



## TEACHERS AT THE HEART OF EDUCATION RECOVERY

### Editorial

Dear Readers,

Honouring the commendable services of teachers, we are dedicating this month's issue of 'SJU Newsbites' to the academic community around the globe.

In India, Teachers' Day is celebrated on September 5 every year, since 1962, to honour Dr Sarvepalli Radhakrishnan. It is said that on his birthday, his students had fondly asked him if they could celebrate it, to which he had replied: "Instead of celebrating my birthday, it would be my proud privilege if September 5 is observed as Teachers' Day".

The birthday of Bharat Ratna, Dr Radhakrishnan — a philosopher, academic, and a statesman, who served as the first Vice President (1952 – 1962) and the second President of independent India (1962 – 1967) — has since been celebrated by students and educational institutions as a day to honour teachers.

According to UNICEF (United Nations Children's Fund), which is a United Nations agency responsible for providing humanitarian and developmental aid to children worldwide, COVID-19 has caused unprecedented disruption to education, with a peak of more than 1.5 billion children in 190 countries out of school.

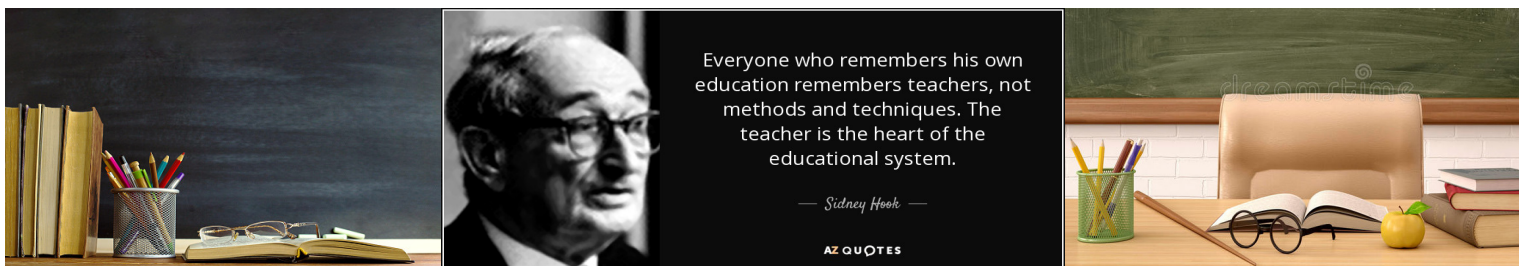
During this time, teachers have gone to incredible lengths to help their students keep learning. To every teacher in general and teaching community of St. Joseph University, Dimapur, Nagaland, the editorial board has two words for you: 'Thank you!'

In spite of challenges owing to COVID-19 pandemic, faculties, management and all staff of SJU Nagaland remained committed to their duties.

Recognising the sincere efforts of the teachers in this testing time, this month's issue of SJU Newsbites has been themed as "Teachers at the Heart of Education Recovery". This publication is yet another achievement of the University and truly a result of dedicated team work of the members.

Happy reading!

Editorial Team



# Message from Controller of Examination

## Teachers at the Heart of Education Recovery

The spectrum of human life is intricate and fascinating. It poses forward various challenges and extends enormous opportunities for individuals to develop and progress. The process of developing good human beings and constructing a better society principally is with parents and teacher educators. It also determines the dimensions of individual development and social progress.

The role of the teacher is important since they have to make every effort to understand the future learners from within and without. The duty of the teacher educator is to equip oneself with various dimensions of knowledge so as to become helpful facilitator of knowledge.

World Teachers' Day is a global observance and UNESCO provides a theme for the Day every year. More than 100 countries commemorate World Teachers' Day and each country maintains its own characteristics. India, Vietnam and some other countries observe the day in different days. First World Teachers' Day was held on October 5, 1994 on the occasion of the anniversary of the 1966 ILO/UNESCO Recommendation concerning the Status of Teachers. World Teachers' Day is an opportunity to promote the teaching profession.

World Teachers Day (WTD) marks an important time to show appreciation and thank teachers for all that they do each and every day. About two years into the COVID-19 crisis, this year's WTD will focus on the support our teachers need to fully contribute to the recovery process. Education International, UNESCO and ILO agreed on the thought-provoking and apt theme, "teachers at the heart of Education recovery". According to UNESCO, teachers are one of the most influential and powerful forces for equity, access and quality in education and key to sustainable global development. Many sacrifices are made by teachers. COVID-19 significantly added to the challenges faced by an already over-extended education system throughout the world. The world is at a crossroad and, now more than ever, we must work with teachers to protect the right to education and guide it into the unfolding landscape brought about by the pandemic. I feel proud that with limited resources and technology they have done so well. Today's teachers have made endless sacrifices during the pandemic. At the height of the COVID-19 pandemic, they volunteered to be front liners.

There's a lot of pressure on teachers to make up for COVID-19 learning loss as the long term effects on students could be challenging. Some strategies that could help include: building relationships with kids, their families, and caretakers; providing equitable tools for learning; and preparing teachers with support and ongoing professional development. In order to support recovery mode, it's imperative that students' social and emotional needs are met as they can't learn when they don't have their basic needs met. Students faced food insecurity, loss of family income, fear and anxiety. Counseling will become an important tool. It is also helpful to help teachers identify their skills gaps, and help them re-teach content. Teachers must be provided assistance in using technology that is new to them, as our students are learning online (Virtual Learning Environment). Schools must be upgraded to meet the 21st century learning needs.

As we look to the future, we must focus on building a more resilient and adaptable education system. By ensuring that our teachers' needs are met, we can create a stronger education system for generations to come. It's important to take time and thank our teachers for all that they do for us. By celebrating and supporting teachers, we can ensure that our children get the best care possible. As we celebrate WTD, we must look to the future and prepare our teachers for the 21st century challenges of teaching in diversity and diversity in teaching. A lot more emphasis must be placed on attracting bright minded teachers to the profession. I wish our teachers a happy and blessed Teachers Day!

"A successful education recovery calls for investment in more teachers and in training and professional development opportunities, so that educators may enrich their practice and gain the skills to integrate and use educational technologies effectively to support learning and adapt to a diversity of learners' needs.

"Education recovery will be successful if it is conducted hand in hand with teachers – giving them voice and space to participate in decision-making and respecting their pedagogical knowledge and expertise as we re-imagine the way out of the crisis and build more resilient education systems.

"On World Teachers' Day, we are not only celebrating every teacher. We are calling on countries to invest in them and prioritize them in global education recovery efforts so that every learner has access to a qualified and supported teacher. Let's stand with our teachers!"

Dr.S.Thiyagarajan,  
Controller of Examination

# MEETINGS

## ***Editorial Committee***

The SJU Newsletter Editorial Board conducted its monthly meeting on the 30th of September 2021 at 4 PM through Google Meet. The meeting was chaired by Dr. Imkongsenla and was attended by 7 members.

## ***SJU Task Group***

The SJU Task Group meeting was held at 28th September 2021 at 2:30 PM in the University Board Room. The meeting was chaired by Prof. Charles Mhonthung Ezung (DSA) and Convener of the Task Group.

## ***HOD Meeting***

The St. Joseph University's HOD meeting was held on 11th and 29th of September, 2021 at 10 AM and 3 PM respectively through Google Meet. The meeting was conducted by Dr. I. Arokia Mary (DOA), and was attended by all the administrators and HODs.

## ***Department of Zoology***

The department of Zoology held a department meeting on date 31st September, 2021 at 2PM through google meet platform. The agendas discussed were lesson plan, CAT exam, result analysis, faculty reports (Extra-curricular activities), classes for PG and UG year, IIC cell and Diploma course.

## ***Department of Political Science***

The faculties of Department of Political Science held a meeting on 16th September, 2021 through google meets at 2.40 PM. The agendas discuss in the meeting include Faculty Profile, Result Analysis, NAAC Orientation, National/ International seminar to be conducted and orientation for the first year students.

## ***Department of Sociology***

The Department of Sociology conducted the staff virtual meeting on 13th and 30th of September 2021, at 1 pm and 7 pm respectively. The GM meeting was attended by all the faculties.

## ***Department of History***

The Department of History had conducted two departmental meetings on 14th and 29th of September 2021.

## ***Department of Psychology and Counselling***

The Department of psychology and Counselling held a virtual meeting on 11th and 30th of September at 5 pm and 6pm respectively.

## ***Department of Journalism and Mass Communication***

The Department of Journalism and Mass Communication, St Joseph University, Nagaland conducted an on-line departmental meeting on September 29, 2021 through Google Meet (<https://meet.google.com/xpx-wvcz-ows>) from 3 pm till 4 pm.

## ***Department of Social Work***

The staff meeting of the Department of Social Work was held on 30th September, 2021 through Google Meet at 12.30 pm.



# ACTIVITIES

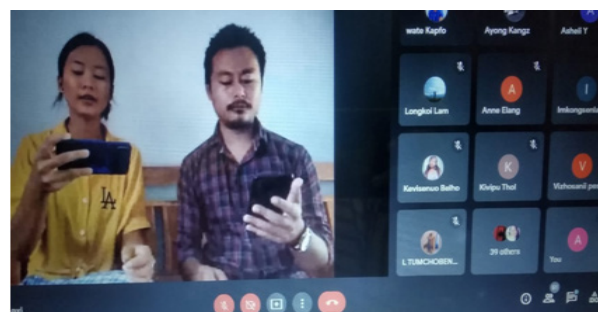
## Department of Economics

“If there were no teachers, all other professions would not exist”. Economics Department SJU organized a teacher’s day programme on 5th September, 2021. The programme started at 3:00 pm which was conducted through online platform at Google meet. Dr. Debojit Konwar HOD economics department has exhorted and encouraged the students by saying time is the most important gift and most important factor and also stated that without students an institution will be incomplete. Where in, Mr. Patrick Assistant Professor, economics department, has also acknowledged those Students for their great initiative for organizing teacher’s day celebration programme and also acknowledged all the students and faculties for their valuable contribution towards the programme. Overall the teacher’s day celebration programme concluded with immense pride and honor.

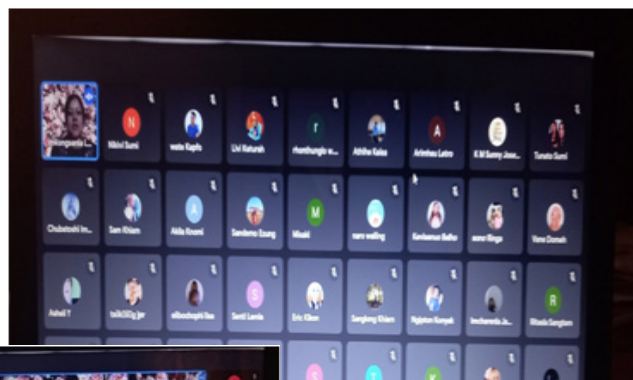


## Department Of Education

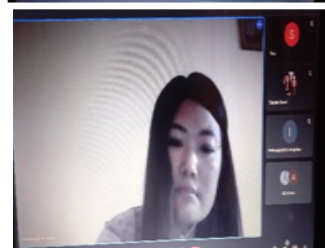
- Department of Education celebrated virtual Pre-Teachers Day on 4th September 2021 at 9:30 AM. Dr. Imkongsenla HOD of Education Department expressed her appreciation for organising the program to mark the day more special and also encouraged all the teachers to rededicate themselves for better learning outcome and experience.



- Department of Education celebrated virtual fresher’s Day cum orientation for UG first semester on 20th September 2021 at 12:30 PM. Dr. Imkongsenla Longchar HOD Education Department extended her words of gratitude to all the students and briefly explained on evaluation procedure of the university with the vision and mission of the university. Platform was given to the fresher to introduce themselves.



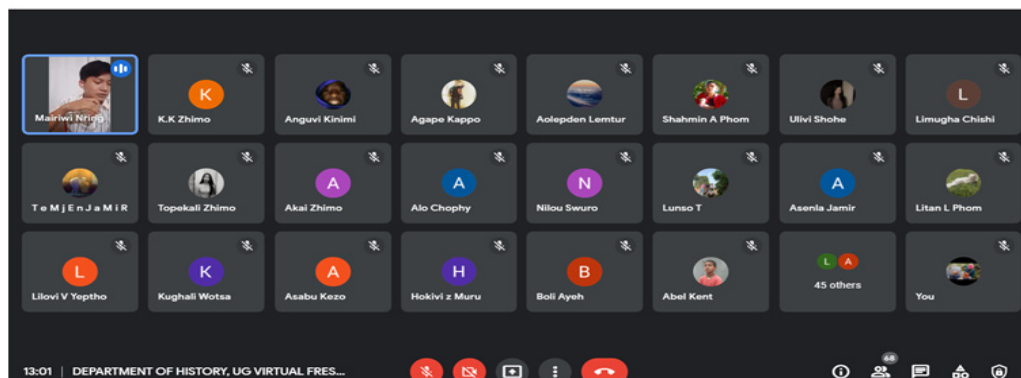
- An exclusive 2 days Lecture series i.e. from 20-21 September 2021, on the topic “Educational Testing and Evaluation” was organized by the Department of Education. The Resource Persons were Professor K.C Kapoor and Dr Agnes Humtsoe from Assam Don Bosco University, Gauwhati. Professor K.C. Kapoor was the Resource person for the first day. He spoke under the theme-“Conceptual framework of Measurement and Evaluation in Education”. He did a detail presentation and discussion under the theme. The Second day was an activity based session which was taken over by Dr Agnes Humtsoe, under the theme “Development of Tools”. Students were taught on development of standardized tools including aptitude and intelligence test. The two days programme was an enriching experience for all the students.



The Department of Education PG 3rd semester organized a panel discussion online on the topic ‘Employability skills’ with the objective to enlighten the students on employability skills, to upgrade the level of understanding the skill and to be proficient with the core life as well as employability skills. he resource persons Ma’am Avinu Veronica Richa, faculty from the Rajiv Gandhi National Institute of Youth Resources Sriperumbudur, Chennai, Tamil Nadu.

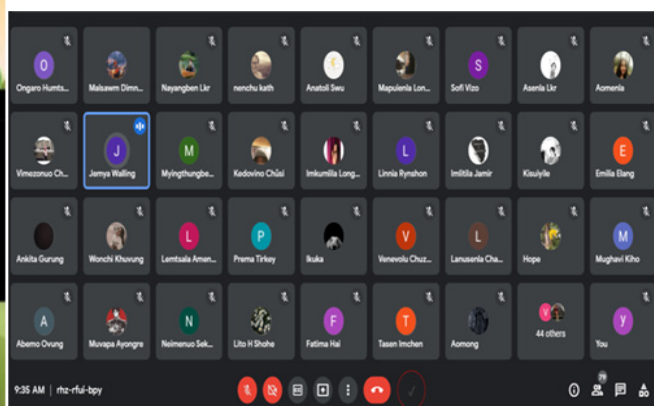
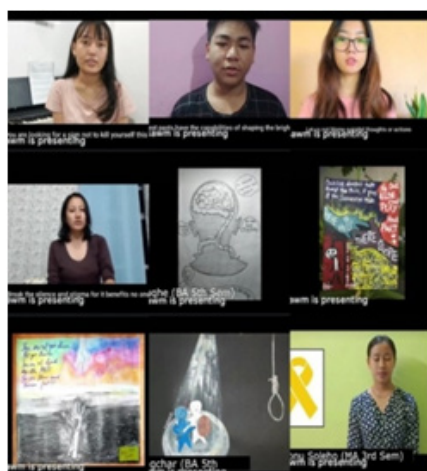
## Department Of History

The Department of History celebrated UG virtual freshers' day on 20 September 2021 through Google Meet.



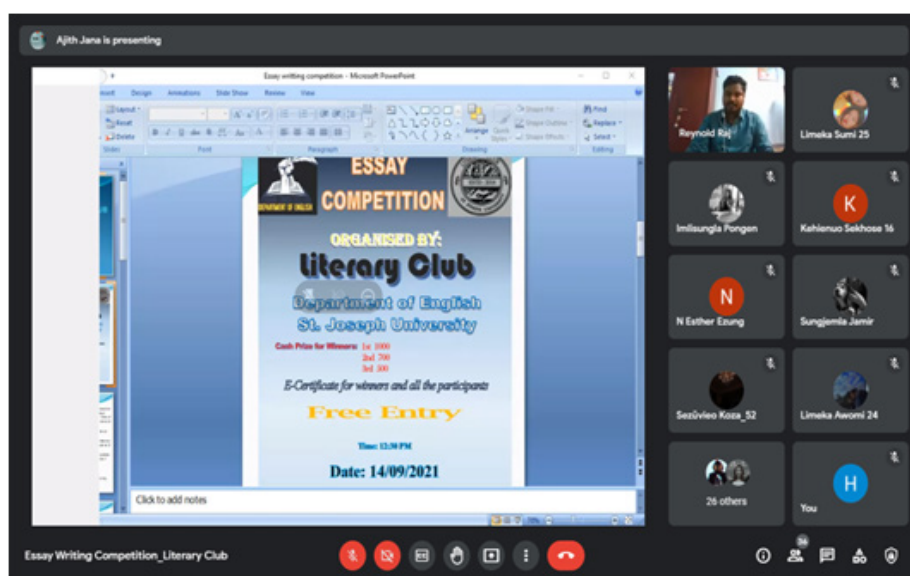
## Department Of Psychology and Counselling

- The Department of Psychology and Counselling organised an Orientation Programme for its UG 1st semester students on the 18th of September through GMeet at 1 pm.
- On 25th September, the Department of Psychology and Counselling also organised a virtual activity to observed Suicide Prevention Awareness Month to help raise awareness and open dialogue about suicide on the theme “Creating Hope through Action”.



## Department of English

An essay writing competition was organized by the Literary Club, Department of English on 14th September 2021 through online mode (Google meet link: <http://meet.google.com/wfp-uwvr-cxc>). There were in total 25 participants from BA III, BA V and MA III classes. The winners of the competition are as follows: First place: Lanuakum pongen (BA III, Department of English); Second place: Loli (MA III, Department of English); Third place: N Mongmeth Nekong (MA III, Department of English)





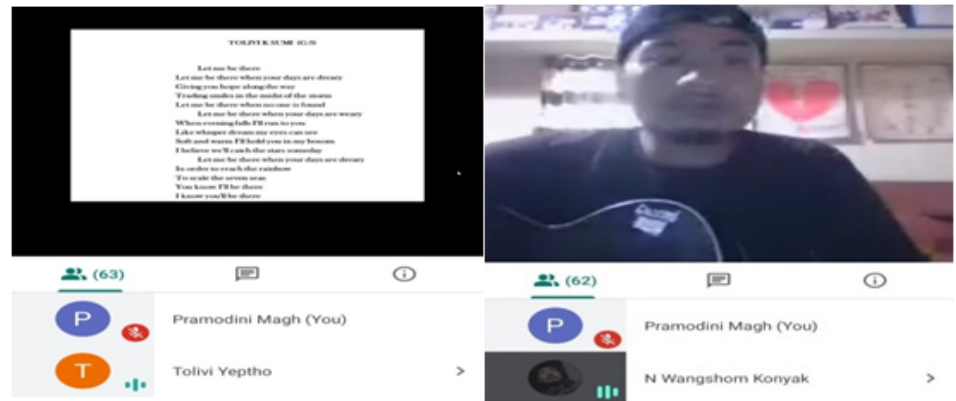
## Department of Political Science

The 3rd Virtual Debate competition for the Department of political science was held on the 27th Sep, 2021 at 11.30 AM through Google meet under the theme “Opposition less Government in Nagaland: Death Knell to Democracy?” The competition was judged by Miss Limongi, Assistant Professor and Sir Tohuto, Assistant Professor. Altogether there were 12 participants which 6 participants each were divided into Affirmative and Negative group respectively. KheboliSwu (PG 3rd Sem) was declared as the First Winner.



## Department of Social Work

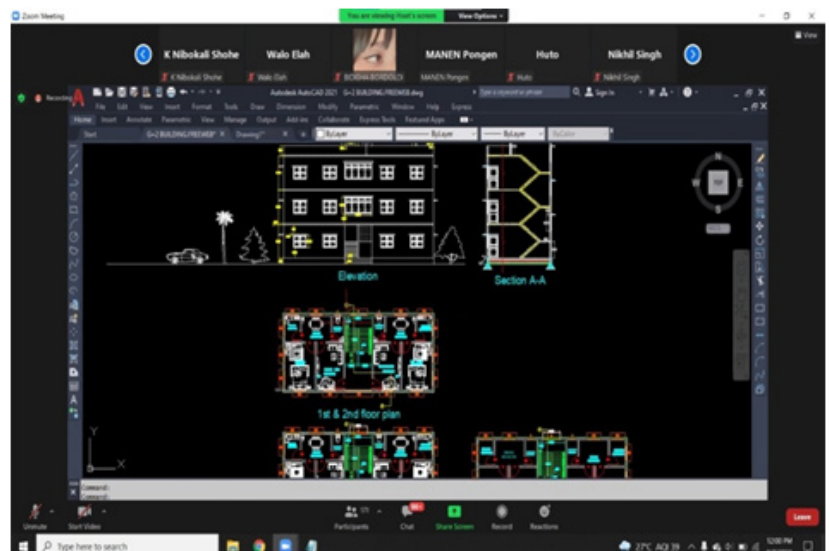
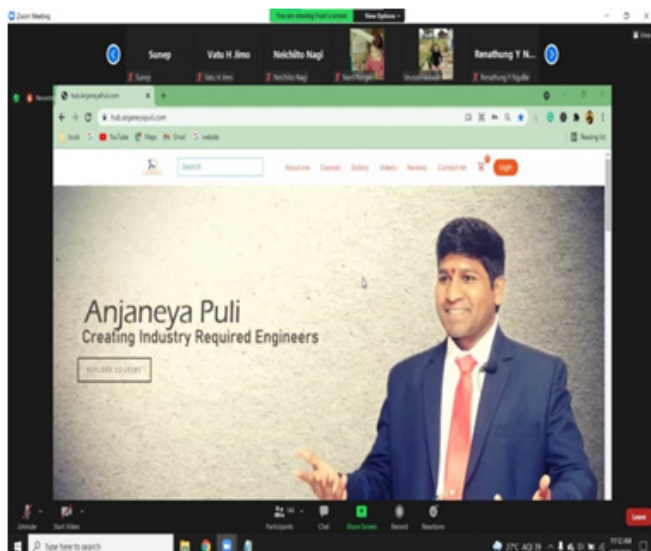
The Department of Social Work organized a program on “International Literacy Day” on 8th September 2021 at 9 am through Google Meet. The theme was “Literacy for a Human-Centered Recovery: Narrowing the Digital Divide”. Dr. Pramodini Magh Rengma, Assistant Professor, Head of Department, Department of Social Work, St. Joseph University was the speaker for the event.



In the second section of the program, there was Talent Hunt program on Literary and Cultural categories. There was poem, comic and poster competition under the literary categories. Cultural categories were comprised of singing, musical instrument and dance. The winners of the competition were rewarded cash prizes.

## WORKSHOP

A Workshop on “Auto CAD for Civil Engineering Students” was organized by the Department of Civil Engineering, St. Joseph University (SJU) Dimapur on 7th September 2021. The resource person of the Workshop was Mr. Anjaneya Puli Trainer ACADD Centre, Maharashtra. The workshop was attended by 181 participants from various colleges and University. The Vote of thanks was proposed by Mr.E. Nainar, Assistant Professor, Department of Civil Engineering HoD, St. Joseph University, Nagaland.

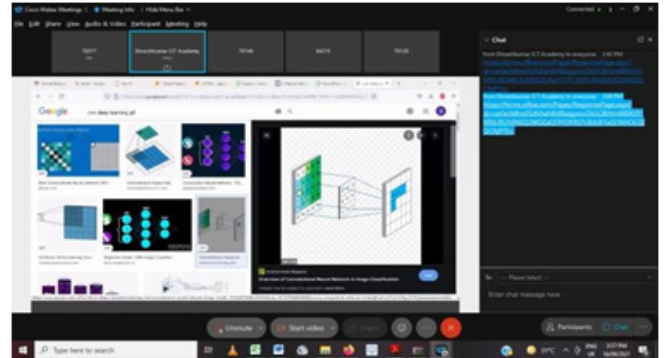
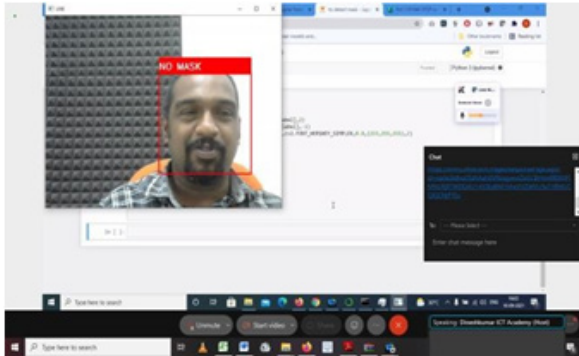


# FACULTY DEVELOPMENT PROGRAM

## Programme: 1

### Fundamentals of AI

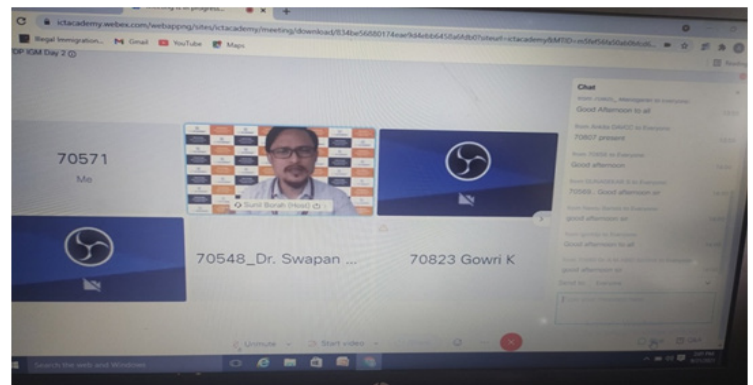
ICT Academy conducted a 5 day training programme on Virtual Faculty Development Program entitled as “Fundamentals of AI” from 13th to 17th September 2021. The host Dineshkumar Gandhi, Senior Technical Trainer provided his intriguing content that embraced the audience with more curiosity about the AI where a lot of tools and importance were discussed.



## Programme 2:

### Idea Generation Methods

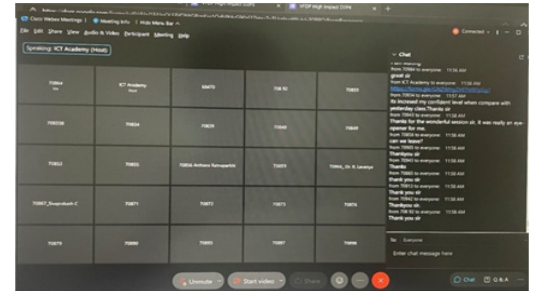
ICT Academy conducted a 4 day Faculty Development programme on the topic “Idea Generation Methods” from 20th to 24th September 2021. The development programme was covered by Mr. Sunil Bohra for the whole session. It helped the trainees in day to day implementation in teaching and covered Idea Generation methods with sub topic like, Six thinking Hat, SCAMPER and Idea Implementation.



## Programme 3:

### Delivering High Impact Presentation

The FDP program is entitled “Delivering High Impact Presentation” was conducted from 20th to 24th. September 2021. The FDP program was designed to improve

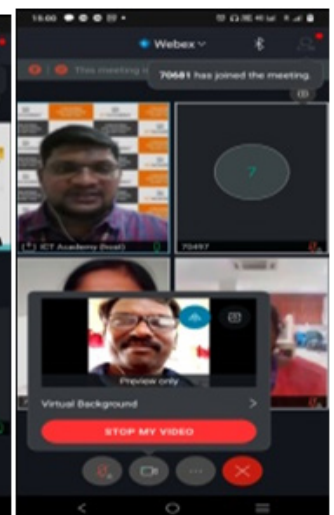
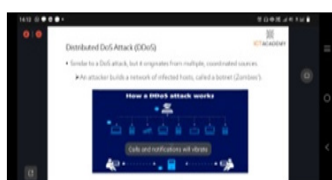


their proficiency in delivering compelling and impactful presentations. The hosts Nirmal Singh and Sunil Bohra covered topics from ethics to various techniques to enhance teacher to student interaction in the online mode of teaching

## Programme 4:

### Cyber security Infrastructure Configuration

Palo Alto & ICT Academy together conducted a 5 day training program entitled “Cyber security Infrastructure Configuration” from 20th to 24th September 2021. The host Mr. Sidiq Sherief covered topics from Computer network supporting devices like, router, switches and firewalls and how to configure the firewalls into your network servers through the Palo Alto Software.

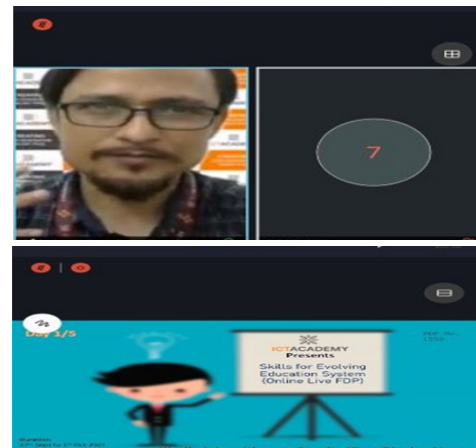




### Programme 5:

ICT Academy conducted a 5 day Virtual Faculty Development Program on “Skills for Evolving Education System” from 27.09.2021 to 01.10.2021 (02:00 PM – 04:00 PM). The key speaker of the five days FDP was Sunil Borah, Senior Trainer – Training and Research, ICT Academy. These Sessions included varied topics on Self-Directed Learning Skills, Features of Microsoft Powerpoint Presentation, Microsoft Excel: creating spreadsheets, data analyses, VLOOKUP formula in Excel and Stress Management

A total of 4 teaching staffs from St. Joseph University, Dimapur participated in the program. They are as follows:



## BRIDGE COURSE SESSION, ST. JOSEPHS UNIVERSITY

St Joseph University has organised 4 day Bridge Course on various topics of from 14th to 17th of September, 2021 at 9am through zoom meeting. Around 15 eminent speakers were invited for the Session. Mr. Joshua Gerlard delivered the Speech basing on the topic, “Climb Up Your Entrepreneurial Ladder”. The speaker, Mr. Vladimir Francis delivered the speech basing on the topic, “Design your Destiny”.

Miss Yashienla Longkumer, Brother Alex Pandia, Mrs Cihile Kath Miss and Hovala Raoh were all part of making this Bridge Course a successful one.

### Bridge Course: Department of History

The department of History held the orientation course on 15th September 2021 chaired by Mr. K Khekato Zhimo, Screen writer, motivational speaker and author was the guest speaker of the event and spoke on “Personality development in higher education”. The second speaker Mr. Ikato Khulu, (2017 batch, Master of Business Management) an entrepreneur, Artist, and social Activist. Mr. Ikato Khulu spoke on “Students’ life at SJU”.

### Bridge Course: Department of Political Science

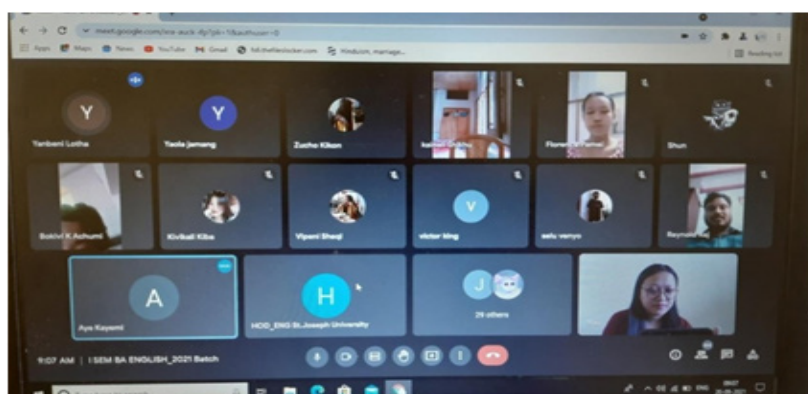
The Department of Political Science coordinated the first Bridge Course on 14th September. Mr. Benjong hosted the program, Dean of Administration Rev Sr Dr I. Arockia Mary elaborated on the significance of observing the Bridge Course by the university and how it will benefit the students after attending the programme. Dr James Reynold Daniel. Spoke on the theme “Role of Students in Higher Education”. Mr. Adheking Sangtam alumni of St. Joseph University shared his life experience as a student of St. Joseph University and encouraged all the freshers to utilize every opportunity that will come across and Dr Anthonisan spoke on the theme, “Empowering Youth through Higher Education”.

### Induction program:

St.joseph University started a diploma and PG Diploma program for Early child care Education on 20.09.2021 at 11.AM.B.

### Orientation Program: Department of English

The English Department held the orientation program with the B.A I semester. Dr Sunanda, HOD chaired the program and congratulated all the 57 students for choosing St. Joseph University for their higher education and wished all the students a happy learning.





# SEMINARS/WEBINARS

The St Joseph University in collaboration with Globethics.net India organized an international webinar on Instilling Values and Ethics through Higher Education on 16th September, 2021. The webinar was chaired by Ms. Muilila, Assistant professor (Dept of English) and invocation by Ms. Imlisungla, Assistant professor (Dept of English). All together there were more than 300 participants. There were five distinguished guest speakers who have enlightened the students on various key topics. The event ended with vote of thanks pronounced by Ms. MazhuniChachei, Assistant professor (Dept of English). It was a valuable and informative session.

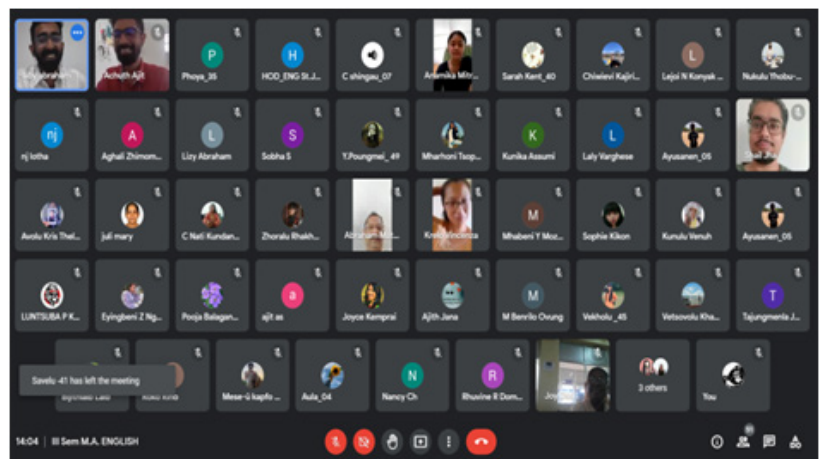


## Exclusive Session With Globethics.net

09.00-09.05 am: Welcome Address  
 09.05-09.55 am: Keynote address by Dr. Joseph Paturi, Phd.,  
 09.55-10.45 am: Talk 1 by Dr. Goh Kim Chuan  
 "Campus Life and Values"  
 10.55-11.40 am: Talk 2 Mr. Joshua George  
 "Instilling Values and Ethics through Higher Education"  
 11.40-12.30pm: Talk 3 by Dr. John Methuselah  
 "Innovation and Creativity: The Inclusive Imperative to Ethics"  
 12.30-12.50pm: Ms. Christine House  
 "Ethical Foundation for Global Partnerships"  
 12.50-01.00pm: Vote of thanks and closure of the webinar

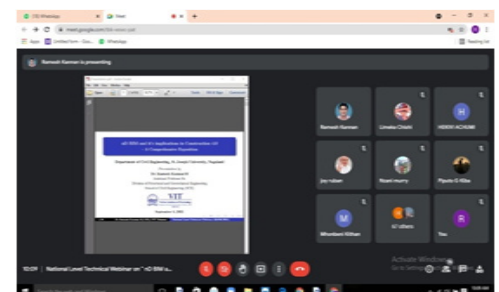
## Department of English

The Department of English, St. Joseph University, in collaboration with students of MA English III Semester organized a webinar titled "A Closer Look: Ways of reading photographs" at 12:30 PM on September 3, 2021. The programme was attended by faculty members, final-year MA students, research scholars and other external participants. The webinar was conducted via Google Meet and was joined by 88 participants and viewers, both from within and outside the University. The resource person of the programme was Dr. Aby Abraham, who currently teaches at the Department of English, JAIN (Deemed to be University), Kochi. During his presentation, Dr. Abraham provided a thoughtful introduction to the emerging study of visual culture. He explained how photographs, like literary texts, often have underlying rules, traditions and conventions, which make them open to varying interpretations. The presentation was followed by a Q&A session with the audience lasting for around 20-25 minutes.

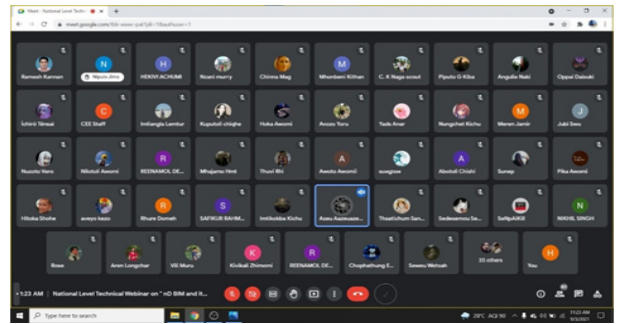


## Department of Civil Engineering

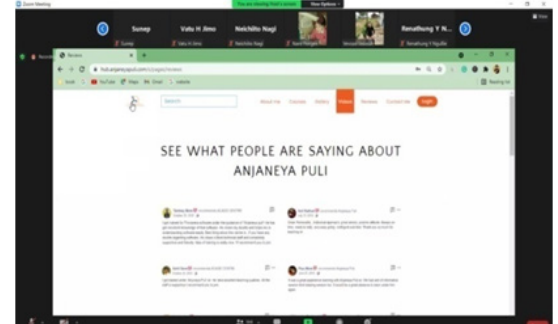
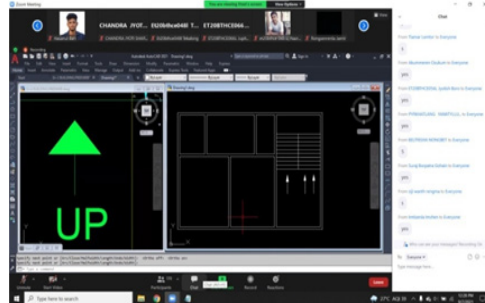
A national level technical webinar was conducted on 3rd September 2021 on the topic "Nd Bim and Its Implications in Construction 4.0 – A Comprehensive Exposition" and it was held through Google meet. The Technical session was presented by resource person Dr. Ramesh Kannan M, Assistant Professor, Department of Civil Engineering, Vellore Institute of Technology, Chennai.



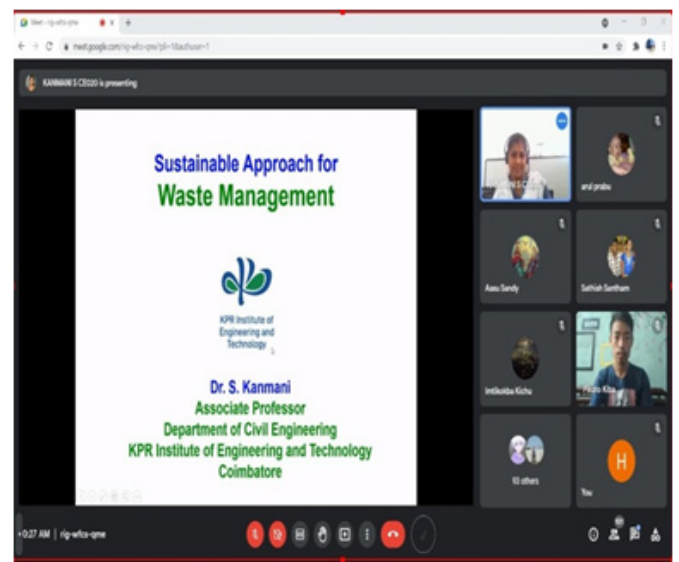
In his presentation, professor highlighted the importance of building modelling by using different BIM software's and its applications. There was an interactive session in which the questions raised by the students were answered by the resource person. The webinar was attended by 85 participants.



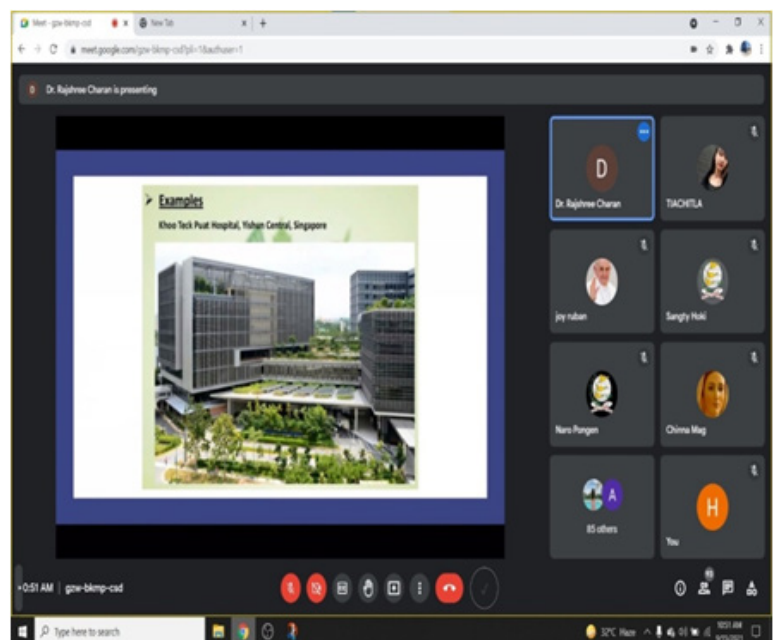
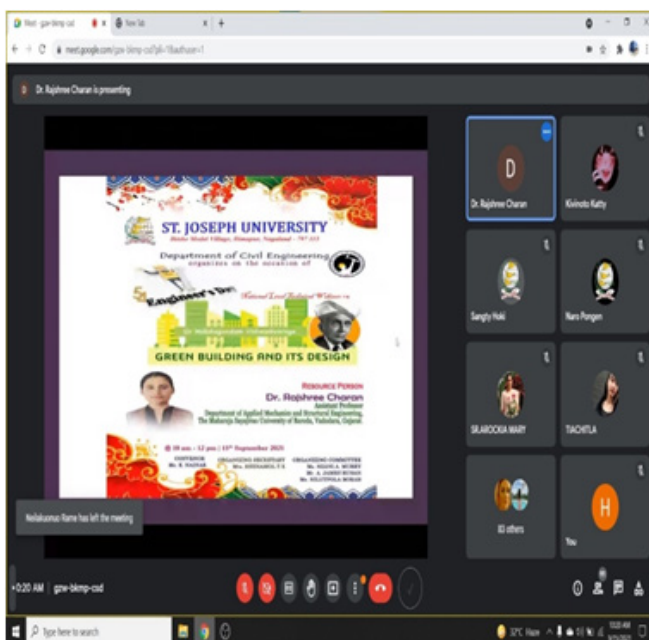
A Workshop on “Auto CAD for Civil Engineering Students” was organized by the Department of Civil Engineering, St. Joseph University (SJU) Dimapur on 7th September 2021. The resource person of the Workshop was Mr. Anjaneya Puli Trainer ACADD Centre, Maharashtra.



- A National Level Technical Webinar on “Sustainable Approach for Waste Management” was organized by the Department of Civil Engineering, St. Joseph University (SJU) Dimapur on 14th September 2021. The resource person of the webinar was Dr. S. Kanmani, Associate Professor, Department of Civil Engineering, KPR Institute of Engineering and Technology, Coimbatore. The webinar was attended by 101 participants.



- A National Level Technical Webinar on “Green Building and its Design” was organized by the Department of Civil Engineering, St. Joseph University (SJU) Dimapur on 15th September 2021 on the occasion of 54th Engineer’s day. The resource person of the webinar was Dr. Rajshree Charan, Assistant Professor, Department of Applied Mechanics and Structural Engineering, The Maharaja Sayajirao University of Baroda, Gujarat. In her presentation, she highlighted how we can design a green building. The webinar was attended by 94 participants.





## Department of Economics and the Management Studies

The Department of Economics and the Management Studies of St. Joseph University Dimapur, Nagaland jointly organized a National Webinar in collaboration with the Securities and Exchange Board of India (SEBI) and Association of Mutual Funds in India (AMFI) on 1st September 2021 under the theme “Wealth Creation through Management of personal Finance”.

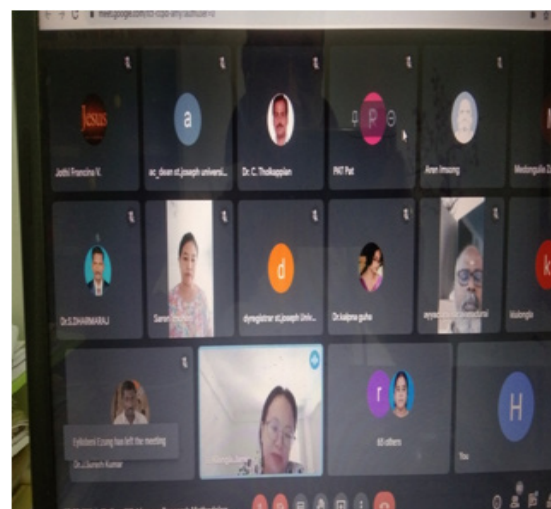
The resource persons of the day were Mrs. Laxmi Rampurawala Assistant General Manager of SEBI and Shri Surya Kant Sharma Ex Deputy General Manager SEBI & Senior Consultant North Region AMFI. The keynote speaker Shri Surya Kant Sharma elaborated how financial security management is important for wealth creation. Thereafter, Question hour session was led by Dr. Sanjay Agarwal, Finance Trainer.

Earlier, Fr. Savariapan MMI, PRO, SJU pronounced the invocation and the HoD of Economics department, Dr. Debojit Konwar and the Registrar of the SJU Dr. A. Anthonisan delivered the welcome address and the brief exhortation respectively. The webinar was concluded with a vote of thanks by Mrs. D. Shobana Assistant Professor, Department of Management Studies and benediction by Sis. Lizy DMI Department of Management Studies. The webinar was well responded by participants across the country, a total number of 788 participants registered with the webinar and have joined by Zoom meet and YouTube channels.



## Department of Economics

The department of Economics, St. Joseph University Dimapur, organized a National Webinar on 10th September 2021 under the theme “Application of Statistics Tools in Social Science Research”. There were three special talks from three renounce persons from different Universities of the country. Prof. B. Kilangla Jamir, Department of Economics & Dean of RDC Nagaland University was the first resource person of the Webinar. In second talk Mr. Partha Pratim Borah Assistant Professor, Department of Sociology, Dibrugarh University Assam talked about ethical issues related to research. In the final talk, Prof. Giribabu M, Department of Economics Mizoram University said that research is to enhance the knowledge of the researcher.

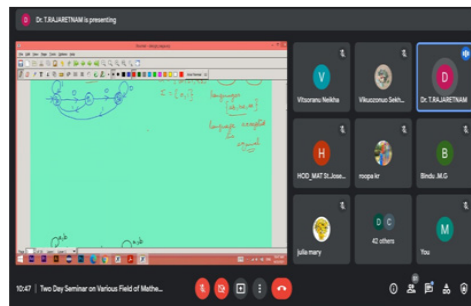


## Department of Mathematics

The Department of Mathematics, St. Joseph University organised a two days seminar on the topic ‘Various Field of Mathematics’. Divided into four sessions- Session 1 and Session 2 commenced on 22nd September 2021, and session 3 and 4 on 23rd september 2021.

In Session 1 and 2- Dr. Rajaretnam spoke on the topic ‘Finite State Automata’, emphasizing on the fact that the concept is

implemented for developing softwares- mostly as design for compilers. Dr. Joseph delivered a lecture on the topic ‘Convergent Sequence- A Geometric approach or Continuous Function using Epsilon Delta Property’ respectively.



In Session 3 and 4 -Dr. Suresh Subramanian delivered a lecture on the topic ‘Introduction of SPSS (Statistical Package for the Social Sciences)’ and Dr. J Baskar Babujee delivered a lecture on the topic ‘Encryption techniques through graph networks’ respectively.

## Department of Social Work:

The Department of Social Work organized a program on “International Literacy Day” on 8th September 2021. The program was organized with the theme of this year “Literacy for a human-centered recovery: Narrowing the digital divide”. Ms. Yashienla Longkumer, Assistant Professor hosted the program. Dr. Pramodini Magh Rengma, Assistant Professor, Head of Department, Department of Social Work, St. Joseph University was the speaker for the event, She spoke on how the celebration was started by United Nations Education, Scientific and Cultural Organization (UNESCO) She further enlightened the theme of this year “Literacy for the Human-Centered Recovery”.

## Department of Management Studies:

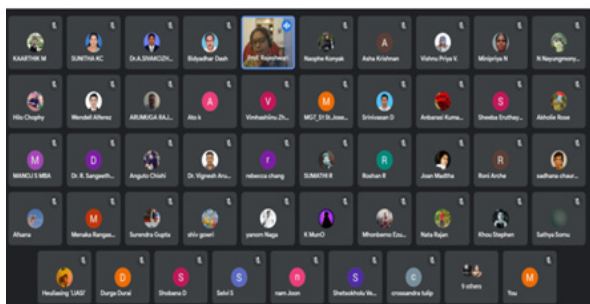
“Skill Development Program on Capital Market”

Department of Management Studies organized the 3 Day Skill Development Program (3rd, 4th and 7th September 2021) by using Google Meet and Cisco WebEx online platforms. First two days, Madam Dr. P. Karthika, B.Sc, MBA, Ph.D., NET. SEBI Resource Person and NCFE Trainer, Assistant Professor-Finance, from the School of Management Studies, Kongu Engineering College, and Tamilnadu, trained the students on “Financial Planning for Younger Generation & ABCD of investment in Stock Market” and Dr Prabhakaran K, Empanelled Resource Person- National Commodity and Derivative, Mumbai, has given his interactive presentation with the students on “Introduction to commodity derivative Market”.



## Department of Commerce Management Studies:

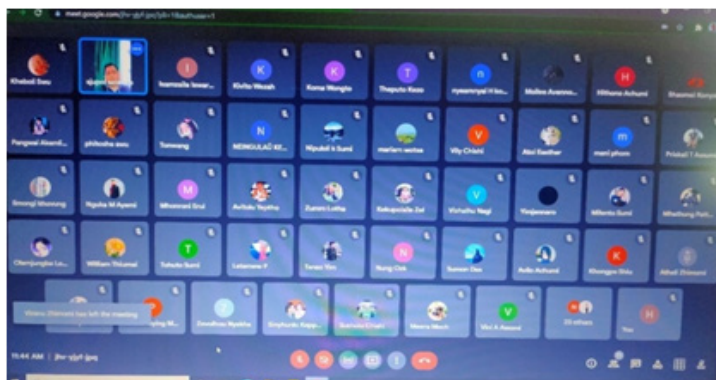
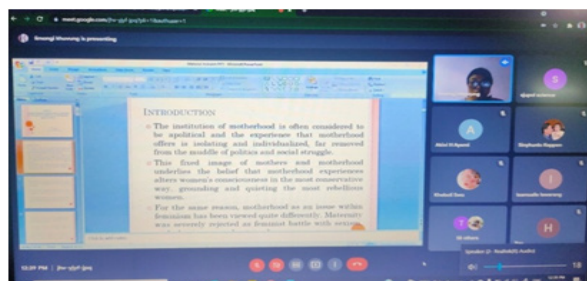
The branch of Management Studies conducted a one-day national webinar on “Resilience:” In the webinar over 71 participants of students and faculty on Date: 4th September 2021. The program Organizers of the National Webinar was Departments of Commerce and Management Studies and faculties were worked as organizing committee.



## Department of Political Science:

3rd Research Paper Presentation

The department of Political Science held the 3rd Research Paper Presentation on 17th September 2021 through google meet. The chairperson of the programmed was Mr. Daniel M Khan, Assistant Professor.





## International Day of Peace

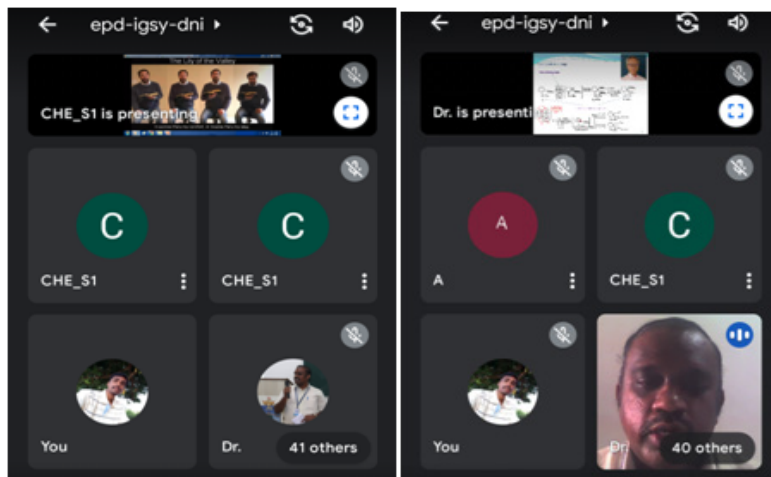
The Political Science Association (PSA) observed the International Day of Peace on September 21, 2021. As part of the event, there were visual display and declaration of poster competition on the theme “Recovering better for an equitable and sustainable world”. The resource person Shonreiphy Longvah (Asst. Professor of the dept), delivered a speech on the topic “Captured by Corruption: The scenario of Peace in Nagaland”.



## Department of Chemistry:

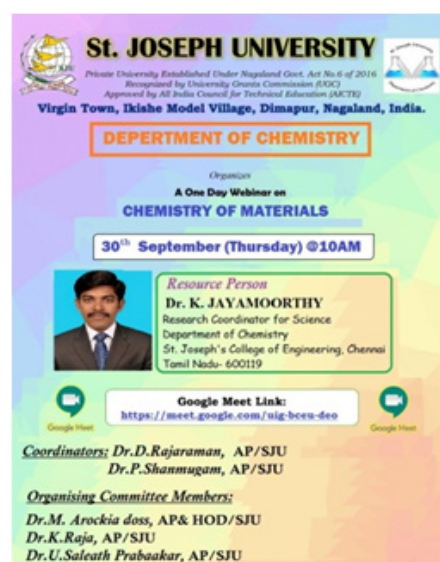
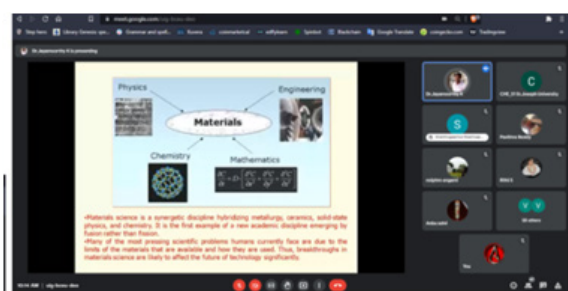
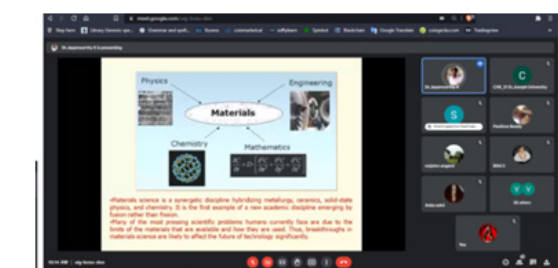
### Spirocycles through Nucleophilic Addition

The Department of Chemistry, conducted a one-day National level webinar on 22nd September 2021, titled “Spirocycles through Nucleophilic Addition”. The resource person Dr. S. Britto, M.Sc., M.Phil., Ph.D., Assistant Professor, Department of Chemistry, St. Joseph's college, Trichy, Tamil Nadu, India, explained the basic reactions of nucleophilic addition with detailed mechanism.



## One Day National Webinar on Chemistry of Materials

The Department of Chemistry, St Joseph University organized A One Day National Webinar on Chemistry of Materials on 30th September 2021. The Nation has over nearly 124 students and faculties participated in the One Day National Webinar. The invocation prayer was done by Dr. K. RAJA, Assistant Professor of chemistry. Dr. D. Rajaraman gave the welcome address, Organizing Secretary, Assistant Professor of chemistry. The resource person Dr. K. Jayamoorthy Research Coordinator for Science Department of Chemistry, St. Joseph's College of Engineering Chennai spoke on the Chemistry of Materials.



# ARTICLES

## Time Management for College Students

ZUTHUNGLO S KIKON

2013101011

B.Sc Biotechnology 2nd Year

**“The key is not spending time, but in investing it.”**

**Stephen R. Covey**

It was so easy in High school isn't it? Bell would ring and you would know where to go next or what to do. College is not like that of course. Suddenly the world expects you to be very adult all at once, and not only takes away the bell but also doesn't even tell you when to eat, when to do laundry, when to study or take time for self care.

A good time manager is said to be a good leader. How come? Because they take the initial steps towards accomplishing goals for their business. They look around and discover things and areas that need fine-tuning and apply principles towards making them work.

Time management centers on our habits. Think about all the time you mindlessly looked at your phone, that's a habit. Habits are hard to break but they're easy to create. Start now to build good habits by intentionally making good decisions managing your own time.

First, look at your time in two categories, the part of your day you can't control and the parts that you can control. Things you can't control are when your classes meet. Sure, you got to create your schedule but face to face classes still have a set time. Most students do not have a great deal of control for their work schedule. Parts of your day you can control though are when you eat, when you study, when you socialize, when you sleep. An important recommendation is keeping a planner. A planner can help you see your schedule and begin to set your priorities. If you were just starting a planner, try writing in a detailed schedule first. Include all the elements of your day, including your class time, when you eat, when you sleep, when you socialize and so on.

Do make sure that your study time is set for early in the day, the brain is not as effective as it is in the morning. Also not forgetting to include time for yourself, it is important to include self care in order for your brain to relax.

Most importantly, put your study time with positivity, hold yourself accountable and reward yourself when you stick to your schedule. It's easier to stick to a study schedule when you have a reward time scheduled in during the week.

Time should be kept not as an enemy, but as a companion towards your destined paths. There is time for love and romance, for jubilations and for sorrow. But what is important is to be in control of time, no matter how pressured or tight any situation might be. Time management is important for people especially for students.



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## CONCLUSION

We applaud the tireless efforts of teachers all over the world. We honour the quiet sacrifices made for the sake of inculcating knowledge and values. We uphold them in our prayers and in our good thoughts. And we will keep cheering for educators for they make a wonderful difference!

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