



SJUNewsbytes

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a monthly newsletter of St. Joseph University



WORLD AIDS DAY

1ST DECEMBER

Theme of World AIDS Day 2025

*Overcoming disruption,
transforming the AIDS response*

In 2024, an estimated 40.8 million people were living with HIV globally

Approximately 630 000 people died from HIV-related causes in 2024

EDITORIAL

Dear All,

Greetings from the Editorial Team,

The theme of the World AIDS Day 2025: Advancing Awareness, Equity, and Collective Responsibility is considered fit for discussion in this issue of the SJUNewsbytes.

Observed annually on December 1, World AIDS Day serves as a global platform to raise awareness about Human Immunodeficiency Virus (HIV), show support for people living with HIV, and remember those who have lost their lives to Acquired Immunodeficiency Syndrome (AIDS). In 2025, this day continues to remind university communities of their vital role in promoting knowledge, compassion, and action in the ongoing global response to HIV/AIDS.

Despite significant medical and scientific advancements, HIV remains a major public health challenge worldwide. According to global health estimates, millions of people continue to live with HIV, with young people representing a substantial proportion of new infections (UNAIDS, 2023). Universities, as centers of learning and innovation, are uniquely positioned to address this challenge by fostering evidence-based understanding and combating misinformation and stigma.

Education is one of the most powerful tools in the fight against HIV/AIDS. Accurate information about transmission, prevention, and treatment empowers individuals to make informed decisions about their health. Advances such as antiretroviral therapy (ART) have transformed HIV from a fatal disease into a manageable chronic condition, enabling people living with HIV to lead long, healthy lives (World Health Organization [WHO], 2023). Furthermore, prevention strategies—including regular testing, condom use, and pre-exposure prophylaxis (PrEP)—have proven highly effective when widely accessible and properly understood.

World AIDS Day also emphasizes the importance of empathy and social justice. Stigma and discrimination remain significant barriers to testing, treatment, and care, particularly for marginalized populations. Within university settings, promoting inclusivity and respect is essential to creating safe spaces where all individuals feel supported. Student-led initiatives, awareness campaigns, and interdisciplinary research can contribute meaningfully to reducing prejudice and advancing health equity.

In 2025, the theme of collective responsibility is especially relevant. Ending the AIDS epidemic requires sustained commitment from governments, institutions, communities, and individuals alike. Universities can contribute through community outreach, policy advocacy, and research that inform public health strategies. Engaging students in dialogue and action not only strengthens campus health culture but also prepares future leaders to address global health challenges.

In conclusion, World AIDS Day 2025 is both a moment of reflection and a call to action by a community of socially responsible learners at St Joseph University. By promoting awareness, supporting those affected, and championing equity and science, the university community can play a critical role in shaping a future free from HIV-related stigma and AIDS-related deaths.

With cordial greetings of gratitude and best wishes to all
The Editorial team

MESSAGE FROM THE FOUNDER & CHANCELLOR



Rev. Fr. Dr. J.E. Arul Raj
Founder & Chancellor

Dear friends,

Let me wish all of you, the Vice Chancellor, the Board, the faculty, the staff and the beloved student community, a very happy and blessed New Year 2026.

Dear friends, the world is moving in an entirely new direction – from understanding all things in the normal way of classical physics to understanding them through the concepts of quantum physics.

The quantum concept is going to change the world. In fact, it is already changing the world; and more changes are going to come very, very fast. The only way to survive and shine is to keep pace with the emerging changes. Fundamentally, we need to understand that quantum physics or quantum mechanics, quantum technology or quantum techniques are founded on the principles of interconnectivity, relationship and participation of all things, all over the universe, even at the smallest sub-atomic level.

The progress of our life too will depend on our interconnectedness with everything in the universe which is actually a mystery. It is only by participating fully in this mystery of interconnectedness and relationship, we can transform the world and the universe while transforming ourselves and our relationship with God and everyone and everything in this universe.

Wish you all a wonderful year ahead. Thank you and God bless!

Rev. Fr. Dr. J.E. Arul Raj
Founder & Chancellor

MESSAGE FROM REGISTRAR

A Call to Collective Action: World AIDS Day 2025

Dr. A. Robert Xavier
Registrar



Dear Students, Faculty, Staff, and Esteemed Members of Society,

Every year on 1st December, World AIDS Day serves as a poignant reminder of the ongoing global battle against HIV/AIDS. Since its recognition by the World Health Organization in 1988, this day has evolved into a platform for education, remembrance, and resolve. By this observance personally and collectively, let us reaffirm our role in building a stigma-free and informed society.

HIV/AIDS is not just a health issue; it is a societal one that demands collective action. In India, over 2.5 million people live with HIV, with Nagaland facing unique challenges due to its border proximity and cultural dynamics. Stigma silences voices, delays testing, and hinders treatment. Yet, with anti-retroviral therapy, HIV is manageable, turning what was once a death sentence into a chronic condition. Our society thrives when we prioritize empathy over judgment. Education remains our strongest weapon—knowing the facts dispels myths, reduces stigma and encourages testing and treatment. Let us pledge to promote care, support those affected, and foster an inclusive environment where no one suffers in silence.

Awareness is the cornerstone of prevention. In Nagaland, where youth form a significant portion of the demography, universities like ours have the mission to lead such ventures because ignorance fuels vulnerability; education empowers choice.

We are committed to action:

- Awareness Workshops: Monthly sessions covering myths, testing, and mental health support.
- Free Testing Drives: In collaboration with local NGOs and the Nagaland State AIDS Control Society.
- Peer Education Programmes: Training student volunteers to reach rural communities.
- Research and Advocacy: Faculty-led studies on regional prevalence in order to frame policy.

These efforts extend beyond our gates, partnering with community health centers to serve society at large. On this day, I urge you: Share accurate information, support affected families, and challenge discrimination. Imagine a society where no child is orphaned by a parent due to preventable causes—a society healed by unity. Let us turn awareness into action.

In solidarity for a healthier future,

Dr. A. Robert Xavier
Registrar

DEPARTMENT MEETINGS

The Department of Chemistry, St. Joseph University, Chumoukedima held Staff Meeting on 9th Dec, 2025 at 12:30 pm in room no. 1212.

The Department of Physics, St. Joseph University, Chumoukedima held Staff Meeting on 8th Dec, 2025 at 2:00 pm in room no. 3206.

ACTIVITIES

International Human Rights Day 2025

Activities of December 2025 highlight the major initiatives and events of the University. It recognizes the achievements of the students and faculty and provides information on the activities of student societies, institutional social responsibility and prominent visitors to the University.



NSHRC Observes International Human Rights Day at St. Joseph University

The Nagaland State Human Rights Commission (NSHRC), in collaboration with St. Joseph University (SJU), Nagaland observed International Human Rights Day 2025 under the theme “Our Everyday Essentials.” The programme aimed to raise awareness among students on the importance and protection of human rights. The event began with a welcome address by Mr. Pemei Konyak, JSO, NSHRC. Mr. R. Nazanbemo Lotha, Hon’ble Member, NSHRC, spoke on the Protection of Human Rights Act, 1993, highlighting the role of the Commission and its suo moto powers in safeguarding human dignity.

Justice Songkhupchung Serto, Chairman, NSHRC, addressed the gathering on the relevance of human rights in the present context, referring to the Universal Declaration of Human Rights (1948) and emphasizing dignity, equality, peace, and development as its core principles.

The programme was anchored by Dr. Limongi, Assistant Professor, SJU, and concluded with a vote of thanks by Prof. Charles Mhonthung Ezung, Dean of Student Affairs, SJU

Pre-Christmas Celebration 2025

Christmas celebration 2025, several events fill our hearts with joy, but Christmas stands out as it makes the whole world rejoice through the person of Jesus, whose birth brought joy, hope, and salvation. To mark this global celebration, St. Joseph University in Chumoukedima organized a Pre-Christmas program themed “Jesus! The Ultimate Gift” on December 18, 2025, at its auditorium. Event Highlights: The program gained added beauty and fervor with Rev. Dr. Jose Mukala, Bishop Emeritus of the Diocese of Kohima, as the Chief

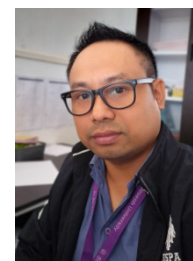


Guest. The event began with an invocation by Fr. Sezhian, the Campus Manager, followed by soulful Christmas carols rendered by the music club. Key Messages: A couple of staff members shared reflections on the significance of Christmas. The highlight was the inspiring address by Bishop Emeritus Mukala, who urged the gathering to embrace Jesus as the ultimate gift. He emphasized that this theme powerfully reflects Jesus' life, teachings, and sacrifice as God's greatest expression of love to humanity, offering salvation, spiritual renewal, and a call to share this gift joyfully and fruitfully. Conclusion: The celebration concluded with the Bishop's episcopal blessings and a benediction. He also blessed the campus crib, after which the Christmas dinner was blessed and shared in joy. Thus, St. Joseph University's Pre-Christmas event ended on a memorable note.

COLUMNS

The Crucial Role of Media in Preventing and Controlling AIDS

Dr. Naorem Nishikanta Singh
HOD & Asst. Prof.
Department of JMC



Introduction

Despite decades of global effort, HIV/AIDS remains a major public health challenge. According to the World Health Organization, an estimated 40.8 million people were living with HIV in 2024, with 1.3 million new infections and about 630,000 HIV-related deaths that year. Media plays a critical role in the battle against HIV/AIDS—not just as an informer, but as a catalyst for behavior change, stigma reduction, and community engagement.

Why Media Matters in the Fight against AIDS

1. **Educating the Public:** Media informs people about what HIV is, how it is transmitted, and how it can be prevented. In regions where formal education is limited, television, radio, newspapers, and social media are vital sources of health information. Evidence from India shows that TV exposure increases HIV/AIDS awareness significantly—women who watch TV at least once a week were about 12.3% more likely to have heard of HIV/AIDS than those who did not.
2. **Promoting Preventive Actions:** Mass media campaigns can motivate people to adopt safer practices such as voluntary testing, and safe needle behavior. Media also plays a key role in driving voluntary counseling and testing (VCT). Systematic reviews found that mass media interventions had a significant immediate increase in HIV testing uptake, although sustaining long-term effects remains a challenge.
3. **Reducing Stigma and Normalizing Care:** HIV-related stigma remains a major barrier to testing and treatment. Research indicates that media exposure has a modest but measurable impact on reducing stigma, helping people living with HIV feel more accepted and supported. Positive media portrayals of individuals living with HIV—especially when public figures and relatable personalities share stories—can humanize the epidemic and encourage others to seek care, for instance Khundrakpam Pradipkumar Singh, a national and international champion who transformed his life after being diagnosed in 2000, becoming a powerful advocate against HIV stigma by demonstrating that people with HIV can lead fulfilling lives through discipline, fitness, and embracing treatment, inspiring many to overcome drug addiction and fear.

Challenges & Responsibilities of Media

1. **Accuracy over Sensationalism:** Media bear the responsibility to report accurate, evidence-based information. Misleading headlines or exaggerated claims can foster fear, misinformation, or stigma.
2. **Cultural Sensitivity:** Messages must be tailored to cultural contexts. What works in urban centers may not resonate in rural or traditional societies. Understanding local norms and languages enhances message effectiveness.
3. **Consistency and Long-Term Engagement:** While immediate impacts of media campaigns are well document-

ed, their long-term influence on behavior often diminishes without sustained efforts and follow-up programs.

4. Tackling Stigma and Discrimination: Media outlets should avoid language or portrayals that reinforce stereotypes. Instead, coverage should emphasize empathy, human rights, and dignity for people living with HIV.

Conclusion

Media—when used responsibly—has the power to transform public understanding, motivate protective behaviors, and build supportive societies in the fight against HIV/AIDS. From mass broadcasting to social networking, media reaches millions daily, providing not just information but the social encouragement needed to break cycles of infection, discrimination, and silence.

In a world where HIV continues to affect millions of lives, media remains not just a messenger, but a partner in public health—informing minds, influencing hearts, and inspiring action.

Empowering Indian Youth to Lead the Fight against HIV AIDS, the Future is Now.

Dr. Monjit Roy

Assistant Professor, Research Supervisor & NSS

Program Officer

Department of Commerce



HIV AIDS is still a huge public health problem in India. It affects millions of people from all walks of life. The tough part? Young people, especially those between 15 and 24, face the highest risk. They make up a big chunk of new HIV cases reported each year. The National AIDS Control Organization points out that rapid urbanization, migration, substance abuse, and not enough honest conversations about sex and reproductive health all pile up to make things harder for the youth.

But here's the thing is India also has one of the biggest youth populations in the world. That's a lot of potential power. If young people get the right support and information, they can lead the way in spreading awareness, preventing HIV, and caring for those affected. Letting them take charge could completely change the game in our fight against HIV AIDS. HIV is a big, tangled problem for young people in India, and it's deeply tied to social, cultural, and economic realities. A lot of them just don't have the right information about how HIV spreads or how to avoid it. In many places—especially rural and tribal areas in states like Nagaland and Manipur (according to my observation or research, may be not exactly to the points, correct me if I am wrong) talking openly about sex, condoms, or safe relationships is still off-limits. People stay quiet, which only leads to more confusion and myths.

Fear of being judged or discriminated against keeps many young people from getting tested or treated, even when those services are right there. For those already living with HIV, it gets tougher. They might get pushed out by friends and family, fall behind in school, have a hard time finding work, and deal with a lot of stress—all of which puts even more pressure on their families and communities. Dealing with HIV among India's youth isn't just about handing out medicine. It means changing attitudes, fixing gaps in education, and making sure young people have support around them. The National AIDS Control Programme is working on this—from awareness campaigns and Red Ribbon Clubs in schools to more testing and treatment centers and targeted help for high-risk groups. Still, a lot of young people are slipping through the cracks, especially those in out-of-the-way villages, crowded city slums, busy transport hubs, or border areas like Nagaland, where kids move around a lot and medicine use is common.

Awareness is low, and that makes them extra vulnerable. There's also a lot of back-and-forth in some states about whether to teach real sex education in schools, talk about condoms openly, or recognize the rights of LGBTQ (Lesbian, Gay, Bisexual, Transgender & Queer or Questioning) youth. That kind of debate messes with how steady and effective HIV prevention efforts can be.

If we want real change, we have to start by giving young people in India the right tools i.e., honest information, practical life skills, and easy access to health services that actually feel welcoming. Schools and colleges need

to weave comprehensive sexuality education into their lessons—not in a dry, textbook way, but in a way that respects local culture and still tells the truth. Young people deserve to know how their bodies work, how to handle relationships, what consent really means, and how to protect themselves from HIV. It’s not just about what happens in a classroom, though. Peer-led groups and youth initiatives—like Red Ribbon Clubs, local community groups, and active digital platforms—need real support. Trained peer educators can make a huge difference. They’re the ones who can spread information, run campaigns, encourage people to get tested, and push back against stigma right where it matters most.

Health services have to keep up, too. Young people need clinics and testing that are actually easy to reach, private, and genuinely friendly—whether that’s at a local health center, through mobile clinics, or on college campuses and at work. Some areas, like parts of the Northeast and Nagaland, face even bigger challenges. They need better facilities, more support from local youth leaders, and health messages in the languages people use every day. This isn’t a job for just one group. Governments, NGOs, faith leaders, and community organizers all need to work together to create safe spaces. Young people living with HIV should be able to get care, emotional support, and opportunities to build a future—without being judged or shut out. Empowering young Indians to lead the fight against HIV/AIDS is the only way to build a healthier, fairer country.

When they’re informed and confident, young people turn into strong advocates for prevention, caring friends for those living with HIV, and smart decision-makers in their own lives. Give them real education, better services, less stigma, and policies that put them at the center, and India can finally move toward an HIV-free generation—driven by the energy and leadership of its youth.

SYMBOL OF AWARENESS AND SUPPORT FOR PEOPLE LIVING WITH HIV

Prashanth Reddy. Y
PG II
JMC of Department



Introduction: World AIDS Day, observed globally every year on December 1st, is not merely a day of remembrance, but a vital international public health initiative dedicated to sustaining global awareness of the HIV/AIDS pandemic. Established in 1988 by the World Health Organization (WHO), it holds the distinction of being the first-ever global health day. The core objective of this annual event is multifaceted: to honor and mourn the millions of lives lost to AIDS-related illnesses since the epidemic began; to stand in solidarity and support with the tens of millions of people currently living with HIV; and to urgently call upon governments, organizations, and the public to take decisive action to prevent new infections and ensure universal access to treatment and care. It serves as a stark annual reminder that while scientific advancements have transformed HIV from a death sentence into a manageable chronic condition, the epidemic is far from over.

Red Ribbon

The visual centerpiece of World AIDS Day is the Red Ribbon, a powerful and universally recognized symbol of awareness and support for people living with HIV. Created in 1991, the ribbon conveys compassion and a commitment to fight the disease, and it helps to break down the wall of silence that often surrounds HIV. The day’s events, spearheaded by organizations such as UNAIDS and various community-based groups, focus heavily on education and advocacy. Education is aimed at ensuring the public understands the modern realities of HIV—how it is transmitted, the effectiveness of Antiretroviral Therapy (ART) in suppressing the viral load to an undetectable level (making the virus untransmittable, or “U=U”), and the revolutionary impact of prevention tools like Pre-Exposure Prophylaxis (PrEP). Advocacy efforts champion human rights, calling for the elimination of discriminatory laws and practices that disproportionately affect key populations, including men who have sex with men, transgender people, sex workers, and people who inject drugs.

Crucially, World AIDS Day acts as a benchmark for assessing the progress towards the Sustainable Development Goal of ending AIDS as a public health threat by 2030. This ambitious target requires a “fast-track” re-

sponse, focusing resources on areas with the highest burden and addressing the societal inequalities that fuel the epidemic. The day highlights the critical role of community-led organizations, which are often the frontline providers of testing, counseling, and peer support, reaching vulnerable individuals who might otherwise be left behind by formal healthcare systems. Despite significant global investment and progress, especially in expanding ART access, challenges persist, including funding gaps, political indifference, and the ongoing struggle against misinformation and discrimination. This is why the collective voice raised on December 1st remains absolutely essential.

Conclusion: The commemoration of World AIDS Day is inextricably linked to celebrating the monumental scientific breakthroughs that have reshaped the lives of people living with HIV (PLHIV). The development and widespread rollout of Antiretroviral Therapy (ART) have been a game-changer. These medications, which people take daily, suppress the Human Immunodeficiency Virus, preventing it from damaging the immune system and allowing PLHIV to lead long, healthy, and productive lives. A person on effective ART with an “undetectable viral load” (meaning the amount of virus in the blood is too low to be detected by standard tests) cannot sexually transmit HIV to their partners.

PERSONALITY GROWTH

IKALI SUMI

Counsellor

Department of Psychology and Counselling



Beyond the Beach: (The Honest Struggle of Finding Your Way Back to the Desk)

We’ve all been there. You’re sitting at your desk but your mind is still somewhere else—maybe with your friends or loved ones spending your holidays, or a Carnival or just the quiet comfort of your bedroom back home.

The transition from a long vacation back to student life isn’t just a schedule change; it’s a total identity shift. One day you’re a person with zero deadlines, and the next, you’re expected to be a high-functioning academic machine. If you’re feeling a bit lost, you aren’t “lazy”—you’re just human. Here are some ways to help you:

1. The Grief of the “End”

It sounds dramatic, but there is a genuine sense of loss when a great break ends. We miss the version of ourselves that was relaxed and present. The first step to coming back is acknowledging that it’s okay to miss your time off. You don’t have to be “excited” to be back to be productive. You just have to show up.

2. Finding Your Rhythm (Not Someone Else’s)

Social media often tells us that “getting back to work” means waking up at 5:00 AM, drinking green juice, and studying for ten hours straight. In reality, a personal comeback looks much messier:

3. The “One Small Thing” Strategy: Yesterday, my only “win” was buying the notebook I needed for class. Today, it might be reading five pages. Give yourself credit for the small gears turning before the whole machine starts running.

4. The Gentle Routine: Instead of a rigid schedule, try a “rhythm.” I like to start my mornings with the same song or the same breakfast. It acts as a mental bridge between “vacation me” and “student me.”

5. Turning Memories into Fuel

Instead of viewing your vacation as something that is over, try to see it as something that filled your tank.

6. Bring a Piece of it With You: Keep a photo from your vacation or use a souvenir. It’s a reminder that the world is big, and your studies are the bridge that helps you explore it even further.

7. Study with Friends: Don’t isolate yourself. The best way to ease the “responsibility blues” is to realize you aren’t doing it alone. Grab a coffee with a classmate and admit that you’re struggling to focus—chances are, they are too.

Coming back to your responsibilities is a process of re-learning. Be patient with your brain while it remembers how to focus. You got into this program for a reason, and that capable, driven version of you is still there—they’re just a little jet-lagged.

‘You don’t have to see the whole staircase, just take the first step.’- Martin Luther King Jr.

THE ADVANTAGES OF HUMOUR FOR A TEACHER

Prof. Dr. Fr. Sunny Joseph
Department of Education



Humour functions as an important pedagogical resource that enhances classroom climate, strengthens student engagement, and supports effective learning. Research consistently shows that humour, when used appropriately and purposefully, can transform the teacher–student relationship and facilitate positive academic outcomes (Banas et al., 2011). Thematically, its advantages can be understood across four domains: affective climate, motivation, cognitive processing, and classroom management.

First, humour contributes to a supportive affective climate. A relaxed emotional atmosphere reduces performance anxiety and increases students' willingness to participate (Torok et al., 2004). Teachers who employ light, relevant humour often appear more approachable, which promotes psychological safety and fosters open communication. This positive climate is especially beneficial in subjects perceived as difficult, where student apprehension may hinder learning.

Second, humour strengthens motivation and engagement. Studies indicate that students perceive humorous teachers as more enthusiastic and dynamic, which increases intrinsic motivation to attend and engage with lessons (Wanzer & Frymier, 1999). Humour captures attention, breaks monotony, and sustains interest during complex or lengthy instructional sessions. When humour is tied to instructional content, it also increases behavioural engagement by prompting curiosity and interaction.

Third, humour supports cognitive processing and retention. Instructional humour—such as mnemonic jokes or humorous examples—can enhance memory by creating distinctive and emotionally salient cues that aid recall (Banas et al., 2011). Humour encourages flexible thinking and supports creative problem-solving, allowing students to connect ideas in novel ways. By reducing cognitive load through stress reduction, humour enables learners to process information more efficiently.

Finally, humour contributes to effective classroom management. Teachers who use respectful and inclusive humour can pre-empt minor disruptions and defuse tense situations without confrontation (Garner, 2006). Humour redirects attention, eases conflicts, and reinforces positive behaviour in a non-threatening manner. Importantly, positive humour fosters mutual respect, whereas sarcasm or targeted humour can be counterproductive; therefore, the teacher's intentionality and sensitivity are crucial.

Overall, humour is a pedagogical tool that supports emotional comfort, engagement, cognitive development, and smooth classroom interaction. When aligned with learning objectives and used ethically, humour enhances both teaching effectiveness and student learning experiences.

We can read about it more from the following references

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Thanks

TIPS FOR HEALTH



Rev. Sr. Dr. Thianes Mary DMI

ANXIETY DISORDER

Anxiety Disorder is a chronic mental illness which is known as HYPOCHONDRIA caused by extreme stress. Some habits that makes anxiety worse are poor eating habits, not exercising, ignoring own anxiety, improper sleep and comparing oneself to others.

6 Simple tips to overcome anxiety:

1. Deep Breathing: Engage in deep slow breathing 4 – 7 – 8 techniques (inhale for 4 seconds, hold for 7, exhale for 8)
2. Practice Mindfulness: Stay present and avoid overthinking.
3. Eat healthy: Limit caffeine and focus on nutritious food as caffeine and sugar heighten anxiety.
4. Stay Active: Exercise releases endorphins which are natural mood boosters, taking a short walk or stretching can help realise anxious energy.
5. Sleep well: Aim for 7 – 9 hours of sleep to support your mental health.
6. Challenge thoughts & interrupt overthinking: Replace negative thoughts with positive ones.

Immediate Relief Techniques (In the Moment)

- Deep Breathing .
- Mindfulness & Grounding.
- Shift Focus.

Lifestyle Changes (Long-Term Management)

- Exercise.
- Sleep.
- Diet.
- Limit Stimulants.

Mental Strategies (Cognitive Approaches)

- Challenge Thoughts.
- Connect.
- “Me Time”.

When to Seek Professional Help

- If anxiety feels overwhelming or unmanageable, talk to a parent, school counselor, or healthcare professional.
- Therapies like Cognitive Behavioral Therapy (CBT) and medication can be highly effective.

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