



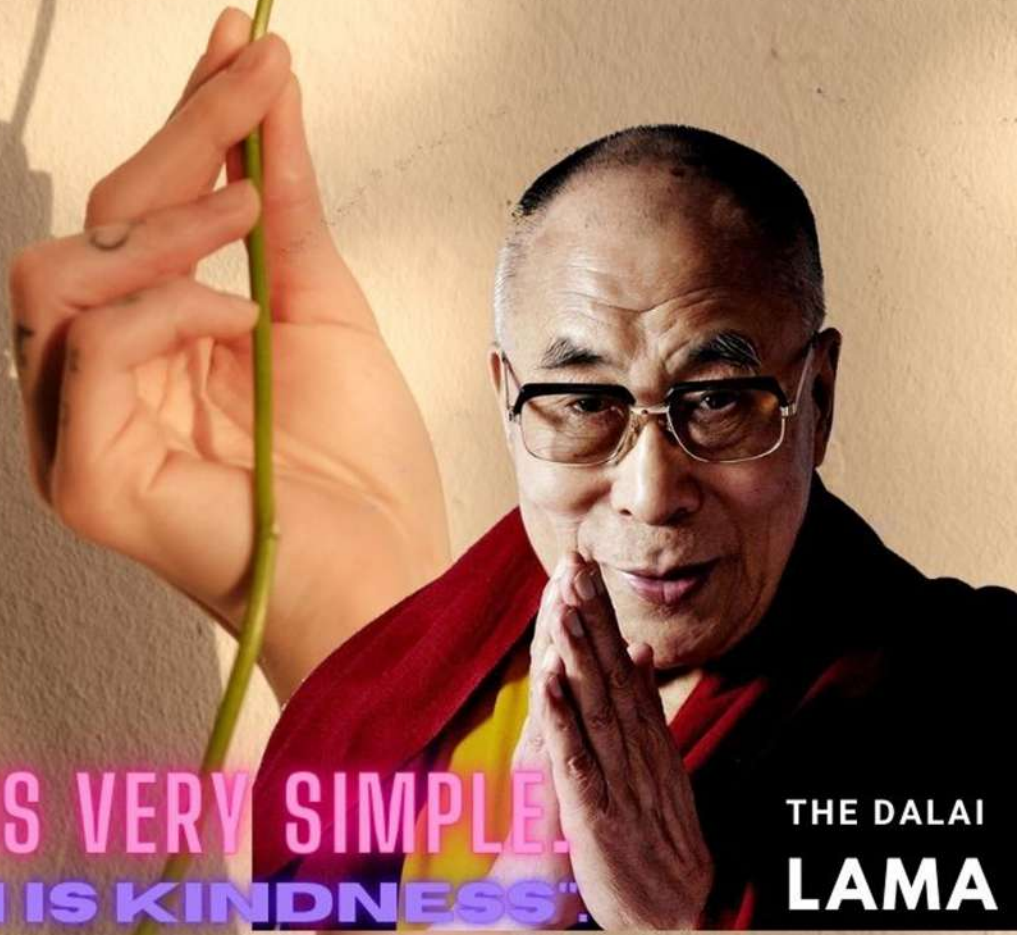
SJU NEWSBITES

Volume IV, No.5

November 2022



be kind
whenever possible



"MY RELIGION IS VERY SIMPLE.
MY RELIGION IS KINDNESS."

THE DALAI
LAMA

Editorial

Dear Readers,

On behalf of the board of editors I like to present to you this edition of the SJU Newsbites with the theme of the World Kindness Day observed on 13th November 22: Be kind whenever possible.

Too often we underestimate the influence of kindness, we mistake it as a weakness, but kindness means so much more. It can mean different things to different people. Be it through empathy, acceptance, kind gestures, or thoughtfulness, it is how you choose to show it but the outcome has the same impact as any act of kindness can brighten someone's day.

We are all humans, and therefore, we make mistakes. There are times when we don't act quite as kindly as we intend to or would like to. We may experience a frustrating moment or our ego makes a quick decision to be less kind than we could. Or, the weather is bad and we woke up late, and for the rest of the day, we are cranky than usual.


Harsh remarks and rude attitudes happen to most of us. But, if we could all remember that none of us is perfect, we would be a lot kinder to each other. And that we are always in control of our choices, so choose to move forward with kindness.

Practicing kindness isn't just about spending time looking for kind things to do, but showing compassion and thoughtfulness towards others. One thing that can help everyone keep a kind frame of mind is to practice these acts each day. These acts don't need public attention. These small acts are easy to do and require almost no time. Many of them, like compliments, smiles, and thank you, can be done to complete someone and will be sure to brighten their day.

And being kind to others will not only make us feel happier but it will also improve our relationships by reducing emotional distance, it will slow aging by releasing oxytocin which reduces free radicals and inflammation in the cardiovascular system. In addition, oxytocin can also reduce your blood pressure and lower your stress levels which are good for your heart. Therefore, being kind towards others is a win-win for both the person giving and the person receiving. Just do them to spread the good feelings and power of kindness. Let us practice KINDNESS...

THANK YOU!

Khriephretuonuo Pienyu
Counsellor, SALUTEM, Wellness Centre



“Let no one ever come to you without leaving better and happier. Be the living expression of God's Kindness: Kindness in your face, kindness in your eyes, kindness in your smile”

~MOTHER TERESA

MESSAGE



“Be kind whenever possible. It is always possible.” Dalai Lama

Dear Friends,
Greetings to all of you.

I do welcome all of you to reflect on kindness. The theme of World Kindness Day 2022 is 'Be kind whenever is possible'. World Kindness Day is celebrated every year on November 13. World Kindness Days are based on the thread of positive power and kindness that inspires people to highlight the good deeds in society.

Kindness can make the world a happier place for everyone. Kindness is the way you carry yourself to people around you. It is indeed a quality that seems simple but doesn't lie within us that easily. When you are kind to the people around you, it will automatically boost your inner confidence.

When you be kind to others, it will get easier for you to maintain healthy relations with the other people around you. Be kind whenever possible and that's an amazing feeling. When you practice kindness, it gives you a feeling of inner peace and contentment.

You will be happy to help others and thus, fetch a positive vibe. When you practice kindness, you will not only spread happiness among others but at the same time, it will make

you happy from within your heart as well. Kindness is a kind of quality that gives you gestures of being friendly, considerate, warmth, and care, affectionate and generous. Kindness is an interpersonal skill. It doesn't mean that you have an outlook of looking at others as a weak or a naive person. Rather, it is all about your strength and courage.

Kindness also means that you are ready to celebrate someone's success. This feeling is about being openly happy for the people who are around you, but at the same time, kindness is about telling the truth to someone in a decent tone. I wish that all of us enjoy the virtue of kindness and extend human values and spread the positive vibe.

I like to thank you for every kind act you perform to make our life in the University in particular and in the society in general a joyful one. With this I would like to wish you all hearty days ahead and pray that may kindness spread.

Happy Christmas and happy New Year

ALL THE VERY BEST

Rev. Sr. Chinnammal DMI
The Finance Controller



MEETING REPORTS

Department of English: The Department of English conducted two departmental meetings on 19 November 2022.

Department of Education: The Department of Education conducted two faculty meetings on November 16 and 17.

Department of History: The Department of History conducted meeting on 18 November 2022.

Department of Mathematics: The Department of Mathematics held meeting on 15 November 2022.

Department of Sociology: The Department of Sociology conducted staff meeting on 19 November 2022.

Department of Journalism and Mass Communication: JMC conducted a Departmental meeting on November 17 2022.

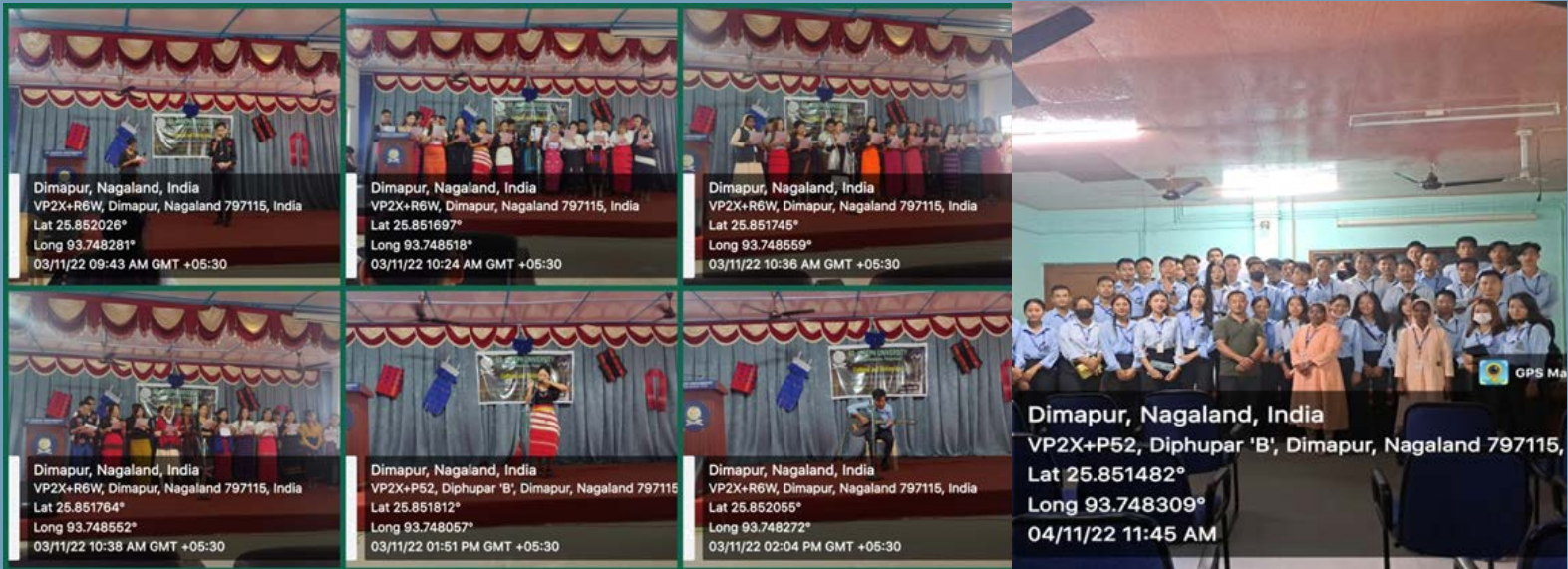
Department of Social Work: The staff meeting of Social Work Department was held on 21 November 2022.

DEPARTMENTAL REPORTS

Department of Social Work: The Department of Social Work has organized a Cultural and Literary Day on the theme “Celebrating the colour of our culture” on the 3rd of November, 2022 from 9:00am to 2:15pm in the University auditorium. The Head of Department, Dr Pramodini Magh Rengma, Associate Professor deliberated the speech on the influence of culture in our lifestyle and in forming our identity as a member of a society or a community and how it binds and unites members to act uniformly.

On 4th of November, 2022, the Department of Social Work, Master of Rural Development visited Development Association of Nagaland (DAN) which is located at 4th mile, Nagaland, under the supervision of Mr. Jonathan Keyho Asst. Professor of Social Work department. The orientation began with a word of gratitude from the supervisor and Mr. R. K. John, the project coordinator of DAN proceeded with the entire session.

On 18thth November, 2022, the Department of Social Work, Master of Rural Development 1st semester visited Nagaland Bee keeping and Honey Mission which is located at Sovima, 6th mile Nagaland, under the supervision of Mr. Jonathan Keyho Asst. Professor of Social Work department. Mr. Khuvoi Vese the team leader as the trainer along with Mr. Bendang moa (team member) highlighted about the importance of practicing scientific way of apiculture and its benefits.



Department of Education: The P.G 1st semester students from the Department of Education, St. Joseph University, Chumoukedima conducted an interactive programme at NEWMAN PASTORAL CENTRE, Chumoukedima on 7th Dec. 2022.

The programme was organised by the Education department under the guidance of Father Sunny, Professor, in view of the Paper 22ED501, Advanced Philosophy of Education. The topic dealt with, was on the Philosophy of Education according to Christianity. Reverend Father Benny, Director of Newman Pastoral Centre, Chumoukedima conducted the sessions as the resource person.



Department of History: The Department of History conducted an activity basing on the skill enhancement course on 5th of November 2022. It was supervised by Ms.Imkongsenla, Asst.professor department of History.

The Department of History celebrated Tokhu Emong on 7th of November 2022 with PG III SEM students from room no. 1421.

FACULTY DEVELOPMENT PROGRAMME



ST. JOSEPH UNIVERSITY



FACULTY DEVELOPMENT PROGRAMME

Organised by

**DEPARTMENT OF ECONOMICS
&
PSYCHOLOGY AND COUNSELLING**

Topic: "Managing Mental Health and well-being at work"

Date : 19/11/2022

Resource Person: Dr. Watinaro Longkumer
Hod Department of Psychology and Counselling



**Department of Economics &
Department of Psychology
and Counselling**

Faculty Development Programme on "Managing Mental Health and Wellbeing at Work" was organized by the Department of Economics and Department of Psychology and Counselling, on 19-11-22 at the Seminar Hall, St Joseph University.

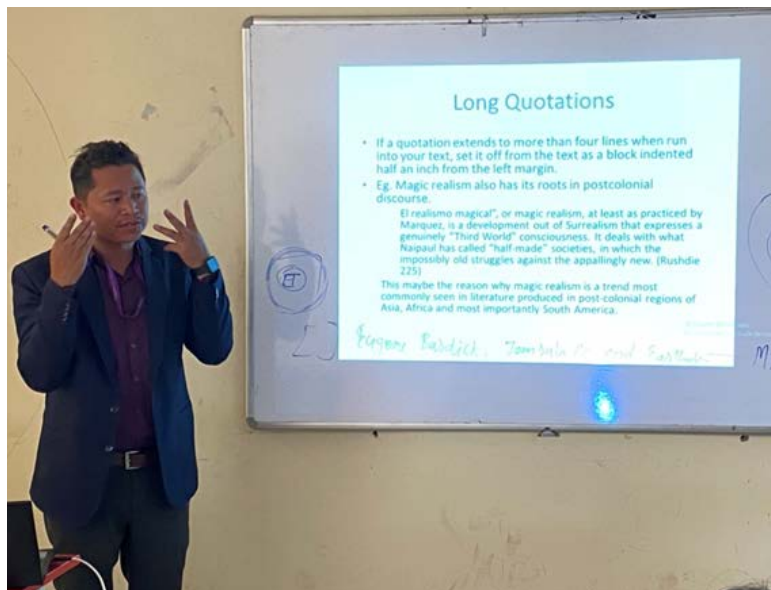
The programme was chaired by Ms. Khriezovonuo (Asst. Prof. Eco), Ms. Linoka Chisho (Asst. Prof. PAC) said the invocation prayer, Prof. Dr. Debojit Konwar (HoD, Dept of Economics) welcomed the faculties and the resource person for the programme. Dr. Watinaro Longkumer, HoD, dept of Psychology and Counselling, was the resource person for the programme where she highlighted about mental health and well-being while clarifying certain misconceptions about mental health conditions. The session concluded with a breathing and relaxation exercise for the participants. Vote of thanks was delivered by Dr. Patrick Praveen Dukpa (Asst. Prof. Eco) and coordinator of the programme. All together 12 faculties from both the departments participated in the programme.



FACULTY DEVELOPMENT PROGRAMME

Department of Sociology: The Department of Sociology held its first one-day Faculty Development Programme on “Research Method and Ethics in Social Science” it was held on 28th November 2022 through Google Meet. Dr Thepfusalie Theunuo Assistant Professor, Department of Sociology Sazolie College- Jotsoma & YP, Office of the Chief Secretary Government of Nagaland was the resource person of the FDP. He discussed on applied sociology and how as a scholar and faculty we can orient the students and to engage in academia and look at the areas our research can contribute in solving issues. He concluded his discussion by saying that sociology as a paper is not only about teaching but many sociologists have become a consultant, researcher etc and a community is to share and explore our ideas. Overall the entire academic engagement was fruitful for the development and growth of the department.

Department of English: The Research Forum of the Department of English conducted a two-day Faculty Development Programme, on the 17th of September and 5th of November,



2022 under the topic, “Academic & Research Writing”. On the 17th of September, Dr Selvin V took the first session and spoke about Academic & Research Writing. He highlighted on how one should write a research paper and the dynamics of writing a research paper. The speaker of the second session was Dr Michael Nathan who lectured on how to write a research article. On the 5th of November, the session emphasized on rules followed in MLA 8th Edition. Dr Thokchom Sunanda Devi was the speaker of the first session. She discussed

on how to write a bibliography. The second session was taken over by Dr Rajesh, who discussed on citations and format. It was followed by question and answer session. Overall, the faculty members had an insightful session.

PARENT-TEACHER MEETING

Department of Journalism and Mass Communication, St Joseph University, Nagaland organised its first Parent-Teacher Meeting (PTM) at JMC Department Lab on November 7, 2022 from 10 am to 12 pm.

The Programme started with an invocation prayer by Sr. Sarita of BA (Hons.) JMC Semester 1, followed by a welcome speech by HoD Dr. Naorem Nishikanta Singh. Addressing the gathering, HoD Dr. Nishikanta stressed on the importance of Parent-Teacher Meeting and



confided that the programme would strengthen the relationship between the parents and faculties. On request from the parents' side, all the faculties have shared their academic achievements and experiences in their respective fields of the subject. The programme concluded with a vote-of-thanks proposed by Assistant Professor KD Singh after sharing the job opportunities a student must get after completing their course. Altogether, 12 parent/guardians attended the meeting.

The Department of English conducted a combined Parent-Teacher Meeting for the classes BA1, MA1 and MA3 on 7th December 2022. Dr. Sunanda, HOD of English Department welcomed and acquainted the parents and the guardians with the Curriculum while Dr. Selvin addressed the parents on the importance of attendance of the students in their classes. The programme was later followed with an interaction session between the parents and the respective class in-charges.



ARTICLES

“TRANSCENDENCE”

VIKUOBETUO KELIO
1906106014
B.Tech Civil -IV Year

Transcendence is a fundamental part of the human experience and can be described and viewed from a number of diverse perspectives. It comes from the Latin prefix trans-, meaning “beyond,” and the word “scandare”, meaning “to climb.”

However, when we talk about self-transcendence it literally talks about our values and the general idea behind it or in simpler terms it defines that we are one small part of a greater whole, acting accordingly.

It is normally based on goal of development and should not be cast aside in favor of the shiny new need, but self-transcendence is truly the ‘Next Level’ of development; it is other-focused instead of self-focused and concerns higher goals than those which are self-serving.

In particular Maslow’s famous hierarchy states that it brings out the individual what he termed “peak experiences” in which they transcend their own personal concerns and see from a higher perspective. Of course, one does not need to undergo prolonged suffering to reach self-transcendence; as according to Maslow, it can be reached by anyone. It’s not an easy path, as it represents the highest heights of human

development, beyond even Maslow’s rarely achieved self-actualization.

As Sri Chinmoy once said:

“I do not have any set goal; my goal is self-transcendence. I always try to transcend myself. I do not compete with the rest of the world. I compete only with myself, and I try to become a better human being. This is my ultimate goal.”

Often Mystical experience is thought of as a particularly advanced state of self-transcendence, in which the sense of a separate self is abandoned. Human beings need some conceptual limitations, but the outward expansion of their self creates a greater state of connection with the environment, besides encouraging a sense of totality that couldn’t be obtained otherwise.

Of course self-transcendence isn’t easy but in order to achieve it we have to boost its development either by exploring or empowering or building our conscience or by living with positivity.

A Chinese psychologist named Paul Wong explained that when we do something bigger than our self, we’re usually practicing self-transcendence. And we become the best version of our self only when we care about others.

Thus, it doesn’t matter what our beliefs are, as self-transcendence satisfies our deepest needs for connection and transcendence.

ENTREPRENEURS: Risk takers or how?

Tiamongla
1906106503
B.Tech Civil-IV Year

Entrepreneur simply means a person attempting to make profit by starting a company by operating alone taking risks.

In today's modern era entrepreneurs are playing a vital role in our economy. As it wasn't until the middle of 20th century that economists seriously attempted to incorporate entrepreneurship. In a society market full of uncertainty, it is the entrepreneur who actually can clear up uncertainty, as he/she makes judgments' or assumes risks for both tangible and intangible resources.

Entrepreneurship has made a huge dynamic impact even in a small state of Nagaland where major of the job opportunities are led through business started by individual entrepreneurial minds. Today many of the youngsters with or without qualifications have started different kinds of local business through their innovative ideas bringing their skills to use and creating it into more equipped and modern form. The increase in number of graduates creates discouragement among the youths not because of competition but because of the system which has been crippled politically, economically and socio-culturally. But despite the gloom surrounding the employment scenario of Nagaland, a positive change has been brought about by the growth of entrepreneurship.

SOME OF THE SUCCESFULL ENTREPRENEURS IN NAGALAND

PELEVOTUO SOLO, owner of MOM AND I Café (KOHIMA)

VISITUONUO RIO, owner of KATS COLLECTION (DIMAPUR)

NEICHUTE DUOLO, CEO – ENTREPRENEUR ASSOCIATES

HEKANI JAKHALU, Director of YOUTHNET

By now, we've learned that we can be the next

BILL GATES – founder of Microsoft or

STEVE JOBS - co-founder of Apple computers or

MARK ZUCKERBERG – founder of face book or

PIERRE OMIDYAR –founder of eBay

We're not far away from that era where almost all the graduate youngsters will start running and growing their individual business and expanding into a profitable firm. But that will happen only if we start developing innovative ideas and thrive towards making it a passion of ourselves to bring it into action. So,

Why should we wait for the GOVT. Jobs every time?

Why should we leisure our time at home?

Why should we wait for the Silver platter?

Isn't it high time for us to upgrade ourselves?

Take risk

Start innovating

Become boss of your own business

And that is how you become an Entrepreneur-RISK TAKERS.

AN OVERVIEW OF PHILOSOPHY OF EDUCATION ACCORDING TO ISLAM

Tsasela
2203214041

MA Education, Semester I

Islam is a monotheistic and Abrahamic religion articulated by the Qur'an, an Islamic holy book considered by its adherents to be the verbatim word of God (Allah), and for the vast majority of adherents, also by the teachings, normative example and way of life (or Sunnah). The Kaaba in Mecca, Hejaz region, today's Saudi Arabia is the centre of Islam.

IMPORTANCE OF EDUCATION IN ISLAM

Education is the core basis of human beings that gives satisfaction and saves him from destruction. Islam has, from its inception, placed a high premium on education and has enjoyed a rich intellectual tradition. Islam is the only religion which first verse of the Holy Scripture with the instruction of education. The first word "Iraq" is a command that means 'read' in Arabic, and that implies the concept of 'learning', 'exploring' and 'seeking enlightenment'. This demonstrates that reading (knowledge) is the way to approach the creator of all that exists. Education is thus the starting point of every human activity

Everyone can get education according to his capability. Allah has favored human beings with unlimited talents and virtues and has instructed for developing these talents through education. Islam affirms the right to education for all without gender discrimination.

Islam is a way of life for Muslims, not simply a belief. In order for a Muslim to grow up living his life in the Islamic way, he must learn and practice Islam from a young age. When a child is young, he is the most impressionable and absorbs knowledge just as it is taught.

Providing Islamic education allows the right knowledge of Islam to be taught to children. Formal Islamic education enables a child to learn about Islam from properly trained teachers and from reliable resources provided for them.

For children attending secular primary, or teens attending secular secondary school, they hardly have any contact with Islam in any part of their lives in school or after school. To keep Islam close to the hearts of the

children, they should be sent for Islamic education to put Islam into their minds.

The objectives of education are : To provide the teachings of Holy Quran as first step of education; to provide experiences which are based on fundamentals of Islam; to provide experiences in the form of knowledge and skills with clear understanding that these experiences are likely to be changed in the light of changes in the society; to develop understanding that knowledge without the basis in faith and religion is incomplete education; to develop commitment towards the basic values which have been prescribed in religion and scripture; to develop sense of accountability towards Almighty creator so that man passes his life like a faithful servant.

The contribution and limitation of Islamic education can be identified as follows:

Contributions	Limitations
Compulsory	Unsuitable
Co-ordination	Imbalanced
Character	Material
Personal Touch	No Universal Education
Curriculum	One-sided Curriculum
Practical	Lack of Co-ordination
Incentives	Lack of Psychological Basis
Literature	Corporal punishment.
Free	Defective curriculum
Writing of History	Indifference Towards Women Education.
Institutions	Low Status of Teachers
Special Centers	Methods of Teaching
	One-sided Personality.
	Lack of Individual Attention.
	No Development of Reasoning:

CONCLUSION

Education has played a central role in Islam since the beginnings of the religion, owing in part to the centrality of scripture and its study in the Islamic tradition. Before the modern era, education would start at a young age with the study of Arabic and the Quran. The educational settings were entirely informal, but beginning in the 11th and 12th centuries, the ruling elites began to establish institutions of higher religious learning to support and cooperate with the religious scholars. Thus, education in the context of Islam is regarded as a process that involves the complete person, including the rational, spiritual, and social dimensions.

Realism in Education and its influence on modern life

Nikito

Ist semester M A Education

Realism is a doctrine that is associated with the study of the world we live in. It is a philosophy away from the world of ideas or spiritual things. It holds the view that knowledge acquired through senses is true. It says that physical world is objective and factual whereas personal feelings and desires are subjective and secondary. Aristotle is generally regarded as the father of Realism.

Various aspects of education according to realism:

Realism explains the aims of education in different perspectives. It prepares learners for a happy and successful life. It is a preparation for practical life. Training of senses is crucial for proper learning. Development of physical and mental powers for intelligence, discrimination and judgments. Development of vocational efficiency making education craft centric. Teaching learning methodologies on the basis of subjects and interests of the student. Inductive methods to generalize truth from a particular fact. Deductive method to arrive at a specific truth from general principles

Aim of education is specific to each individual. It tells of Teaching truth rather than beauty. Teach to understand the present practical life. To teach natural and moral law and development of intelligence.

Concept of student: A student is a functioning organism which through sensory experience can perceive the natural order of the world.

Concept of teacher: Teacher is a guide, responsible for introducing the world to the student, use of lectures, demonstration and sensory experience. Muting of biases and personality of the teacher.

Curriculum: Classical literature for content and ideas and not for form or style; Study of natural sciences and contemporary social life; Branches of sciences and important especially mathematics and Learning own language

Conclusion: In all these it is noted that present-day education is greatly directed by the principles of realism in its theory and practice. It enables people to go beyond colours to find reality. I am sure that will culminate in education.

COPING WITH EXAM STRESS

Akummen

1906106001

B.Tech Civil Engineering-IV Year

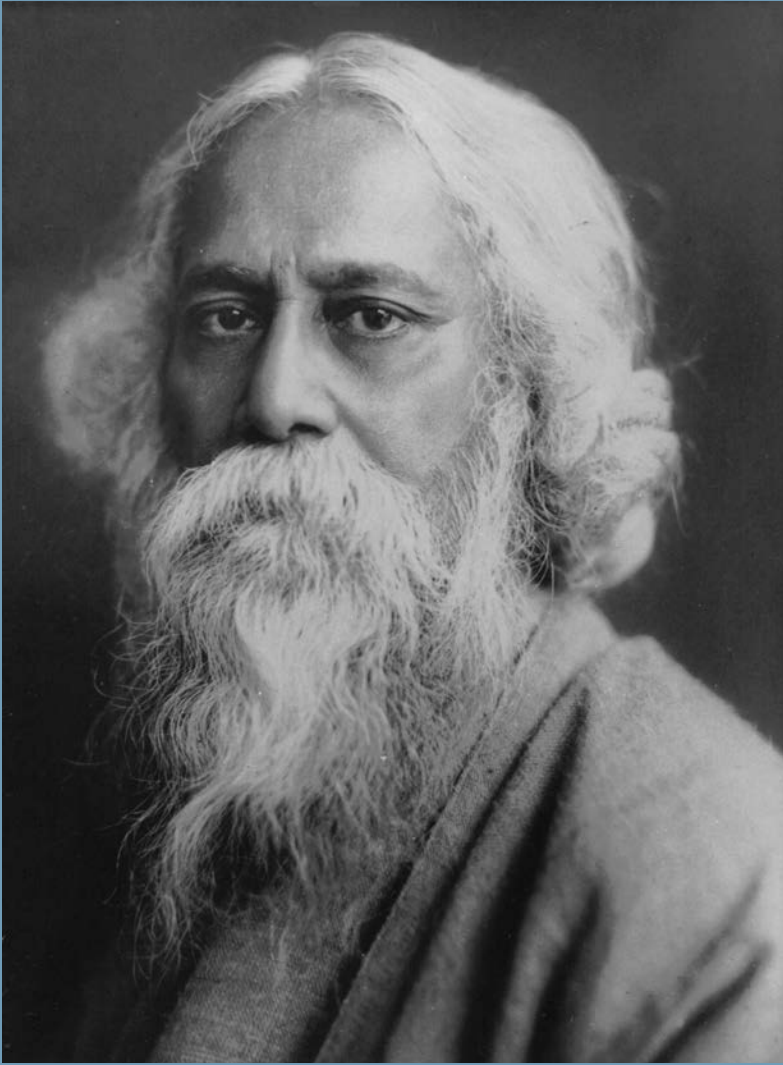
Exam stress is a problem that affects the majority of students. It is perfectly normal to experience exam-related anxiety. A certain level of performance stress can motivate students to become more focused and productive. However surplus stress can be overwhelming. It is often claimed that the less stressed students have higher chances to pass their exams compared to a frightened student who is more likely to underperform.

It is never too late to set up good study habits. Some of these good habits include finding a quiet place to study without distractions, setting up a suitable study space, find out as much as you can about the exam so you can prepare, ask your teacher if you are unsure of what will be tested, learn to make "mind maps" and use them to



collect ideas and thoughts, use bright colours to help remember important links, make a plan of what you want to work on in each study session, break it down into small tasks and work on one task at a time, take regular short breaks- use this time to have a drink, get something to eat or play with a pet. Finally, have proper uninterrupted sleep, eat fresh fruits and vegetables, and avoid junk food.

THE INFLUENCE OF RABINDRANATH TAGORE ON MODERN EDUCATION



Asheli Y

2203214004, Ist Semester, MA Education

Philosophy of Rabindranath Tagore

As a Vedantist: He had a firm belief in the philosophy of Veda. He believed in “I am Brahma”. There is a spiritual bond between man and man.

As an individualist: He believed in giving right type of freedom to individual. Every individual is unique.

As an idealist: Tagore believes that man should realize the “ultimate truth” which will liberate him from the worldly bondage. Experience according to him is within the world of illusion.

As a Humanist: Tagore said nature and man are created by supreme power. There is a strong link between man and nature. So man should act naturally to feel the presence of superpower within him.

As a Naturalist: Tagore said nature is the great teacher which is not hostile to man. Nature is kind, generous and benevolent like mother. In his view, “Education diverted from nature has brought untold harm to young children.” Man should develop his relation with the nature as his fellowmen.

Tagore’s internationalism: He was an ardent prophet of World unity. He believed in world brotherhood.

Rabindranath Tagore’s Principles of Education

1. **Principle of Freedom:** According to Tagore freedom means child own experience and activities. He was in favor of giving maximum freedom to children to display their emotions, feelings etc. Freedom is an integral aspect of human development which provides freedom to the individual for his all-round development. Child enjoys freedom during education, but this freedom is guided by self-control.

2. **Principle of Creative Self-expression:** Tagore felt that more intellectual development was not the only function of education, because man cannot find Expression in the more language of words. For the whole development of man his emotions senses must also develop along with Intellect. So, this is the reason, Tagore has given Arts, Craft, Music, Drawing and Dramatics etc. a Prominent place in his Scheme of education.

3. **Active Communication with Nature & Man.** Child growth and development could be possible only through his Contact with nature. Tagore insisted that education should be imparted in an atmosphere of nature with all its Beauty, colours, sound, forms etc. According to him, education in natural Surroundings develop intimacy with world and power of communication with nature. Nature according to him is manuscript of God. Immediate relationship with nature. It should take the child nearer nature and therefore in close proximity of God.

4. **Internationalism:** Development of individual soul is Imperfect until he acquires Faith in Universal Soul. Tagore had deep faith in the unity of man. His philosophy of education Is based on naturalism, humanism, internationalism and idealism. He believed in Unity, in the diversity of races and nations. Rabindranath Tagore’s Philosophy of education. “The highest education is that which makes our life in harmony with all existence”. Tagore ideas for creating a system of education aimed at promoting international Co-operation and creating Global citizens. Thus, according to him

Education means freedom of mind and spirit. It should be based on in our own tradition and culture.

He established two educational Institutes- Named:-Shantiniketan and Vishwabharati.*He wanted to eradicate poverty through education by imparting different craft and skills.

Aims of Education

Tagore suggested a humane educational system which would develop harmony and artistic self-expression. It is important to make learning joyful and a pleasure. The ultimate aim of education, according to Tagore, is attainment of "Satchidanand" i.e. all-round development of the personality. His aims of education can be summarized as follows:

- Inculcating freedom in thought, imagination and expression, developing free will and spirit.
- Liberation from all bondages.
- Inculcating thinking and imaginative skills.
- Developing an attitude of universal brotherhood.
- Developing rational attitude so that meaningless rituals could be eradicated.
- Stimulating scientific temperament among learners.
- Developing individual personality with social characteristics.
- Cultivating inner feeling through music and indigenous arts.
- Emphasizing on earning a livelihood.

Methods of Education

1. Teaching through tours and trips: Tagore believed that the subjects like history, geography, economics and other social science can be effectively taught through excursions and tours to important Spots. By this student will have opportunity to observe numerous facts and gain first hand knowledge through direct experience.

2. Learning by activities:

Rabindranath Tagore said that for the development of a child's body and mind learning activity is essential.

Therefore, he included activities like Climbing Tree, Drama, jumping, Plucking Fruit, Dancing etc. in his educational programs.

3. Narration-cum-discussion and debate method. Narration-cum-discussion and debate activities were organised Tagore's education centre to develop the oratory abilities of the students. Students were encouraged to solve problems of various areas through rational debate and through discussion.

4. Heuristic Method:

This method is very important method of teaching. In this method first, the Student are asked question to clarify their doubts on topics and teachers try to satisfy them by their correct answers. Then the teacher asks the question to students to evaluate how far the students are able to comprehend the topic discussed in the class.

Conclusion: It is noted that Tagore influences the modern theory and practices of education both at the tertiary level as well as in the elementary level with natural creativity and realistic idealism.

CONCLUDING MESSAGE

Let us spread kindness and make a difference. Practicing random acts of kindness will sow seeds that the future generation will reap in terms of positive and joyful experiences.

Do you have something you'd like to let us know? Whether you have a comment or an idea to share, we look forward to hearing from you: sjunb@stjosephuniv.edu.in

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