

**"EXISTENTIAL RESONANCE DURING PANDEMIC"****EDITORIAL TEAM**

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EDITORIAL

Dear readers,

We are happy to present before you the latest edition of 'SJU Newsbites'. In spite of challenges due to Covid-19 pandemic, the university has managed to ensure continuation of academic activities in the best interest of the students. 'SJU-Newsbites' is yet another outcome of such sincere, collective efforts of the varsity community to keep rolling the academic work.

In commemoration of the birth of Lord Buddha, St Joseph University, Nagaland declared May 26, 2021 as holiday (Buddha Purnima). In his address to virtual Vesak global celebrations on Buddha Purnima in honour of the victims of the pandemic and frontline Covid-19 workers, Prime Minister Narendra Modi said that Lord Buddha's teachings have become more relevant than ever before as the world is facing the Covid-19 crisis.

The second wave of Covid-19 has claimed many lives, while many of us still remain doubtful whether to go for vaccination or not. Lord Buddha said, "There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills."

Questioning is good while having doubt in everything is not. Building strong immunity is the key to contain Covid-19 but having right attitude and mentality is equally important. "What we think, we become." said Lord Buddha.

Despite having a tight schedule with the commencement of the end semester examinations of UG and PG courses, faculties and students of St Joseph University, Nagaland have contributed their writings in 'SJU-News Bites'. We acknowledge you all from the bottom of our heart. Best wishes for the ensuing end semester examination and your future careers ahead.

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." Hebrews 12:11

With regards,
Editorial Team, SJU News Bites

MESSAGE FROM CHANCELLOR



Dear members of the St Joseph University Family,
Greetings of love and peace to all.

As I pray that all of you stay hale and hearty, I do appreciate your hard work and the co operation you render towards the vision and mission of the University especially at this time of new normal. I like to share with you few inspiring ideas from the Patron of the University, St Joseph.

The Pope Francis has declared this year as the year of St Joseph. He is honoured as the husband of the Virgin Mary and foster-father of Jesus and held as a model for all men and women. Pope Francis has called upon all through his Apostolic Letter *Patris Corde*, of 8 December 2020, to “increase our love for this great saint.”

The following characteristics make him outstanding as a Patron . Firstly it is the Heart of a father - St. Joseph, said the Pope, is an extraordinary figure, not because of any astonishing charism or special status, but because he accomplished extraordinary acts of service in his daily life. “God looks on the heart,” he said, “and in Saint Joseph He recognized the heart of a father, able to give and generate life in the midst of daily routines.”

Secondly it is the “Chasing a dream” – The focus is on three key words which St. Joseph suggests for each individual’s vocation: dream, service, and fidelity. The Gospel of Matthew recounts four dreams with which God inspired St. Joseph, each of which represented a difficult call from God. “After each dream, Joseph had to change his plans and take a risk, sacrificing his own plans in order to follow the mysterious designs of God, whom he trusted completely.” Though it seems strange to us that he would put so much trust in dreams, the Saint let himself be guided without hesitation. “Why?” mused the Pope. “Because his heart was directed to God; it was already inclined towards Him. A small indication was enough for his watchful ‘inner ear’ to recognize God’s voice.”

Thirdly it is “Serving and protecting” St. Joseph’s vocation is to service. “The Gospels show how Joseph lived entirely for others and never for himself,” said Pope Francis . “By freeing love from all possessiveness, he became open to an even more fruitful service.” His limitless, selfless love led the Saint to sustain daily sacrifices, as a rule for daily life. “He adapted to different circumstances with the attitude of those who do not grow discouraged when life does not turn out as they wished,” said the Pope. “He showed the willingness typical of those who live to serve.”

Fourthly, it is “in simple, daily fidelity” – Fidelity is a crucial aspect of St. Joseph’s life. He always patiently pondered his actions, and knew that “success in life is built on constant fidelity to important decisions” Pope Francis said. God teaches each of us how to nurture fidelity “in the light of God’s own faithfulness.” “This fidelity is the secret of joy,” he noted. “It the joy of simplicity, the joy experienced daily by those who care for what truly matters: faithful closeness to God and to our neighbour.”

Fifthly, it is the “Example of joy”. There is a need to fill homes with this same “simple and radiant, sober and hopeful” joy. I pray that you will experience this same joy, you have generously made God the dream of your lives, serving him in your brothers and sisters through a fidelity that is a powerful testimony. I wish you all success in your academic endeavours and transformation of lives.

With best wishes and blessings

DR REV FR JESUADIMAI EMMANUEL ARUL RAJ
Chancellor
St Joseph University

COMMITTEE MEETING

- Editorial Team. The SJU Newsletter Editorial Board held its monthly meeting for the upcoming edition on 25th May, 2021 at 4 PM using Google Meet platform.
- Covid Task Group, St Joseph University. In view of the impending 2nd wave of COVID -19 pandemic and to assess the trend of COVID-19 transmission and prevalence in the community, and especially in Monitoring the Health status of all stakeholders of St Joseph University, a meeting was convened by the Convener of the Task Group.
- Philanthropic Core Committee, St Joseph University. The first virtual Core Committee meeting was chaired by Prof. Charles Ezung, Convener, on 21st of May 2021, at 4.30 PM.



DEPARTMENTAL MEETING

Department of Botany

- The Department of Botany conducted staff meeting on 1st and 10th May through Google

Department of Sociology

- The Department of Sociology conducted its monthly meeting on 3rd May 2021, and 5th June 2021, respectively. The meeting was attended by all the faculty members in the presence of the Dean of Academics.

Department of Social Work

- The staff meetings of the Department of Social Work were held on 7th and 28th May, 2021 through Google Meet at 10 am.

Department of History

- The Department of History had conducted a departmental meeting on 10th of May 2021 through Google meet at 12:30 pm.

Department of Psychology and Counselling

- The Department of Psychology and Counselling conducted three virtual meeting on the month of May-16th, 20th and 29th May, 2021 with Academic Dean as the external.

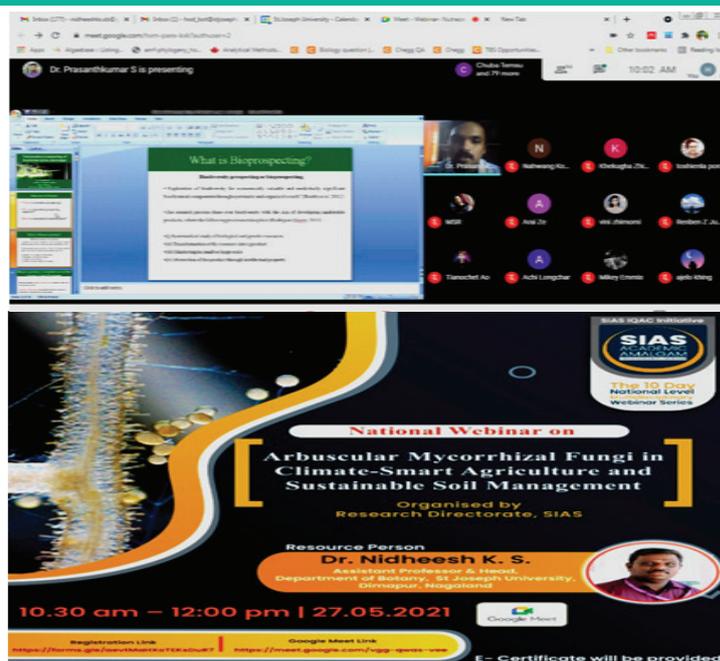
Department of Zoology

- The Department of Zoology held a meeting on date 27/05/2021 at 4:15 PM through Google meet platform.

SEMINAR/ WEBINAR

- **Department of Botany** St. Joseph University has conducted a National Webinar on the topic, “Nutraceutical Prospecting of Freshwater Green-Microalgae” on 08.05.2021. Resource person of the webinar was Dr Prasanthkumar S, Assistant professor, SVRNSS College, Kottayam, Kerala. The webinar was attended by PhD Scholars, Postgraduate and Undergraduate students of various departments including Botany.

- As part of the 10 day National Level Multidisciplinary Webinar Series conducted by SAFI Institute of Advanced Studies, Malappuram, Kerala, Dr Nidheesh K S, Assistant professor and Head (IC) of Botany department gave a Lecture on the topic “Arbuscular mycorrhizal Fungi in Climate-Smart Agriculture and Sustainable Soil Management” on 27.05.2021.



ACTIVITIES

Department of Mathematics

- On 22nd April 2021, The Department of Mathematics organized a one day guest lecture program on “Evolution of Integration: Newton to Ito” at 9.50 am with Dr.V.THANGARAJ, M.Sc., Ph.D., Former Director and Head Ramanujan Institute for Advanced Study in Mathematics, University Of Madras as the guest lecture. More than 50 participants from various institutions across India participated in online mode. Also, more than 40 students of mathematics department participated in offline mode.



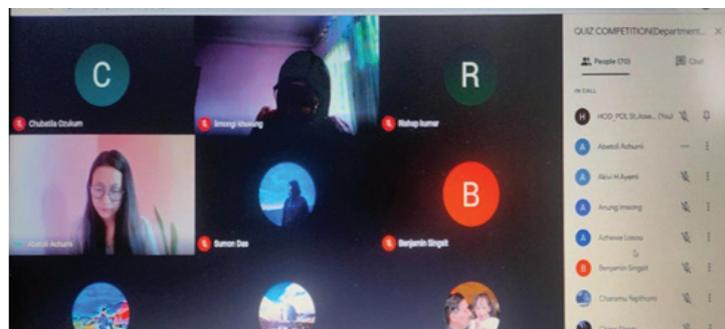
Department of History

- On 28th April 2021, the Department of History conducted a classroom activity for UG II Sem which was furthermore a part of their internal assessment on the subject “History of Naga Culture and Heritage (U18AHI24)”. The main objective of this activity was to acknowledge one’s own indigenous culture and traditions of the past and to preserve unique identity by not only studying the history of our ancestors but practicing the age-old traditions as well. This was conducted under the Supervision of Ms Kevino Krose (Assistant professor , Dept. of History).



Department of Political Science

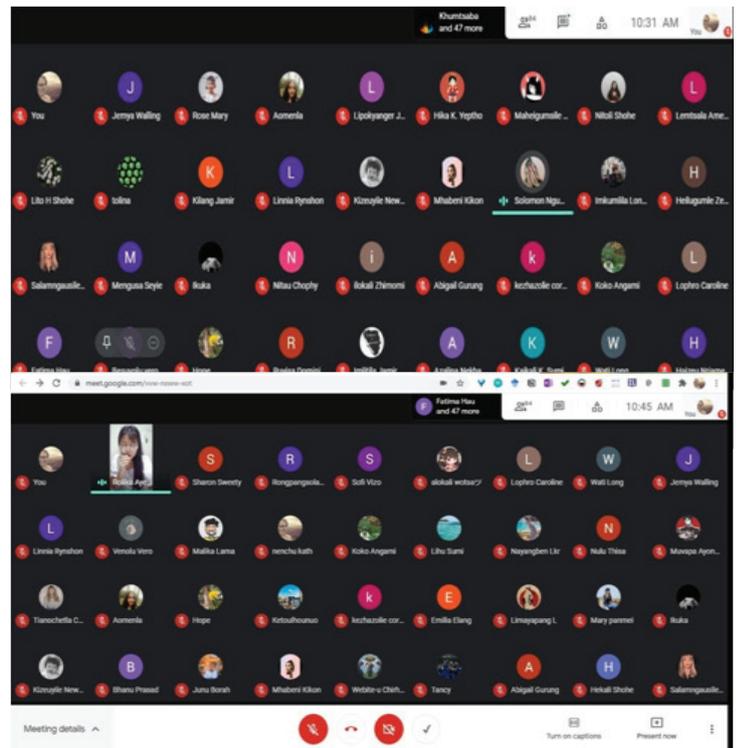
- The Department of Political Science held an Online Quiz on 12/05/2021 from 10:00 Am to 12:00 Pm using Google Meet. Rishap Kumar Karn and Vezolu Ladu from BA VI were declared the winners of the competition with Akumtong and Heumading from BA II sem as the runner up. The Program was attended by around 100 participants.



Department of Psychology and Counselling

- The Department of Psychology and Counselling had an online extracurricular activities on 15th May, 2021 from 9:30 -11:30 AM with Google meeting with the theme “REALITY TOUCH” primarily focusing on the impact and current scenario of the ongoing pandemic with an hour based role play by BA 2nd semester and MA 2nd Semester students.

- The Department of Psychology and Counseling had a second online extracurricular activity on 29th May, 2021 from 9:30-11:30 AM in a Google meet with the theme, “THE KEY TO HEALTHY LIFE IS HAVING A HEALTHY MIND”, with an hour based role play. Miss Pranita Sharma, mental and physical wellness practitioner was invited as a guest speaker. Ms Sharma shared her inspirational thoughts and advice to maintain a healthy mental health.



WORKSHOP

- The Department of Zoology conducted a Virtual Workshop on Academic and Research Article Writing on 19.04.2021 through the Google Meet. The resource person was Dr. P.KARTHIKEYAN, Associate professor, Department of Management Studies Kongu Engineering college, Perundurai, Erode. A total of 97 participants attended the Workshop from various College and the University in India. E- Certificate was provided to all participants through the email.

SPECIAL EVENTS

Farewell program for outgoing student of PG 2019 and UG 2018 batch held on 24th April 2021.

The Department of Social Work, St. Joseph University, Dimapur, Nagaland organized a Grand Farewell Program for outgoing PG 2019 and UG 2018 Batch student on 24th April 2021 at 1pm at St. Joseph University Campus. The program was arranged by the Department Student Association Body. Dr. Pramodini Magh Rengma, Assistant Professor and Head of the Department was the speaker of the program.



Department of Economics

- The Department of Economics organized a farewell program for its outgoing students of M.A (4th semester) and B.A (6th semester) which was held on Monday, 26th of April 2021. A farewell speech by Dr. Debojit, Head of the Department, which was then followed by giving away mementos to the outgoing students.



Career Guidance Program

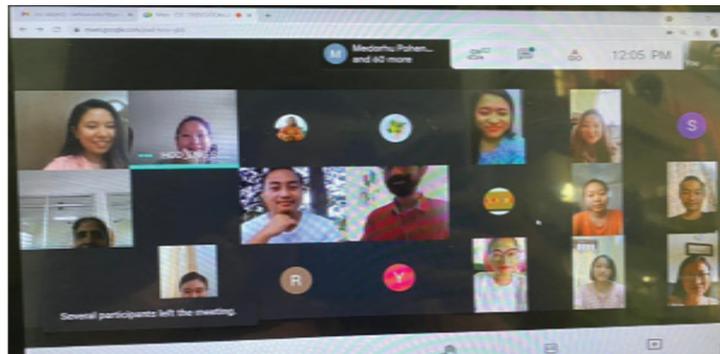
The Department of Economics St. Joseph University Dimapur organized a one day “Career Guidance Program” on 12th April 2021 with Resource person Shri. Sentiling Ozukum EAC Mokochung District. He highlighted various job opportunities for the students especially for the economics students. He started with the meaning and purpose of life and added that we are guided by old model of educational system and understanding.



Department of English

- On 27th May, 2021, a surprised and memorable virtual farewell was organized for the outgoing students of MA English department. The event was organized by the students of MA 2nd semester and Assistant Professors. A farewell speech on behalf of the outgoing students was delivered by Rhondeno Ngulie (MA final year), followed by final adieu by Dr. Sunanda Devi(HOD) The program was attended by 100 students.

- The Department of English held a Valediction program for B.A (English) Batch 2018-2021 through Google Meet on 28th May 2021 at 10 AM. BA II and BA IV students arranged various heartwarming presentations. Dr Sunanda Devi, HoD, Dept. of English and Mr. Vikholo, Asst. Professor, Dept. of English conveyed gratitude to the outgoing batch and wished them prosperity in the near future as they start a new step of journey. The program was attended by 91 students.



ARTICLES

POSITIVITY IN TIMES OF COVID-19 PANDEMIC

Mr. Kevitsalie Jerome
Assistant Professor
Department of Social Work
St. Joseph University
Dimapur, Nagaland



During the last 15 months a lot has is being written about the destabilizing impact of the COVID-19 pandemic and the restriction mandated by it on the society. The fear of “the unknown” and “excess information” of the health crisis spread through social media has created panic and psychological distress to the society at large. As a social animal, being connected in physical spaces with others is an integral part of our human existence. Getting together, eating together, singing together we feel comforted, but with the pandemic social isolation and social distancing has become a new phenomenon and requirement. The human society is pushed to stay, work in isolation; this in turn has the potential of damaging everybody’s sense of rationality.

The impact of the COVID-19 pandemic can be seen across the spectrum of the work place. The compulsion of shifting the workplace away from colleagues to a confined zone in one’s household has added stress and anxiety of the person concerned. The inability to have physical meetings with one another could easily become disheartening and even self diminishing. Moreover the inability of the organization or institutions to provide mental health services of the employees could results in a health crisis that none can imagine.

Working from home encourages the individuals to have healthy diet, by avoiding unhealthy diet one tends to consume at work place. However, one of the great importances is the conscious adoption of an intake of food supplements meant to enhance one’s immunity. Furthermore the understanding and knowledge that immunity helps in preventing the virus infection is a way of keeping positive during this crisis.

The total lockdown call given by the government to control the pandemic has brought significant challenges in the society. The unemployment rate had reached a record high of 23.5% during the national lockdown. The research and survey report of Aziz Premji University have concluded that 23 crore people in India have been pushed below the poverty line and into indebtedness during the present crisis.

The diverse impact of the pandemic has been on the daily wage earners of the society. However, free vaccination that has been assured by the respective state government has been positive news for its citizens. The government to prioritize the availability of vaccination in Government hospitals rather than Private hospitals is a healthy outcome. Furthermore, the initiative taken by the state governments to emphasize expenditure to maintain health care ser-

vices is welcome news in a state like Nagaland where little emphasis is given to the health sector.

Despite all the difficult situations and circumstances brought in by the pandemic it is essential for us to have a positive outlook. First of all, the “fear of unknown” that is taking a toll on our self confidence can be mitigated by grasping the essence of what is “known” about the risk of the virus. In the face of multiplicity of views and findings aired everyday: differentiate the fake and the actual news; if social media is having a toiled on your mental health gives it a break. As a noted philosopher once said ‘Understanding is the end of the problem’ as concerned citizen we should remain vigilant about the pandemic. Wear mask to protect your loved ones.

AN ASSAILABLE WAVE OF STREET JOURNALISM DURING COVID PANDEMIC

Dr. Naorem Nishikanta Singh
Asst. Prof. Dept. of JMC
St. Joseph University, Nagaland.



The prejudiced mind of the masses conceptualised journalists or media persons are empowered individuals beyond doubt, and it is true to some extent, but the gap of capability between them and masses is diminished today with the prevalence of sophisticated gadgets and supportive applications.

Extension of ability

Once we only heard about the mobile phone but hardly accessible and today almost every family owns smartphones not just to quench their thirst for news but even able to participate themselves to share. We are well aware of the internet, mobile internet, e-governance, social networking sites, etc., at its disposal. The user interface systems developed with these applications extend the capability of masses to sometimes participate in news-gathering, processing and publishing as a journalist do that eventually called Street journalist. The term “Global Village” meted out by Marshall McLuhan in mid 20th Century seems justified. As such he is being celebrated by Google doodle, which claims him as the man who predicted the internet and the impact it would have. These sophisticated weapons enable the masses to take a step ahead from being media consumers towards media feeders. And the activities of this kind gave birth to new terms like ‘Civic journalism’ or ‘Street journalism’ which are extending unremittingly towards the horizon between public and journalist.

The existing Laws

Now the question at large is the reliability, safety of accessing and open up such information on the social media platform. It is the right time to educate the masses about the existing laws of the land before handling such information during the Covid pandemic as it is a matter of national security and the safety of humanity. Freedom of expression and its reasonable restrictions under Art.19(2), IT Act 2000, Cyber Crimes Laws, Cyber and Information Security Division are playing around us disguise and we hardly heed to it. Sharing information on Covid related complains, pictures or videos of the deceased or bereaved family, improper cremation and annoyance of the public against the government is a motive of unethical and act of sedition. Using the right weapon through the wrong way may invite someone to walk a tightrope.

The precautions

The shared content may inform, entertain and educate the masses which may turn out to be a whistle-blower if it is ethical and newsworthy. The present Covid scenario of the country has been condemned by different individuals and pressure groups on its misapprehension and in this regard, people have a great responsibility to rectify up to permissible range. And to make sure stay on the safe side the internet is enabling us with different tools to do so. For instance, Siteliner, Reverse Image, Duplichecker, PlagSpotter, Copyscape, Copyleaks.com, Plagtracker.com, Viper / Scanmyessay.com, Paperrater.com, Plagiarisma.net, Plagiarismchecker.com, Smallseotools.com, etc. are at its disposal to check or verify the media content and is exceedingly advisable before share or forward. For the present context, a responsive act is the need of the masses and it should not be compromised.



MY EXPERIENCE IN SJU

Chonchibeni.T.Jungi
MA 4th semester
Department of Education

My experience in SJU has been amazing and short because of the current pandemic but in that short period of time I have learned so much and also met friends for lifetime and teachers who I will look up to even after graduating. I still remember my first day in the university; I was nervous but excited at the same time. All the teachers were so friendly and helpful and I could see that they were excellent in their job. I was so comfortable in the class that I would always sit in the front and clear my doubts. When I took admission I thought to myself two years is really long but when I completed my 1st semester I realised that time is going too fast. I would say that I made most of the memories in my 2nd semester because sports week was held and I took the opportunity to play basketball which I loved. I was so happy playing basketball and never thought of even qualifying for the second game but luckily we took the champion trophy which I will always cherish and never forget.

Unfortunately the pandemic began and I did not think that it's going to go on for long. 2nd semester was over and the 3rd semester began, than it hit me this pandemic is serious and am not going to get to experience my university life like I planned and hoped for. Everything was online and I wanted to take offline classes and meet my friends and teachers and thinking about graduating online frustrated me more. But I realised that being positive is what will get me through so I changed my mindset. I was grateful that the teachers were doing their best to teach us and they did an amazing job and that as a student we needed to experience new things and learn no matter what circumstances were. In the end I feel like everything went in a blink of an eye but I will remember every little thing and cherish it for the rest of my life. I feel so lucky to have been a part of SJU even if it was for a short period of time and if I was given a chance to relive again I would do it.

CONSISTENCY

M.Sc. Zoology
II Semester

From the day we are born, there is one thing which has always been a reason of learning or gaining knowledge. We were consistently told about things and that is the reason why we are who we are today. From the basic, we were successful at something by consistently pursuing for it. There are obvious other reasons involved but 'consistency' plays a big role as well. I don't have any statistics, data or research article to prove so. But take a look at your life. From the very beginning, you consistently read about ABCs and 1,2,3s and they kept on consistently showing up everywhere you go hence you tend to master them to the very core of it. No one in this world can scrape off that successful "gain of knowledge" from you. Why is that so? The answer might have other scientific explanation but I say it is "consistency".

Look around you, all those successful people, not only business typhoons or billionaires, but look at the small tea stall or a farmer, they are successful in their profession because they consistently kept on pursuing/doing their respective work all along the time. In order to win over any war in your life, you have to be consistent. We are surviving because we are consistently pursuing for survival. You want to leave a bad habit? Ignore doing that consistently, not just for weeks, months or years, stop doing that consistently throughout your life, which is actually the real definition of consistency. You want to inculcate a good habit? Do it consistently for the rest of your life. It seems delusional and as a matter of fact, I too can never master the art of consistency but if anyone out there who can comprehend this and have the capability and determination to do so, please do it. Please be consistent with whatever you want to do. I can assure 100% success; at least I am entitled to give that assurance. This write-up obviously lacks all logical reasoning's but it is what it is. Was it worth your time? That is something you decide for an anonymous self-proclaimed writer.

“The best way to find you is to lose yourself in the service of others”

Lanukaba
PG-II Semester
Department of Education

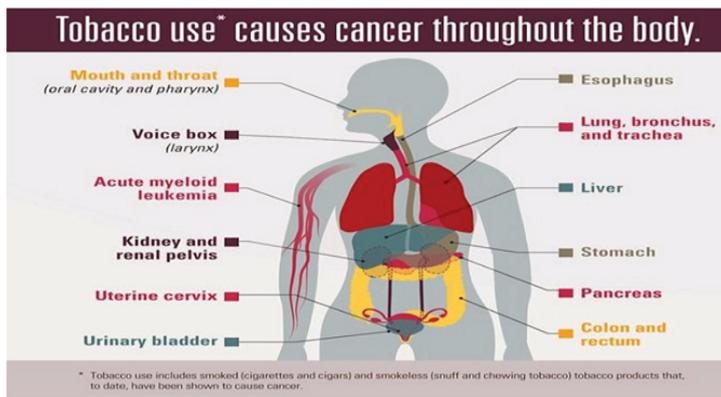
As a part of Life Skills Education II, an activity was undertaken to educate the young boys and girls about the harmful effects of Tobacco. With the ongoing pandemic situation, most of the youngsters are staying home so it was an opportunity for me to visit my village and educate my own community.

Objective:

1. To educate them about what 'Tobacco' actually is and how it harms and kills.
2. To spread awareness not only to the participants but also to their loved ones through them.
3. To safe and secure them from consuming it in the future.

Activity undertaken in detail:

An awareness seminar was organized outside the village community hall under the theme 'Save Yourself and your loved ones'. The children were firstly made aware of the process of how tobacco is manufactured and what it contains. They were taught of its various harmful effects and how it kills by illustrating with the diagram given below:



'Jail' was the example used to teach them how it's very difficult for a person to escape from tobacco once addicted to it.

The importance of observing 31st may as WORLD NO TOBACCO DAY was further highlighted.

Being all of us from Christian families, 1Corinthians chapter 6 verse 19 "Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself" was read out to encourage them 'Not to destroy their body' by consuming such intoxicating stuffs.

An animated video was presented to them through the laptop to make them understand better.

It was a challenging and an amazing experience for me.

As a part of SEC, it was a great opportunity.

"In Learning you will teach, and in teaching you will learn". It was indeed a memorable and fruitful experience.



EMBRACE THE DARKNESS

Sosangtemjen
M. Sc. Zoology (2nd Semester)

It seems, every now and then, people are ceaselessly in pursuit of "everything nice, bright & beautiful". Ignorant of whatever possibilities the dear future may carry, a blind movement towards all things which appear brilliant and perfect is a set motive in a majority of the

Hold On, Pain Ends (HOPE)

N.B Vomshak
Msc 2nd semester
Department of Zoology

"A true leader has the confidence to stand alone, the courage to make tough decision and the compassion to listen to the needs of others". [DouglasMacArthur]
Nagaland was born in December1,1963 when rest of the

delicate human minds. Do they let their tea taste extra-sweet always, or do they counter the sugar concentration with something tasteless, such as water? I'm 22 years of age; growing up as a teen, I was very much subconsciously drawn towards darker and deeper kinds of art and music, whilst my peers would usually listen to upbeat pop songs about love and youth. However, this might be just me, but nobody can be prepared to face anything in life by fixating one's focus solely on one side of themselves – the side where you only have sunny skies, smiles, and your favourite food on a delightful mahogany table. "You don't learn to fly if you're not prepared to crash." A greater number of us have learned about the science of the natural ecosystems during high school and beyond. I think it is a splendid example for how balance is so much important in life. You incline more on one side, and your life crumbles down to your feet. Negativity and darkness were not born to be avoided and neglected, but meant to be the "sticky glue" that holds you and your life together. We look for opportunities, however, picking up something which is plainly positive isn't considered as opportunity, but, building yourself up through the negativity in you and eventually finding a "light at the end of the tunnel" is what opportunity worthily means. We don't become a true person without walking hand-in-hand with both our positivity and dark sides. Concluding by bringing in the title of my article "Embrace the darkness... And be reborn..." (which is an excerpt from the soundtrack for the latest Disney movie "Cruella"), I would like to say that, if the human minds are capable of converting mere-looking dung into useful fuel, let us let our minds explore wider and deeper, and realize that the dark negativities, we tend to hate or look away from, can be of so much more in succouring ourselves be in a better form or who we really are.

north eastern states remained buds and unborn (except Assam). But today our state 'Nagaland' is lagging far behind our neighbouring states, one wonders what happened to Nagaland state and what is there as on behind. On the other hand we are so divided that it makes us unfit towards any kind of challenges which we are supposed to win and defeat our opponents. History of Nagas is occupied with regrets after regrets, the down fall of growth and development of Nagalands in its statehood. The same history intensively continues from generation to generation, leaving Nagaland captivated in the bondage of poverty, corruption and modern savage by the Nagas to susceptible world. "GOD PROVIDES LIBERTY AND FREEDOM IN HIS LAND, NOT POVERTY AND CAPTIVITY". Power manipulation, hostility, fear, discrimination, injustice, and propelling death of the people from the corrupted leaders are the reason for the suffering of the people, the Nagas have given birth to 'Dead Nagaland' in all dimensions which make Nagaland poorer and poorer. Nagas destroy Nagaland from development, goods, natural resources, business, economic, schools, offices, environment, animals, birds and fellow human beings. The history of born again Nagaland which marks in 1872 delineates that, "GOD LIBERATED NAGALAND FROM THE CAPTIVITY OF DARKNESS". However, Naga people subsequently relinquish to despair and wilted poor land with the power of corruption with more extractions from Nagaland than contribution to Nagaland. 90% of government school does not give any good and quality education. School and colleges buildings are abandoned yet forces school children to sit inside the class and anticipate good results. Teachers are asked to perform excellent duties but remain deaf to a wing their rights. Hospitals are established however, create more damages and ignorance. Poor roads, more motor vehicles, more unemployment and increasing numbers of competitive aspirants for countable vacancies. Corrupters like political leaders, officer's, village council chairman, secretary, village development block, church leaders, and non-governmental organizations, corrupted individuals and over all misled freedom leaders. "THIS IS HOW NAGA SKILL NAGALAND EVERYDAY IN THE CAPTIVITY THROUGH ABUSED POWER". The Virgin born again prospection of the decision can be introspected to Pinnacle of the current worldview of Nagaland seeking answer to fundamental questions of who are we and what are the conditions of the place we live in?

POEM

THE WORLD STAY HOME

The earth turned on its axis
The sun rose for the day
But the planes, the trains the taxis?
They chose to stay away

The roads became much calmer
The streets were quieter still
Because amidst this force of beauty.
The world was getting ill

The flowers still grew their petals ,
The trees they danced away
The sky was blue, the grass was green
And we all rose to see the day.

But the days looked different : wasn't same
No long commutes or morning rush
Laying corpses, casualties and tragic;
And a virus was to blame

All the parents taught their children=
Kitchen tables turned to desks
But playtimes were without their friends,
The room was clear: no guests!

Because the most important thing here
Isn't me, myself and I ;
And all the people knew this
And that's the reason why...

Saziini
BA 4th Semester
Education Department



DREAMING BIG ENOUGH

Waking up dreaming about something you want very passionately is not a bad thing.
One can dream about anything they want.

Having dreams not simply means what you see while sleeping.

It comes from within and you have to moods your thoughts accordingly.

Dreams are not just the slideshow but the instances of your thoughts which you think

Such famous people become famous because they decide the one day they want to?

No, but they have dreams which led them to follow the right path in their life which they ultimately want to become. All you need is a passion. When we dream big, we see higher level of connection and ascension. To consider a big dream is to consider your potential as a powerful creator, and this is really a good thing.

We have found many people who limit their dreams. They dream according to the situation they are standing to the right moment. For example, perhaps you may really choose the job that is most suitable to you rather than the career you actually want, but that is beyond your grasp at the current moment. However, big dreams dream light years from where they stand.

A truly big dream is an ultimate manifestation. A big dream is your soul's way of reaching the highest vibration from this place in universe. If you know you are truly dreaming big enough, then your soul will let your dream manifest and your heart sing.

If you think that you are not dreaming enough then you have to move your training wheels bit speedily and stretch a little higher. Let your imagination run into wild and see where it takes you.

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“A JOURNEY TO DEATH”

The arrival of birth with fun and celebration,
the arrival of death without the appreciation.
A journey to death is full of differentiation.

The living of life with the knowledge of faith,
the ending of life without the awareness of death.
It's a journey to death with full of haith.

The decrease of age with the increase in fear,
that one moment of silence with full of tears.
A journey to death is full of scares .

The addition of moments with the substraction of years,
the reality of life that everyone bears.
It's a journey to death with full of tears.

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HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Don'ts →



Do not use a mask that looks damaged

Do not wear a loose mask



Do not wear the mask under the nose

Do not remove the mask where there are people within 1 metre

Do not use a mask that is difficult to breathe through

Do not wear a dirty or wet mask

Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

[who.int/epi-win](https://www.who.int/epi-win)



SPREAD THE WORD. NOT A VIRUS. TIPS TO STAY WELL



Wash your hands with soap and water or use hand sanitizer that contains at least 60% alcohol



Don't touch your eyes, nose and mouth



Cover your mouth with your elbow when you cough or sneeze



Find alternate ways to greet people



Clean and disinfect surfaces often



If you are sick, stay home and do not travel

For more information visit uci.edu/coronavirus or [cdc.gov](https://www.cdc.gov)

ALSO



Call ahead before visiting your doctor

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