



SJUNews**bites**

VOL. VII NO. 5

NOVEMBER, 2025

a monthly newsletter of St. Joseph University

When we work together towards the same goals,
we have the power to achieve them all



17 PARTNERSHIPS FOR THE GOALS
Strengthen the means of implementation and revitalize the global partnership for sustainable development

EDITORIAL MESSAGE

Dear Readers,

In our increasingly interconnected world, one truth becomes clearer each day: we rise higher when we rise together. As we reflect on the idea of “Partnership for the Goals,” the spirit of Sustainable Development Goal 17, we are reminded that collaboration is no longer just an option—it is a necessity. The challenges facing our global community are complex, but they are not insurmountable when approached through unity, understanding, and shared purpose.

Whether we look at climate change, healthcare, gender equality, education, or sustainable economic growth, every major issue we face crosses borders and touches countless lives. No nation, no organization, and no individual has all the solutions. But together, we carry the potential to create meaningful, lasting change.

Partnership is not simply about working side by side; it is about building genuine relationships grounded in trust and empathy. It calls on governments to listen more openly, on businesses to innovate with responsibility, on civil society to champion inclusivity, and on communities to bring forward their lived wisdom. It invites each of us, in our own capacity, to be part of something larger than ourselves.

When people unite—sharing resources, knowledge, time, and heart—something powerful happens. New ideas emerge. Voices that were once unheard become central. Boundaries that once divided begin to fade. Every collaboration becomes a small but significant victory for humanity.

At Newsbites, we believe stories have the power to spark collective action. We are committed to bringing you narratives of hope, resilience, and cooperation from around the world—stories that remind us that partnership is not abstract but very real, unfolding every day in classrooms, boardrooms, villages, laboratories, and digital spaces.

As we move forward, may we continue nurturing these connections. The road to a more sustainable, equitable, and peaceful world is long, yes—but it is also full of possibility. And with genuine partnership, we can walk this road confidently, knowing that each step we take together makes the path a little brighter for everyone.

Dr. Thiyam Thadoi Devi
Assistant Professor
Department of Mathematics

MESSAGE FROM VICE CHANCELLOR



Dear All,

Sustainable Development Goal 17 (SDG 17), known as “Partnerships for the Goals,” highlights the vital role of collective action in achieving sustainable development. It recognizes that no country, organization, or community can succeed in isolation, especially when many nations face limitations in resources, technology, and expertise. Global challenges such as climate change, poverty, and pandemics know no borders and require coordinated responses, making cooperation across sectors and countries essential for meaningful and lasting progress.

In India, SDG 17 is advanced through partnerships at multiple levels. Strong Centre–State coordination supports effective planning and implementation, while Public–Private Partnerships mobilize investment, innovation, and technology for development initiatives. International cooperation further strengthens these efforts through financial and technical support, and at the grassroots level, NGOs, community organizations, and academic institutions play a key role in capacity building and knowledge sharing. These collaborative actions are guided by national mechanisms such as NITI Aayog, along with institutions focused on regional development.

In North-East India, partnerships are particularly critical due to the region’s geographical challenges, ecological sensitivity, and cultural diversity. In Nagaland, development initiatives depend on close collaboration between the central and state governments, traditional tribal institutions, civil society organizations, and development agencies. Community-based governance systems, including village councils and tribal bodies, actively support programmes related to livelihoods, education, and environmental conservation. Support from regional institutions and partnerships with NGOs and international agencies has helped address issues such as connectivity, skill development, and sustainable agriculture.

In conclusion, SDG 17 clearly emerges as the backbone of sustainable development by promoting cooperation at local, national, and global levels. Strong and inclusive partnerships enable the pooling of resources, the sharing of knowledge, and the alignment of efforts, ensuring that development initiatives are effective, balanced, and long-lasting. By encouraging collective action across sectors and communities, SDG 17 reinforces the fundamental principle that shared responsibility and collaboration are essential for building a sustainable and equitable future for all.

Dr. D. Gnanadurai
Vice Chancellor
St. Joseph University

MESSAGE FROM REV SR.S. LALITHA, DMI



Dear All,

It gives me great joy to share this message with the SJU community as we stand together in our commitment to building a better future. As a university founded with a vision of service, transformation, and human dignity, St. Joseph University has always believed that education is not merely a pathway to employment, but a powerful tool to shape society, uplift communities, and contribute to global progress. Today, as the world progresses toward the 2030 Agenda for Sustainable Development, our shared responsibility becomes even more meaningful.

The Sustainable Development Goals, or SDG 2030, are not just global policy priorities—they are a call to collective action. No nation, institution, or individual can achieve them alone. The spirit of the SDGs is rooted deeply in partnership, collaboration, and shared accountability. This makes universities like our essential partners in this journey. With our capacity for research, innovation, community outreach, and youth engagement, we hold a unique place in advancing sustainable development.

As an institution of higher learning, our role goes beyond academic instruction. We are called to generate knowledge, shape ethical leadership, and nurture compassionate citizens. Partnerships—with government bodies, civil society, industries, and international academic networks—enable us to translate learning into practice. Through such collaboration, we can bridge the gap between theory and real-world challenges such as poverty, climate change, gender inequality, and access to education and health.

Our students and faculty have already begun to demonstrate what purposeful partnership looks like through research projects, social outreach programmes, environmental initiatives, and community-based learning. Yet, there is more to do. To truly support SDG 2030, we must strengthen connections, expand our global and local alliances, and adopt a mindset of shared responsibility.

I encourage every stakeholder—students, educators, administrators, and partners—to see themselves as contributors to a global mission. Let us move forward with determination, creativity, and unity. The foundation that envisioned this institution did so with the dream that education would change lives. Today, that dream extends to changing the world.

Together, we can make St. Joseph University not only a center of academic excellence, but a beacon of hope, sustainability, and meaningful global impact. Let us commit to partnership. Let us commit to SDG 2030. Let us commit to building a future where no one is left behind.

As we approach the joyous season, may the light of Christ fill your hearts and homes with peace and love. Wishing each one of you a Blessed and Merry Christmas and a Grace-filled Happy New Year 2026!

With Prayerful regards,
Rev.Sr.S. Lalitha DMI – Superior General



5TH CONVOCATION CEREMONY

St. Joseph University, Chumoukedima, gloriously hosted its 5th convocation ceremony on 14th November, 2025 at the university campus with Dr. Girish Patil.S, Director, ICAR- National Research Centre on Mithun, Medziphema as the Special Guest. This significant academic occasion marked the formal graduation for the UG, PG and Ph.D awardees from over 20 disciplines, where 35 graduates were awarded the Gold medals, 35 with silver medals and 16 were awarded with PhD .

The event commenced with the academic procession, followed by the National Anthem. Rev. Fr. Dr. Michael Arockia Nathan, Rector, MMI Study House delivered an Invocation. The convocation ceremony was officially launched by the Chancellor, Rev. Fr. Dr. J. E. Arul Raj followed by the pronouncement of welcome address by Rev. Sr. Gnanaselvam DMI, DFT-Managing Trustee, the University report was then delivered by Dr. D. Gnanadurai, Vice-Chancellor after which the ceremony was graced by Most. Rev. Dr. James Thoppil, Bishop of Kohima, Diocese and Pro-Chancellor, with the keynote address where he reminded the graduates that this event is just the beginning, encouraging them to embrace the future with courage and to learn from every experience.

The convocation address was further delivered by the Chief Guest for the event, Dr. Girish Patil.S, Director, ICAR- National Research Centre on Mithun, Medziphema where he commended on the achievements of the university within these few years. He then urged the students to never stop competing and stated you are your own friend and your worst enemy (Bhagvad Gita). In conclusion he stated that one should always have concern for the society as it serves as the fuel to make you a better individual. The Chancellor then formally awarded the degrees to the graduates individually, followed by the Administration of Pledge and concluded with the message for continued academic and ethical excellence.

The University choir presented a special song to honor the graduates. The vote of thanks was delivered by Prof. Charles Mhonthung Ezung, Dean of Student Affairs and the event came to a close with the university anthem. The 5th convocation ceremony, St. Joseph University concluded with dedication and academic solemnity. The university further expressed pride in their accomplishment in reaffirming the university ongoing commitment to academic excellence and holistic education and wished success to the graduates in their future endeavor.





HEALTH TIPS

SIMPLE NATURAL HEALTH TIPS FOR YOUTH



Rev. Sr. Dr. Thianes Mary DMI

Good health is one of the greatest assets a young person can have. A healthy body and mind help you study better, focus more, enjoy life, and build a strong foundation for your future. The good news is that staying healthy does not always require expensive gym memberships or complicated routines. Simple natural habits, practiced daily, can make a big difference.

First, stay active in simple ways. You do not need to run a marathon or lift heavy weights. Just walking briskly for 30 minutes, playing a sport you enjoy, dancing, or cycling can help keep your body strong and your heart healthy. The key is consistency—move every day.

Second, eat wholesome and natural food. Try to include more fruits, vegetables, whole grains, nuts, and seeds in your diet. Reduce packaged snacks, sugary drinks, and fast food. Drinking at least six to eight glasses of water daily will keep your body hydrated and energized. You can also include traditional foods like herbal teas, raw vegetables, and local seasonal fruits.

Third, make sleep a priority. Many young people stay awake late at night on their phones or laptops, which affects mental clarity and physical energy. Aim for seven to nine hours of sleep. A regular sleep schedule helps the brain repair and improves memory, mood, and focus.

Fourth, take care of your emotional and mental well-being. Stress, anxiety, and overthinking are common today, but simple practices like deep breathing, meditation journaling, or spending time in nature can calm the mind. Talking to trusted friends, teachers, or counsellors also helps when emotions feel overwhelming.

Fifth, limit screen time. Long hours on social media or gaming can disrupt sleep, reduce physical activity, and affect mental health. Create boundaries—like screen-free study time or no phones before bed.

Finally, build positive habits. Avoid smoking, vaping, alcohol, and unhealthy addictions. Choose meaningful friendships, practice gratitude, and stay connected with your family and community.

Health is not achieved in one day—it is built step by step with small daily choices. If you begin now, these natural habits will guide you toward a happier, stronger, and healthier life.

Take care of your body—it is the only place you have to live.

Wish you all a happy Christmas and graceful New Year!



CAREER PATHWAYS

Dr. Naorem Nishikanta Singh
Asst. Prof. & Head
Dept. of JMC

Media convergence serves as a long-term motif of partnership, integrating diverse platforms to enhance collaboration, reach, and sustainability.

Partnership is a formal or informal arrangement in which two or more individuals, groups, or organizations agree to work together toward a common goal. It involves shared responsibilities, mutual cooperation, and a commitment to benefit all parties involved as well as development at large. Partners typically contribute capital, skills, or labor to the venture and can be held personally liable for business debts. The relationship is established through an agreement, which can be written or oral, and involves mutual agency, meaning each partner can act on behalf of the business to bind it.

According to Section 4 of the Indian Partnership Act, 1932 it is define as, “Partnership is the relation between persons who have agreed to share the profits of a business carried on by all or any of them acting for all.”

Key elements of a partnership:

1. Agreement: It begins with an agreement between two or more people to run a business. This can be written or oral, though a written agreement is often recommended to prevent future dispute.
2. Joint ownership and management: Partners share in the ownership and management of the business. Each partner contributes something, such as capital, skills or effort.
3. Sharing profit or loss: The core purpose is to share in the profits, but this also means sharing in the losses the business may incur.
4. Mutual agency: Every partner is an agent of the firm and can act on behalf of the partnership in a way that binds all other partners. This is the crucial element that distinguishes a partner from other relationships.
5. Liability: Partners are often personally liable for the debts of the business. This means their private assets could be at risk if the business incurs debt, unlike in a corporation.

Media Partnership and media convergence:

A media partnership is a strategic collaboration in which media outlets provide coverage, promotion, or communication support in exchange for visibility, content access, or other benefits. Partnership features raising awareness, reaching audiences, or shaping public communication. Whereas Media convergence refers to the integration of different forms of media—print, broadcast, digital, and online—into a unified, interconnected system. It means that content, technology, and communication channels merge, allowing information to flow smoothly across multiple platforms.

Both Media partnership and convergence for sustainable development is the strategic merging of multiple media channels to spread awareness, encourage participation, and coordinate actions that contribute to sustainable goals such as education, health, environmental protection, equality, and good governance.

- Wider Reach: Combined media platforms ensure information reaches diverse audiences, including remote communities.
- Stronger Awareness Campaigns: Environmental campaigns, health messages, and social initiatives become more impactful when shared across TV, radio, newspapers, and digital platforms simultaneously.
- Effective Communication during Crises: Converged media helps governments and agencies spread fast, accurate information (e.g., disaster alerts, climate warnings).
- Citizen Participation: Social media and news media together encourage public engagement in sustainability issues, policymaking, and community actions.
- Resource Sharing: Collaboration among media organizations reduces duplication, saves resources, and promotes responsible content production.
- Promoting SDGs (Sustainable Development Goals): Converged media platforms help advocate SDGs such

as clean energy, quality education, climate action, and sustainable cities.

Media convergence is important because it expands reach, enhances engagement, reduces costs, improves content quality, and enables rapid information sharing across multiple platforms, making communication more effective and interactive towards sustainable development.

COMMERCE AND ENTREPRENEURSHIP PARTNERSHIPS FOSTER INNOVATION AND GROWTH, UNLOCKING OPPORTUNITIES FOR COMMERCE STUDENTS



Dr. Monjit Roy
Assistant Professor & Research Supervisor
Department of Commerce

Today's business world runs on innovation and growth. You can't get there without mixing commerce with entrepreneurship. That's something every business student needs to learn if they want to go anywhere. The theme "Commerce and Entrepreneurship: Fostering Partnerships, for Innovation and Growth" really nails it—it highlights the need for education and real-world ventures to work together. When they do, students pick up the skills and know-how they need to survive—and thrive—in a business landscape that never sits still. Honestly, the whole idea of teaming up commerce and entrepreneurship looks solid, but it isn't all smooth sailing.

I see a few big things holding it back. First, most schools and businesses don't actually work together much, so students miss out. Second, there's just not enough hands-on skill training. Third, students spend too much time on theory, not enough time seeing how things work in the real world. That gap is a problem. Partnerships and collaborations are supposed to close those gaps, but it's not always happening. I read some research from the National Association of Colleges and Employers. Turns out, employers want grads that can work on a team, communicate, and solve problems. Simple, right? But those are exactly the skills they say commerce graduates often lack.

This partnership theme covers a lot: learning together, skill programs, startup support, innovation hubs, research projects, mentoring, funding, and networking—the works. By jumping into these areas, commerce students don't just learn; they actually do. They build real skills and real connections that count when it's time to start a career. And you know what? More students now want to learn by doing—not just by sitting in a classroom. I see that shift everywhere. With the rise of e-commerce and digital platforms, entrepreneurship is exploding. Students are chasing new business ideas, and a lot of them want to make a real difference, not just money.

The Global Entrepreneurship Monitor even points out that more women in India are launching businesses now than ever before. Still, there are some serious roadblocks. Not enough resources, education programs that don't match what companies actually need, and partnerships that just fizzle out or never get off the ground. The fix? Schools and businesses need to be clear—set real goals and expectations from the start, no guessing. When you bring commerce education and entrepreneurship training together, you get partnerships that actually move the needle.

New ideas pop up. Businesses grow. Commerce students face challenges, sure, but if they stay on top of new trends and keep building their skills, they'll be ready for whatever comes next. Speaking as someone who's been through it, I know that teamwork and sharing ideas make all the difference. When we work together, everyone wins—students, businesses, and the whole industry.

PERSONALITY GROWTH

By:- Miss Ikali

Department of Psychology & Counselling

Social Skills And Etiquette

Social skills and etiquette are essential tools that help us interact confidently, respectfully, and effectively with others. They shape the way we communicate, build relationships, handle conflicts, and present ourselves in daily life. Whether in college, work, or public spaces, good social behavior makes life smoother and more meaningful.

What Are Social Skills?

Social skills are the ways we talk, listen, respond, and interact with people. They help us:

- Communicate clearly
- Make friends and maintain relationships
- Work in groups
- Understand others' feelings and actions

What Is Etiquette?

Etiquette means good manners and polite behavior—such as saying please, thank you, excuse me, and respecting personal space. It helps us behave appropriately in different situations and settings.

Why Are Social Skills & Etiquette Important?

We need these skills because they help us:

- Make friends easily
- Communicate confidently
- Avoid fights and misunderstandings
- Gain respect from others
- Feel comfortable in social situations
- Succeed in school, work, and everyday life
-

Core Areas of Social Skills & Etiquette

1. Basic Social Awareness

Being aware of what is happening around you in social situations:

- Noticing others' emotions and body language
- Understanding social norms of a place (school, work, public areas)
- Recognizing when to speak and when to listen
- Adjusting to the mood, tone, and space of the environment

2. Communication Etiquette

A. Verbal Communication

- Speak clearly and respectfully
- Use polite words (please, thank you, excuse me)
- Avoid interrupting people
- Ask questions to show interest

- Control tone—avoid being too loud, rude, or sarcastic

B. Non-Verbal Communication

- Maintain appropriate eye contact
- Use friendly facial expressions
- Use gestures naturally
- Keep good posture
- Respect personal space (about arm's length)

C. Conversation Skills

- Start conversations politely
 - Stay on topic
 - Avoid over sharing or dominating the talk
 - End conversations respectfully
- #### 3. Listening Skills
- Practice active listening
 - Nod or give short verbal responses (“I see,” “Right”)
 - Avoid multitasking when someone is speaking
 - Paraphrase to show understanding
 - Ask relevant follow-up questions

4. Interpersonal Relationship Skills

- Build trust through honesty
- Respect personal and emotional boundaries
- Be dependable—keep promises
- Try to understand others' perspectives
- Show appreciation and gratitude

5. Social Confidence

- Approach new people comfortably
- Introduce yourself clearly
- Participate confidently in group settings
- Manage nervousness or social anxiety
- Use confident body language

6. Conflict Etiquette

- Stay calm during disagreements
- Avoid blaming or shouting
- Focus on the issue, not the person
- Use “I feel...” statements
- Apologize when needed
- Accept feedback gracefully

7. Empathy & Emotional Etiquette

- Understand others' feelings
- Offer support when needed
- Avoid insensitive or hurtful comments
- Respect differences in opinions
- Show kindness through words and actions

8. Digital Etiquette (Netiquette)

- Avoid sending messages late at night
- Do not use ALL CAPS (it looks like shouting)
- Respect people's privacy
- Avoid forwarding rumours or screenshots
- Be polite on social media
- Avoid constant notifications or interruptions

9. Social Etiquette in Public Places

- Follow queue manners
 - Use proper table manners
 - Dress appropriately for the occasion
 - Avoid being loud in public
 - Practice good phone manners
 - Respect others' time
10. Etiquette in Academic or Work Settings
- Be punctual
 - Use professional greetings
 - Follow email etiquette
 - Respect teachers, colleagues, and superiors
 - Participate appropriately in meetings
 - Maintain healthy boundaries
11. Helping, Sharing & Cooperation
- Offer help when needed
 - Share resources
 - Work as part of a team
 - Acknowledge and appreciate others' contributions
12. Self-Presentation Etiquette
- Maintain good grooming and hygiene
 - Dress suitably for the situation
 - Smile and appear approachable
 - Stay polite even under stress
- Conclusion
- Social skills and etiquette are lifelong tools that shape our personal and professional success. By practicing good communication, empathy, respect, and confidence, we build meaningful relationships and navigate the world with ease and grace.

MINERALS FOR SPIRIT

THE POWER OF HUMOUR AS A CLASSROOM SYNERGY

Fr Dr Prof Sunny Joseph

Humour, when used purposefully and thoughtfully, has the power to transform the classroom from a space of passive learning into an environment pulsing with energy, connection, and creativity. Far from being a distraction, humour acts as a synergy—an invisible thread weaving students and teachers together, enhancing engagement, boosting motivation, and fostering a sense of community. When laughter enters the learning space, it does more than lighten the mood; it amplifies the collective capacity to understand, participate, and grow.

One of the most significant benefits of humour in the classroom is its ability to increase student engagement. A well-timed joke or a light-hearted comment can break monotony, recapture drifting attention, and make complex concepts more relatable. This heightened engagement is not accidental; humour stimulates emotional interest, and emotional responses strengthen memory. When students associate learning with enjoyment, they are more likely to participate actively and retain information for longer periods. In this way, humour becomes a vehicle for deeper understanding.

Beyond engagement, humour helps build strong teacher-student relationships. Students are more inclined to learn from educators who seem approachable, authentic, and human. When a teacher laughs with students—not at them—it signals trust and psychological safety. This sense of safety encourages students to ask questions, experiment with ideas, and view mistakes as part of the learning process rather than potential sources of embarrassment. Humour softens authority without undermining it; instead, it creates a balanced dynamic where respect and warmth coexist.

Humour also fosters peer connection, contributing to positive classroom synergy. Shared laughter dissolves social barriers and diffuses tension, allowing students from diverse backgrounds to feel a sense of belonging. In collaborative activities, humour can reduce competitiveness, promote cooperation, and generate enthusiasm. A group that laughs together learns to communicate more openly and supportively, creating synergy that enhances collective problem-solving and creativity.

Furthermore, humour is an invaluable tool for emotional well-being. Modern classrooms are often stressful places where students face academic pressure, social challenges, and personal anxieties. Humour offers a momentary escape, reducing stress and restoring emotional balance. A relaxed mind is more receptive to learning,

more resilient when facing challenges, and more capable of critical thinking. Thus, humour not only enriches intellectual engagement but also nurtures mental health.

However, the power of humor requires careful handling. Inclusive and respectful humour strengthens classroom synergy, whereas sarcasm, ridicule, or humour that targets individuals can cause harm. Effective educators use humor with intentionality—aimed at ideas, not people; meant to uplift, not belittle. When used ethically, humour becomes a pedagogical tool that honours diversity and promotes kindness

In conclusion, humour is far more than entertainment within the classroom—it is a catalyst for synergy. It cultivates engagement, strengthens relationships, enhances emotional well-being, and builds a collaborative learning community. When teachers harness humour with sensitivity and purpose, they unlock a powerful force that elevates learning from a routine activity into a joyful, shared human experience.



EDITORIAL BOARD

EXECUTIVE EDITORS

1. **Dr. Fr. Sunny Joseph, Professor, Department of Education**
2. **Dr. Alemmenla Walling, Assistant Professor, Department of English**

SUB-EDITORS

1. **Dr. Avinuo Chupuo, Professor and Head, Department of History**
2. **Dr. Ayilobeni Kikon, Assistant Professor, Department of Civil Engineering**
3. **Dr. Imkumnaro, Assistant Professor, Department of Education**
4. **Dr. Magdalene Kiewhuo, Assistant Professor, Department of Zoology**
5. **Dr. Thiyam Thadoi Devi, Assistant Professor, Department of Mathematics**
6. **Mr. Heilungraing Haiding, Assistant Professor, Department of Botany**
7. **Ms. Aleminla, Assistant Professor, Department of Physics**
8. **Ms. K Livikali Yeptho, Assistant Professor, Department of Management**
9. **Ms. Khriezovonuo Assistant Professor, Department of Economics**

DESIGN TEAM

1. **Dr. Nishikanta Naorem, Head, Department of JMC**
2. **Mr. D. Kayideluo Pfoze Assistant Professor, Department of JMC**
3. **Mrs. Salam Ameeta, Assistant Professor, Department of Computer Science**

CIRCULATION MANAGER

Dr Fr. L. Anish MMI, Public Relations Officer

FOR ANY QUERRY WRITE TO US @ sjunb@stjosephuniv.edu.in

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