



SJU NEWS BITES

St. JOSEPH UNIVERSITY

Virgin Town, Ikishe Model Village, Dimapur, Nagaland, India - 797115

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Dear readers,

Greetings of the season!

St Joseph University warmly welcomes you to the new edition of its e-Newsletter 'SJU NEWSBITES'. It is to the credit of the SJU family members including faculty members, students and other staff, that despite the unprecedented pandemic, the teaching-learning processes of all batches continued and university departments arranged various curricular as well as co-curricular activities successfully. Productivity means getting things – the right things – done. This issue of SJU NEWSBITES is one of the best examples of such consistent, focused, efficient and productive teamwork of the SJU family in the midst of the COVID-19 pandemic. Believing in the golden words of Dr A P J Abdul Kalam, "Confidence and hard-work is the best medicine to kill the disease called failure", SJU family have worked day and night and has conducted various activities including seminars for the students and faculties. Some of the highlights are the ICSSR sponsored two day national seminar on 'National Education Policy 2020: Challenges for Northeast' conducted by the department of Education and the ICSSR-NERC sponsored two day national seminar on the 'Impact of International Trade on Post COVID-19' organized by the department of Commerce.

Thank you for sparing time to read and appreciate the achievements of SJU. We hope, the current situation would improve and we would be able to get back to our normal way of functioning soon. The editorial desk is thankful to all those who contributed to this edition. We hope going through this newsletter is as enjoyable for you as it is for us.

Happy Reading...!

EDITORIAL TEAM





A TIME TO RETROSPECT

It is a great pleasure for me to meet you through this newsletter with the theme “ Productivity in the midst of PANDEMIC’ . ‘Stay safe, stay well, stay productive.’ COVID-19 has upended the way we live and work. Our lives have been temporarily reduced to the single site of the home. Home is now office, school and café whilst still being a place for rest and to reset. The challenges of this transition have been wide ranging, and in the realm of work, many are experiencing difficulties with productivity.

I believe that maintaining ‘productivity’ is important – as an end, and as a driver of wellbeing in work. Diseases and crises do not make a difference between people and affect everyone equally. Human beings try to distinguish economic, social or cultural differences, but COVID-19 reminds us that we all can get sick and that we are all interconnected and need each other. No matter what country we live in, how old we are or what we do, we are all important and necessary in this world. The spread of the virus can only be stopped with the fraternal collaboration of all.

All human beings are created in the image and likeness of God (Gen. 1:27). The image of God is the fundamental basis for the value and dignity of absolutely all people. The Bible teaches that God is the giver of life, so from conception to the grave we must protect and value everyone’s life. Human life is priceless and no matter the economic consequences that a catastrophe like the one we face brings, we must fight at all costs to care for the lives of all. Any call to “sacrifice” some people for the good of others is despicable and contrary to the dignity given by God to all human beings. It doesn’t matter if the problems are small or big or if the consequences seem impossible to bear, our God is the only source of true security and we can trust Him. God cares for us as mentioned in Psalm 121 and we can corroborate it throughout all of Scripture and many of us have experienced it throughout our lives.

We suffer like everyone else, but we can do it with the peace that God gives us knowing that our Heavenly Father is watching over us. Fear has caused arms sales to increase dramatically in the United States and panic purchases of items such as basic necessities have occurred almost uncontrollably throughout the world. God has not given us a spirit of fear, but of power, love and self-control (2 Tim. 1: 7) that enables us to face circumstances with confidence and in complete peace (Isaiah 26: 3).



PRODUCTIVITY DURING A PANDEMIC: COVID-19

Today, as a result of the impact of the global Pandemic, Covid-19, the daily schedules have changed and no matter how hard one tries to revert daily activities to days prior to the Pandemic, one experiences difficulties. The reason for the difficulty is that COVID-19 has flipped the days upside down. Face masks, restrictions on travel, and washing hands frequently etc are “new normal.” In addition, many people are finding themselves either unemployed or working from home full time. To have a better understanding of the ‘countervailing’ relationship between Covid-19 and productivity allow me to delve briefly into two areas of human activities which are lifelong. The activities concerning learning and earning will make us understand the theme of this issue of SJU News Letter.

Many of us who are generally productive in academics are now finding ourselves trying to work at the same level we have always done. The trouble is that now we are writing during a pandemic. Things are not normal. We’re not in our usual routines. We may have family or roommates at home with us. We also may have pets who want attention. We hear distressing news daily. And speaking of days, they are melting together. Students of all ages are some of the most affected but forgotten cohorts of individuals. Students of all courses and levels must find ways to stay productive during this pandemic, which we thought was a nightmare of the past, two months back, seems to strike back again with more vengeance this time. Everyone understands that these are “unprecedented” times but still it is expected that students were able to persevere. If so, what were the adaptations students supposedly have done when they are home most of their day and their extracurricular activities have been limited. It’s hard to know when to stop working and relax and vice versa now that home has also become our offices and classrooms. Now that students are attending school online and their bedrooms have become the classroom, the temptation to lay around is even greater.

It’s important to designate a specific space in the house as a place for work so as not to get distracted. Make sure that the time spent in that space is for working and working only. If you tend to do your schoolwork on your laptop while lying in bed, it might be best to get up from the bed and bring the computer over to a table or a desk. By creating a specific space as a workspace you are training yourself to only work when in that space. According to the Sleep Foundation, your bed should be used for sleep only and a place to relax. By using it for a workspace you can be crossing boundaries making it harder for you to fall asleep Pretend your workspace is your desk at school. You typically don’t get up and roam around the classroom during the school day. Find a space in your home and treat it as the same.

Decorate it like your desk with all of your essentials. If your usual schedule was disrupted and you are finding yourself lost it might be time to create a new routine. Keeping yourself busy and sticking to a schedule is one of the best ways to stay productive. On the weekends you should designate time for exercise, homework, and practicing any new skills you might have. Maintaining a routine will help you stay organized and you won’t feel like your days are wasted due to the pandemic. Some of the other ways and means to remain productive are, learn new skills, enroll for online courses, participate in online academic activities, etc.

Online classes do not have to be related to your current work, they can help you learn many things. There are endless possibilities of what you can learn online. If you are bored and have an urge to be productive, this is handy to keep in mind.

Now moving to the earning activities, the whole world is still struggling to restart their economic engine. However, no matter how much we try to jump start the economy we must accept the fact that we cannot have the same extent of expectations on ourselves or others. Covid-19 has affected all three drivers of workforce productivity — time, talent and energy. But the best have felt the impact very differently from the rest. The best companies have minimized wasted time and kept employees focused; the rest have not. There are three factors best explain the relative productivity of large organizations:

- The time each employee has to dedicate to productive work each day, without distraction from excessive e-communications, unnecessary meetings, or bureaucratic processes and procedures;
- The talent that each worker can bring to their job and, importantly, how an organization's best talent is deployed, teamed and led; and
- The discretionary energy each employee is willing to invest in their work and dedicate to the success of the company, its customers and other stakeholders.

The best have capitalized on changing work patterns to access difference-making talent. Exceptional talent - people with the ability to bring creativity and ingenuity to their work - is a scarce and valuable resource. Our research suggests that the best companies are 20% more productive than the rest due to the way they acquire, develop, team, and lead scarce, difference-making talent. The pandemic has had both positive and negative impacts on talent as a source of productivity. Remote work has created opportunities for organizations to access talent that may have been out of reach prior to Covid-19. Physical proximity to work is no longer a primary factor in determining the pool of available labor for most companies. The best companies are capitalizing on new and different sources of talent to build the capabilities they will need to win in the future.

The productivity gap between the best and the rest has widened during the pandemic. The best companies — those that were already effective in managing the time, talent, and energy of their teams — have grown 5% to 8% more productive over the last 12 months. Additional work time, access to new star talent and continued engagement have bolstered productivity at these companies. Most organizations, however, have experienced a net reduction in productivity of 3% to 6% (or more) due to inefficient collaboration, wasteful ways of working, and an overall decline in employee engagement.

Employee engagement and inspiration matter. According to our research, an engaged employee is 45% more productive than a merely satisfied worker. And an inspired employee — one who has a profound personal connection to their work and/or their company is 55% more productive than an engaged employee, or more than twice as productive as a satisfied worker. The better an organization is, in engaging and inspiring its employees, the better its performance.

Of the three productivity factors, Covid-19 has hit energy the hardest. It has been reported that most organizations have struggled to engage their employees during the pandemic. Logically, then, productivity is likely to have fallen considerably for most companies.

In conclusion what we need to understand is the fact that no matter what a given situation may create as adversary the ultimate ability to turn an adversary into a positive force to sustain our lifelong activities, lie within the individual, inside the complex maze of the human mind. In other words, it is the attitude that we possess and exhibit which can turn the tide against us into a force that can propel us beyond our imagination. It is said that there is no greater enemy than our self – especially when the individual is convinced that he or she is a failure. Therefore, to overcome any challenges or obstacles the most important tool we need to be equipped with is a positive mindset. This tool will later determine the remaining measures or means to tide over any situation or condition, no matter how hopeless it may seem to appear superficially.

Personally I have experienced the course of roller-coaster sentiments or emotions at the initial stage of the Pandemic Lock Down starting from March 2020, with no clue about the means of survival, since this global Pandemic and Lockdown happened in this scale for the first time in human history. However, by building a meaningful relationship with God and through this relationship my mind or psyche started to experience hope and the resolution of this Pandemic through His divine intervention. Only when we develop a healthy relationship with God that we can also develop a positive mindset.

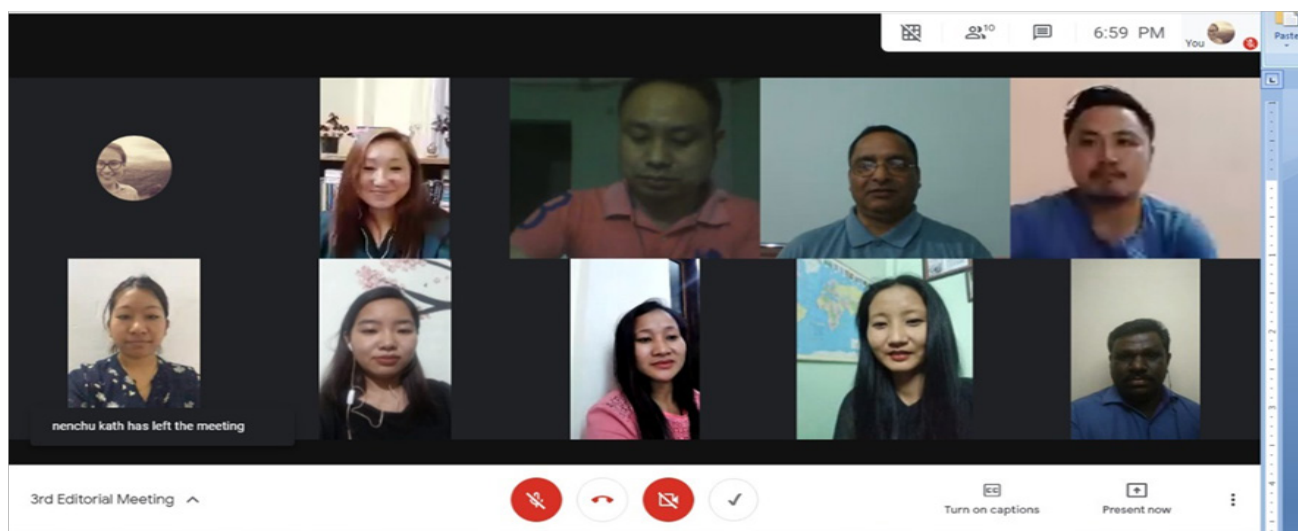
EVENTS

DEPARTMENTAL MEETINGS

- The Department of English conducted a departmental meeting on 8th March 2021 through Google Meet Platform. The agendas discussed include Syllabus reports, Mentor/mentee report, Leave letters, CAT I exam, advertisement, General classes etc. The meeting was attended by all the teaching faculties of the department.
- A Departmental meeting was conducted by the English Department on 29th March 2021 at the Department staffroom. The main agendas was on teaching orientation. All the faculties of the Department attended the meeting.
- The department of Zoology held a meeting on 26th March 2021 at the university campus with Dean of Academics to discuss the following agendas: Faculty discipline and Academic issues.

EDITORIAL TEAM

The SJU Newsletter Editorial Board conducted three virtual meetings on the 3rd of March, 9th and 14th April, respectively, to discuss on the timely and quality publication of the monthly issue, which mirrors the University standard.



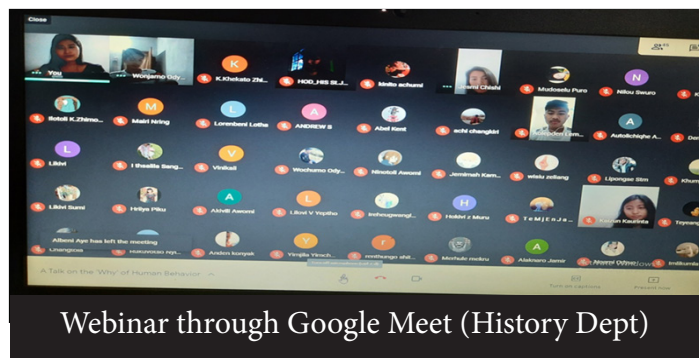
CLUB ACTIVITIES

The Literary Club, Department of English, St. Joseph University Nagaland organized a Short Story Writing Contest on 22 March 2021. The event was conducted at the university campus. Out of 22 participants the first place was badged by Ms. Khaplem M Manporu (BA VI, Department of English), Second place by Ms. Pushiam S Khiamniungan (BA IV, Department of English) and the third Place by Ms. Suli T Kiba (MA IV, Department of English).



SEMINAR

- On 13th March 2021, The Department of History, St. Joseph University organised a talk on 'why' of human behaviour. Miss. Tiamongla, a Scientist of Defence Research and Development Organization, posted with the Indian Air Force was the resource person.



- The Department of Sociology, St. Joseph University conducted one-day online special lecture on the topic, "Application of statistical tools in sociological research" on 18th of March, 2021. The resource person for the webinar was Dr.V.Arulmurugan, Assistant Professor and Research Supervisor, Puducherry University, Karaikal Campus.



- A two day seminar on "Impact of post covid-19 on International trade" was organized by the Department of Commerce, St. Joseph University Dimapur Nagaland on the 19th and 20th March 2021 sponsored by ICSSR. The Guest speakers were Prof. Dr Ajit Kumar Mishra Pro- Vice Chancellor, Department of Commerce, Nagaland University. Prof. Amalesh Bhawal, Department of Commerce, Assam University. About 32 Research papers were presented from within and outside the state.



- Two days National Seminar on the theme "NEP 2020: Challenges to the Northeast" was conducted on 26-27th March 2021 with the Minister of Higher Education and Tribal Affairs, Shri. Temjen Imna Along as the Special Guest of the Programme.

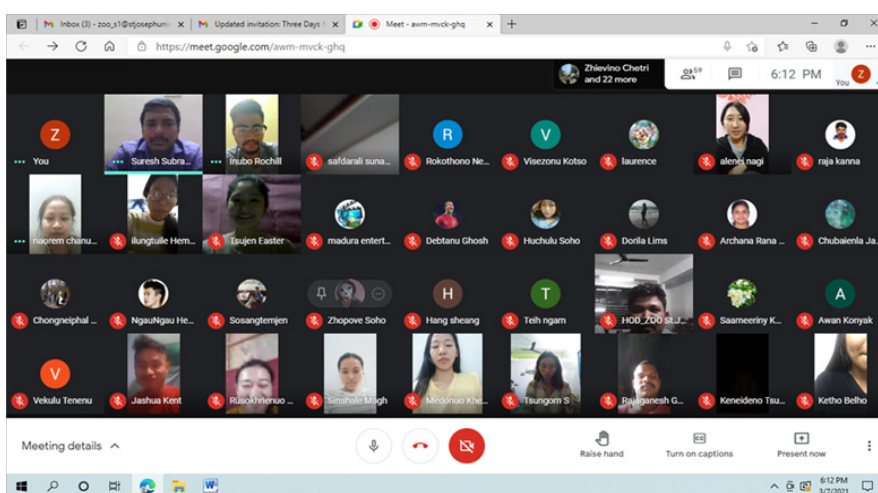


- The National level Technical Webinar was conducted on 10th April 2021 on "Application of Remote Sensing and GIS in Civil Engineering". The Resource person for the seminar was Dr.K.Gajalakshmi, Assistant Professor, Department of Civil Engineering, RV College of Engineering, Bengaluru.



WORKSHOP

The Department of Zoology organized a three days online workshop on Application of Research methods and statistical Tools in Life Sciences from 5th March to 7th March 2021, with the aim to inculcate the students with the knowledge of research methods. Dr. S Boopathi (Dean of Faculty of Arts Professor & Head Department of Economics. Co-ordinator, UGC – SAP – DRS – III Bharathiar University), Dr. L.Surulivel Assistant Professor, Department of Fisheries Extension, Dr.M.G.R. Fisheries College & Research Institute and Dr. S. Suresh (Assistant Professor, Department of Statistics University of Madras) were the guest speakers.



SPECIAL EVENT

- Department of Social Work, St. Joseph University, Dimapur, Nagaland conducted an Online Campaign on World Health Day on 7th March, 2021 on the theme Building a fairer, healthier world for everyone through Google meet.
- An online programme was held by the Education Department on 8th March 2021 to celebrate International Women's Day on the theme "Women in Leadership: Achieving an equal future in a COVID-19 world". The Guest Speaker of the programme was Mrs. Inaholi Kiba Principal, Log drum School, Dimapur.

The Department of Social Work, St. Joseph University, Dimapur, Nagaland organized a program on "World Social Work Day" on 16th March 2021 at 10 am through Google Meet. The event theme of this year is "I am because we are Strengthening Social Solidarity and Global Connectedness". Mr. Dr. Mangcha Touhang, Ex Assistant Professor of Mizoram University and MLCU, Meghalaya was the guest speaker for the event.



STUDENTS ARTICLE

PANDEMIC PRODUCTIVITY

It wouldn't be entirely true if I say productivity didn't help me at all during this pandemic. Everyone had been affected differently during this crisis and it hit me differently as well. We are all going through a trauma experience differently. Anxiety is up, depression is up. And regardless of that we are still struggling to navigate these huge emotional hurdles with an uncertainty of what is booked down the road. While for some it might mean like their works are doubled up, for the other company, it'll mean their family have finally sat together for dinner the very first time.

Some populations are going through additional stress such as job loss, discrimination in health care, some are even blaming each other for the cause but did we even just for once thought about how we should come together and overcome this as a family? Well, I might have sort of gone outside of my topic but I'm truly grateful to the SJU Newsletter Team for giving me such a big opportunity to write a few thoughts regarding about "productivity during the midst of Pandemic".

Nobody would have been aware of such a pandemic to hit the world and nobody was well prepared to face it. Thus everybody had their own ways in order to cope up with the unexpected visit of the epidemic because of their own personal circumstances. By now, every one of us are well aware of how many people became productive during this midst of the pandemic especially the youths of not just our State or India but I believe the youths in general.

It's okay to dive into a household project, pick a new hobby or sign up for an online course, if that's what you were or are drawn to or just nothing at all if you're not up for it. Many people in the throes of something frightening or somewhat to the core of being a traumatic experience often try to hide their anxiety into productivity which is actually a start for a better future though we cannot forget or move on eventually. Being productive can really be an experienced exercise in turbulent times but there's also a saying not to overdue anything as it might have an adverse effect.

I have personally seen many of my friends starting up different hobbies since last year and I am truly in awe of their talents and their dedication for their discovering new hobbies while for some it might have been a part of their hobby. While some jumped into gardening, some turned into chefs or designing, some turned into reading while others turned into entrepreneurs. The World indeed has a lot to offer. It's wholly up-to us to decide which path to choose, or decide what's best for us. I myself realized how this pandemic might have indirectly affected me. For some days, I took up gardening myself while other days I would capsize my entire house organizing even the littlest of things and there were also days when I would completely stay in my bed for the rest of the day. Even my cousins who are all in their Junior high school got annoyed as they had to deal with my mood swings.

As I narrated about my personal experience of the pandemic's effect, I'm sure most of the readers might think of me as a thoughtless person but it's just me giving the real experiences of the pandemic. Lastly, I would like to urge everyone to own up their emotions and do whatever they feel is healthy for their mind as the saying goes, "The key to a healthy life is having a healthy mind".

By,
Cheerie L Thomson
BA English, 6th semester

PRODUCTIVITY IN THE MIDST OF PANDEMIC

Pandemic! As the name indicates, creates in us a gruesome picture, having experienced the phenomenon. It is not something we experience on a yearly basis but when it hits us, it affects the world's population and also the global economy; such was the case during the 1918 pandemic. What seemed like a scene from a movie entered reality when the Covid-19 pandemic broke out and shook the entire world out of its core. To isolate oneself from social activities was a challenge, as said by Rousseau "Man is a social animal". However, the pandemic helped me to connect with friends from around the world. It helped me to retrospect on life and appreciate even the most mundane of things.

Amidst the deadly pandemic, our friend circle participated in healthy debates and conversations on the on-going pandemic helping in achieving healthy mindset and to tackle the crisis with a positive attitude. What started as a boredom excited my interest when a friend of mine recommended me to join an online language class through which I improvised on my already little knowledge of the Korean language. Not only did my interests stop there, I experimented with the supplies available in the pantry and created modish and delicious recipes which had quite a good impression and received thumbs up from my family. Apart from cooking, being a dancer requires a lot of practice and a lot of dedication. Because of this long period of coronation, I was able to stretch practice hours which helped me in refurbishing my skills. To see whether I had improved I enrolled in an online dance competition and received the title of the "most promising dancer". Little did I know that the pandemic would bring forth multiple of blessings. It all depends on the attitude of the person receiving the idea. The entire world experienced a dark phase of gloom, but through this phase I was able to rekindle my skills and found new interests. The pandemic was productive for I learned household management, polished and nurtured my talents and got to spend meaningful time with my family.

Ms. Imtisenla BA IV Semester
Department of English

PRODUCTIVITY IN THE MIDST OF PANDEMIC

It's like a prolonged period of vacation which brought euphoria to almost every student but also aroused annoyance and rage as it continued. Nevertheless the benefits are numerous, the talents of the poets, writers, singers and so forth were instigated chiefly into social online platforms and obtain self-satisfaction as well as comfort in one's abilities disclosure. The monotonous and lazy people have devoted to their consistent arbitrariness even during this event. But contrast to that intellectual, sophisticated and cultured individuals have succeeded in conversion of their knowledge and significantly their wisdom into much higher understanding likewise a person who is actually happy with his life has a normal behaviour but one with gloomy life which they realise during these episodes has appreciably refined their past enigmas and generated intense psychological enchantment. Outstandingly the relation with the family members were powerfully developed and sharing one experiences and thoughts with each other at this point of time, not only to one under the same roof but to other relatives and friends by online communication means and devices is gratifying to the very person and also for the person at the other end in conveying your emotional sentimental tenderness and support is an extremely valuable act. I have seen tremendous number of people coming down the street and jogging in the absence of vehicle pollution which similar to that, some has also set in motion with home workout for which demonstrated essential aspect to one physical health and mental improvement as well. It has taught us to balance our time for leisure, works and sensible pragmatic actions. We understand the falling and the rising of world's economy, the general knowledge of the dissimilarities that use to exist and what we encounter today. It's not mandatory to be optimistic

about the pandemic because in fact it is threatening and vicious to us, but to take this moment and 'create', 'plan', 'produce' and 'develop' from your interest, inspiration, imagination and creativity

Nito K Chishi 1803103035 BA VI Semester
Department of English

“PRODUCTIVITY IN THE MIDST OF PANDEMIC”

The impact of this Pandemic affected all sphere, the only thing that one can think is about staying at home and coming out with its own creativity to occupy oneself from the boredom. When we hear the word 'Productivity', naturally we think is being creative with the limited sources and producing a new one or an alternate for the old, productive, active, multiplying and many more in respective on how we view.

Personally, being taught in a traditional institution, it was a new experience to go for a digital set up for a chance. It was an alternative backup which none have imagined to be applying specially in a regular institution. In the midst of pandemic, it was a turning point for not only the students but the teaching staff, authorities, and technical staffs. From a student perspective, it was not only about hearing lectures, getting materials but being able to update and use the facilities to the full extent.

One cannot deny the blooming of self employment or entrepreneur to stabilize its financial state. During this pandemic though it look like everything came into a halt, it definitely find its new way to flow into a new direction. The fear of losing jobs and the constant hovering of insecurity in every mind led to step toward creativity. Above all crisis, the financial crisis was at its peaks affecting every individual because of the instability in every sphere. The realization of the unpredictable pandemic led individual to work, improvised, create, etc to bring normalcy in every possible way.

Thought the pandemic has ceased the opportunity into a timeless zone, it's undeniable to admire the ability and capability a human possess to adapt and adjust in any situation. The flexibility that one possess, thus, led to the productivity in the midst of this pandemic.

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St. Joseph University

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