technological advancement. The export promotion scope is wide, ranging from physical commodities to services, electronic trade, and eco-friendly industries. It has numerous opportunities for economic diversification, innovation, and deeper integration into the world economy. Export promotion has the potential to bring major improvements to income, jobs, and social development. To realize these gains, though, well-designed policy, robust institutions, and a commitment to long-term sustainability and equitable growth are needed. For developing countries that hope to see long-term wealth, an export-led approach is still among the best and most dependable routes to overall and equitable economic development.

ROOTED IN GRATITUDE



Nangjenkala. B
Assistant Professor
Computer Science Department

When I first entered this university, I arrived with the quiet hope of a fresh seed—uncertain, learning, and trying to understand where I fit. Over time, this place became more than a workplace; it became a journey of growth, reflection, and transformation. The challenges I encountered—whether physical, mental, or academic—shaped me in ways I will always be grateful for. Each obstacle strengthened my foundation and helped me evolve into someone more confident, aware, and capable.

Along this path, I found laughter. I found faces that became familiar, voices that became comforting, and people who unknowingly became part of my story. Some encounters were brief, others stayed longer—but every interaction contributed to who I am today. The encouragement, the shared moments, and the quiet support helped me move forward on days when strength felt limited.

The greatest privilege, however, was the trust placed in me by the students. To be approached with questions, to be relied upon, and to be respected—often by those who began as strangers—remains one of the most humbling honours of my experience here. Their trust inspired me to be better, to learn more, and to grow not just

as a professional, but as a person. They taught me that impact is not measured by position, but by connection, sincerity, and effort.

As I now step into a new chapter, I leave with a full heart. I may no longer be physically present within these walls, but a part of me will remain here—in memories, in shared moments, and perhaps in the quiet confidence of the students who once believed in me.

This journey has been a blessing. And for that, I am deeply grateful.

“Growth is not just about becoming more—it is about becoming true to who you are meant to be.”

— Written with gratitude by Nangjenkala. B

STUDENTS VOICES

INCLUSIVE AND SUSTAINABLE ECONOMIC GROWTH WITH PRODUCTIVE EMPLOYMENT



Br. Prashanth Reddy
MA, JMC Sem I

Introduction: Empowering a nation through economic sustainability means fostering growth, resilience, and prosperity while securing the future for all citizens. These principles form the backbone of thriving modern societies, highlighting the need for inclusive policies, innovation, and prudent stewardship of natural and financial resources. Economic sustainability refers to the ability of an economy to grow without wearing away its foundations - such as human capital, natural resources, and social well-being. It emphasizes long-term prosperity rather than short-term gains, seeking to balance economic objectives with environmental and social considerations. Countries embarking on this path make systemic, policy-driven commitments to sustain their economies. Fundamental pillars include advancing productivity, investing in quality infrastructure, and implementing sound fiscal management. These efforts create opportunities and drive entrepreneurship, benefiting all segments of the population.

A holistic approach to empower a nation: Empowerment in economic terms means ensuring citizens have access to education, healthcare, decent jobs, and technological innovation. SDG 8, for instance, calls for inclusive and sustainable economic growth along with productive employment for everyone. Empowerment also arises from policies supporting women, youth, and marginalized groups, enabling them to contribute actively to national prosperity. Building a resilient nation requires strengthening domestic capacities - be it through skills development, scientific research, or industrial innovation. Governments, businesses, and civil societies must work together, promoting financial inclusion, supporting small enterprises, and ensuring access to affordable modern energy, transport, and digital infrastructure.

The Role of Sustainable Development Goals (SDGs): The UN's Sustainable Development Goals establish a framework for nations to foster economic sustainability by addressing poverty, inequality, education, health, and environmental protection. They encourage countries to take bold initiatives for a green economy—reducing carbon emissions and adopting cleaner technologies. Sustainable consumption and production are core elements. Policies aimed at better land use, resource efficiency, and eco-friendly business practices not only conserve the environment but unlock new economic opportunities.

Innovation, Productivity, and Social Initiatives:

Productivity-driven growth and sustained innovation are key levers for economic empowerment. Countries that harness advances in science, technology, and education see improved living standards and greater resilience to global shocks. Market forces and business-led ingenuity can address essential needs, such as healthcare, housing, and education, enabling more citizens to realize their own potential. Social initiatives also play a critical part. Government spending, collaborative philanthropy, and international partnerships can close empowerment gaps—making sure no group is left behind.

Empowerment through Economic Inclusion:

Empowering a nation requires more than just economic growth—it demands inclusion. This means bridging gaps in opportunity, access, and outcomes. Prioritizing education, healthcare, and digital literacy gives all citizens the tools they need to participate in—and benefit from—the modern economy. Small-scale enterprises, women-led businesses, and community cooperatives are vital engines of empowerment, helping to distribute wealth more equitably and bolster local resilience. Societies benefit immensely when the talents and aspirations of every person are nurtured and valued.

Conclusion

Economic sustainability is the foundation on which empowered, resilient nations are built. By adopting inclusive policies, driving innovation, investing in education, and stewarding natural resources, countries can create prosperity that spans generations.

In pursuing these aims, nations not only strengthen their economies but also enrich the lives of their people, making empowerment the hallmark of true sustainability.

ACHIEVEMENT

Mr. Pikato V Awomi, UG 1st sem of the Department of History, SJU had secured Gold medal under 56 weight category Junior in the 1st state level Sub Junior/ Junior/ Senior WUSHU (sanda) Championship held on 28th - 29th October 2025 at Pele Khezhie Academy Kohima Nagaland organised by Nagaland WUSHU Association in collaboration with Department of Youth Resources and sports.



4TH EDITION ST. JOSEPH UNIVERSITY TROPHY 2025

The Fourth St. Joseph University Trophy 2025 Concludes with Dimapur Government College Emerging as Overall Champion



The fourth edition of the St. Joseph University Trophy, an inter-college and university sports tournament, concluded on October 18, 2025, at St. Joseph University, Chümoukedima, with Dimapur Government College (DGC) clinching the title of Overall Champion. The four-day event, held from October 15 to 18, saw spirited participation from 24 institutions across Nagaland under the theme “Soaring Beyond Limits.” The tournament featured competitions in basketball and volleyball for both men and women, along with men’s football, showcasing remarkable athletic talent and sportsmanship among the youth.

In the men’s basketball event, the School of Agricultural Sciences (SAS, Nagaland University) secured the top position, while Dimapur Government College finished second. In the women’s basketball category, St. Joseph College (Autonomous), Jakhama, emerged as champion, followed by Patkai Christian College in second place.

The volleyball events saw St. Joseph University triumph in the men’s category, with Living Stone Foundation International College taking the runner-up position. In women’s volleyball, Don Bosco College, Kohima, claimed victory, while Modern College came second. For men’s football, Dimapur Government College lifted the trophy, with Salesian College finishing as runner-up.

During the valedictory ceremony, Prof. Dr. D.

Gnanadurai, Vice-Chancellor of St. Joseph University, presented the St. Joseph University Trophy Cup to the champions, commending the athletes for their dedication, teamwork, and exemplary performances throughout the tournament.

Outstanding individual achievements also added to the excitement. Shanchothung Jungio (SAS, NU) and Vikedule Thami (SJC) were named MVPs in men’s and women’s basketball, respectively. In men’s volleyball, Shohepu (SJU) received the Best Spiker award, while Muzacuji Sazo (SJU) was recognized as Best Setter. Nilivi Achumi (DBC) earned the Best Player title in women’s volleyball. In men’s football, Emmanuel Shity (Salesian College) was named Best Goalkeeper, and Konglang (DGC) was awarded Player of the Tournament.

The organizing committee expressed heartfelt gratitude to all sponsors and supporters, including Aplomb Team Nagaland, Dhanalaxmi Hardware (Darogapathar), N.K Paint (Kharmahal, Circular Road), Laxmi Marble House Pvt. Ltd. (Kharmahal), and other local businesses and individuals whose contributions ensured the success of the event.

The tournament not only celebrated athletic excellence but also fostered unity, sportsmanship, and the spirit of youth empowerment — truly living up to its theme, “Soaring Beyond Limits.”

SPORTS PHOTO GALLERY



THANK YOU

Dear Ms. Nangjenkala Walling,

Thank you for your valuable contribution as one of the designer of SJUNewsBites editorial team. Your creativity, dedication, and attention to detail have greatly enriched the newsletter. We are truly grateful for your hard work and the excellence you brought to every edition.

As you leave, we wish you the very best in your future endeavors. May your path ahead be filled with success, growth, and wonderful opportunities.

Regards
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