



**SAO CHANG
COLLEGE**

**Annual Magazine
2020-2021**

2020-2021



Sao Chang College
Annual Magazine
2020-2021

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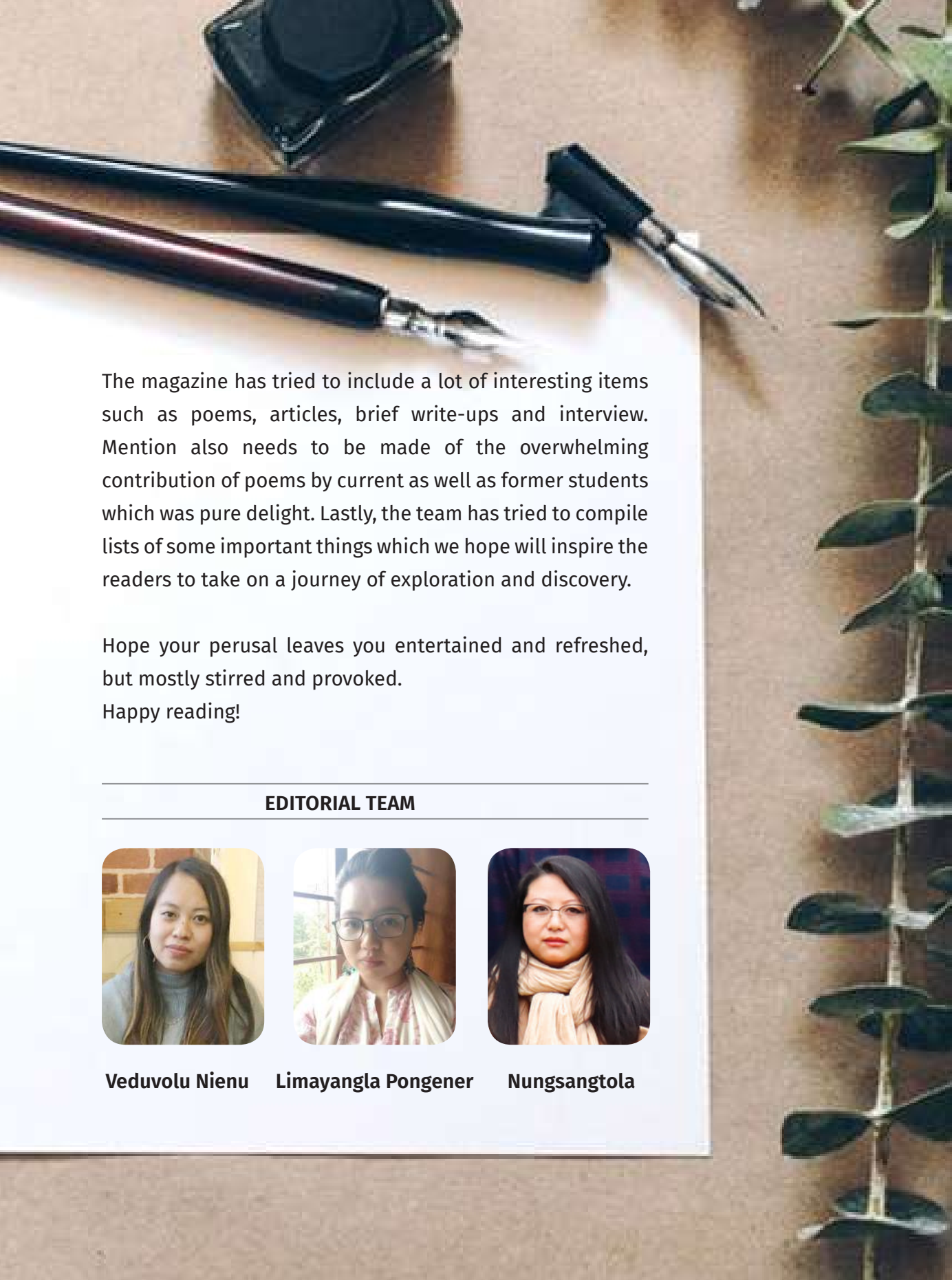
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Editorial

The current issue has been envisioned with an aim to highlight the rich culture and tradition of Nagaland, particularly of the tribes in Tuensang district. The magazine intends to make folklore a regular feature as it believes that today, more than ever, it has become imperative to preserve and pass on our rich culture and tradition down the generations. It is a humble attempt on the part of the college to contribute in this combined endeavour through documentation in the form of a college magazine that is meant for students or rather, the future of Nagaland. Thus, this issue inaugurates the addition of a regular feature in the annual magazine titled, "Folk Focus". The section consists of a folk tale from the Chang Naga tribe, proverbs from the Khiamniungan and Sangtam tribes and a brief write up on "Interpretation of Dreams" by the Tikhir. It also highlights art works based on Naga tradition by our student, Yemlongchaba and by Dr. Iris Odyuo, Associate Professor, Department of History.

The cover of this magazine is a painting by Dr. Iris Odyuo a.k.a. Yingzin. The distinctive feature of her work lies in her utilization of traditional indigo paint on nettle fibre textile. The nettle fibre textiles are sourced from Tuensang, Noklak and Pfutsero. The cover may have failed to replicate the texture of the nettle textile or the colour of indigo but we hope it will lead to appreciation and revival of interest in our local art and craft or the material culture of our folk, which has been handed down by our ancestors.



The magazine has tried to include a lot of interesting items such as poems, articles, brief write-ups and interview. Mention also needs to be made of the overwhelming contribution of poems by current as well as former students which was pure delight. Lastly, the team has tried to compile lists of some important things which we hope will inspire the readers to take on a journey of exploration and discovery.

Hope your perusal leaves you entertained and refreshed, but mostly stirred and provoked.
Happy reading!

EDITORIAL TEAM



Veduvolu Nienu



Limayangla Pongener



Nungsangtola



Office of the
PRINCIPAL SAO CHANG COLLEGE
TUENSANG: NAGALAND



Message

The publication of Sao Chang College annual magazine for the academic year 2020-2021 makes me extremely happy and proud. It is a remarkable achievement by the college because its successful publication is a victory over the limitations and restrictions imposed upon the world as a whole by the pandemic. I therefore express my gratitude to the editorial team for their perseverance without which this project would not have been possible.

I would also like to take this opportunity to congratulate all the teachers and students for their cooperation and successful completion of their respective duties during the lockdown period. I applaud all the contributors and encourage you to continue nurturing your writing skill. As another wave looms large, filling us with trepidation and uncertainty, I exhort the staff and students to carry on with the same positive spirit as only then will we emerge triumphant.

I look forward to reading the magazine which has been made possible by the many inspired contributions and by the hard work of the editorial team.

LONGTICHANG TZUDIR
Principal-in-charge
Sao Chang College, Tuensang



KUMAR RAMNIKANT, IAS
DEPUTY COMMISSIONER
TUENSANG : NAGALAND

Message

I express appreciation for the publication of College Annual Magazine for academic Session 2020-21. The Covid-19 Pandemic has affected the normal functioning of the College as everywhere else. In this situation, the task of publishing the magazine has been accomplished by tackling the inconveniences associated with new normal ways. Upon this note, I express my appreciation for all those who have contributed at this difficult time to make the publication of the magazine possible.

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The magazine being a repository of information of the activities and achievement of the college. I take delight to highlight that the college has accomplished the first cycle of the much needed NAAC accreditation in 2020. I applaud the College for the achievements and encourage to continue striving for further milestone in its endeavor. What has so far been achieved is through the effort of faculty, students and array of administrative and supporting staff. I also appreciate the stakeholders for extending the much needed contributions and support to the College to meet its developmental needs.

May, the magazine be a source of enlightenment, inspirations and delightful reading

Deputy commissioner & Chairperson
Sao Chang College
Advisory Board Tuensang

A Brief Report on NAAC ACCREDITATION OF SAO CHANG COLLEGE

Keeping in view the importance of assessment and accreditation of higher education institutes, Sao Chang College had long been striving hard to be accredited under National Assessment and Accreditation Council (NAAC). In this regard, the erstwhile NAAC Committee, presently called the Internal Quality Assurance Cell (IQAC) was constituted in the faculty meeting held on 11th August 2010 which was chaired by the then principal-in-charge. Under the active and sincere leadership of Dr. L. Temjen Jamir, who was the then coordinator, and with the support from the college authority NAAC activities started.

The first and foremost duty of NAAC committee was to apprise and enlighten the stakeholders of the college about the importance of accreditation. To start with the process, the IQAC committee divided the faculty members and some of the non-teaching community into different sub-committees and assigned them with specific tasks and targets. Thenceforth, the IQAC had been sincerely aspiring for early accreditation of the college despite its numerous shortcomings.

Eventually, the NAAC Peer Team inspected the college on 11th and 12th March 2020. The three members team was headed by Prof. Bishnu Charan Barik, former Vice Chancellor, Sambalpur University, as the Chairperson with Dr. Surajit Kumar Ghosh, Professor, Dept. of Pharm. Sciences, Dibrugarh University and Fr. Dr. Donatus Kujur S.J. Principal, St. Joseph's College, Darjeeling, as Member Coordinator and Peer Team Member respectively. Subsequently, the college was accredited with Grade 'C' under NAAC on 4th May 2020. NAAC assessment and accreditation has opened up an opportunity to retrospect on our strengths and weaknesses.

Even though it is not possible to mention every single individual by name here, the IQAC and the college authority would like to express our sincere gratitude for all the selfless contributions made to the college. It is only with the love and assistance of the entire community that Sao Chang College, Tuensang, was successfully accredited.

DR. L.J. NIKEN JAMIR

Coordinator, IQAC

Office of the
SAO CHANG COLLEGE STUDENTS' UNION
TUENSANG, NAGALAND

“Deeds not Words”

GENERAL SECRETARY REPORT

I am humbled and honoured to have served as the General Secretary for the tenure 2019-2020 and 2020-2021. It was a good experience and a big challenge that I faced with pleasure. With utmost joy, I leave this footprint in the form of report for the session 2019-2020.

Activities:

1. On 20th August 2019, the Election Commission of SCC declared the newly elected Students Council and on the same day, the elected officials were sworn in by the Vice-Principal at the College Multipurpose Hall.
2. On 22nd August 2019, the handing and taking over programme was conducted.
3. Meetings were held on 26th August and 2nd September 2019 on account of the Teachers Day programme.
4. Teachers Day was celebrated on 5th September 2019 at the College Multipurpose Hall.
5. On 29th August 2019, the SCCSU officials attended the combined meeting of prominent civil organisations of Tuensang town along with the IQAC SCC.
6. College General meeting was conducted on 7th September 2019 in the presence of the SCCSU officials.
7. On 9th September 2019, the College took part in the “Say No to Drugs” Campaign organised by CSUTT in collaboration with CSUSCC and CSWC. A total of 169 students from the college attended the campaign.

8. On 16th September, the SCCSU had a meeting on account of the Cultural Day programme for the year 2019.
9. On 21st September, the General Secretary attended the 29th CSUSCC General Session as one of the invitees.
10. On 23rd September 2019, the SCCSU and the Sports Committee held a meeting on account of Sports Week to be organised.
11. Annual Sports Week was held from 29th to 31st October 2019.
12. On 26th September 2019, a joint meeting was held with the Uniform Committee where it was decided that
 - a) Uniforms would be worn on all weekdays except Wednesdays.
 - b) Traditional attires to be worn on Wednesdays.
13. On 22nd November 2019, the 45th Cultural Day of the College was held.
14. The newly elected officials and 41 students attended the ENCSU General Conference cum Sports Meet held at Yingli Government College, Longleng from 28th to 30th January.
15. On the occasion of 2nd General conference cum Sports Meet organised by Eastern Nagaland College Students Union (ENCSU) at Yingli college from 28th January to 30th January 2020 SCCSU won second position in football.
16. Owing to the lockdown, a different method of election to office was decided upon for the academic session 2020-2021. On 17-03-21, a meeting was held in the office of the principal-in-charge. The Principal-in-Charge, the Election Committee, the Sao Chang College Student's Union and student representatives from the four tribes jointly decided that a member each from the four tribes will be selected to fill in the vacancies.

17. The SCC Students Union, 2020-2021 comprises of the following members:

Executive Council:

1. Daniel Chang : General Secretary
2. Puthso T : Asst General Secretary
3. Chubasangla : Cultural and Literary Secretary
4. Hanalemla K Chang : Finance Secretary
5. Thangriliba S Sangtam: Sports Secretary
6. Tsulun : Social Service Secretary
7. Metphei S Phom : Boys common room secretary
8. Akola Z Sangtam : Girls common secretary

Executive members:

1. Takumbuba
 2. Sentinaro
 3. Thuntiyanchu
1. First SCCSU meeting for the session 2020-2021 was held on 19-05-21 at SCCSU office for the discussion of Fresher's Meet programme.
 2. On 26-03-2021, Freshers Meet programme was held at the multipurpose hall. The theme was "Facing Forward"

Daniel Chang
General Secretary

ENVIRONMENTAL STUDIES

Field Trip to Krishi Vigyan Kendra (KVK), Tuensang

Faculty in-charge
Department of Political Science
Sao Chang College, Tuensang

As a part of the Environmental Studies syllabus requirement, the Sixth Semester students (Arts) of Sao Chang College, Tuensang visited the Krishi Vigyan Kendra (KVK), Tuensang on 25th February, 2020. Altogether 103 students went for the field trip. It was organized by the Department of Political Science and three faculties from the Department accompanied the students.

Dr Shisarenla Aier SMS, Horticulture enlightened the students on agriculture and allied activities undertaken by KVK, Tuensang. She emphasized on the need to document traditional practices and knowledge relating to farming. The importance to preserve and protect the various local species of plants and crops was also highlighted.

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This was followed by a visit to demonstration units. Ms Imtilemla, Assistant Chief Technical Officer demonstrated the various steps relating to vermicompost preparation, methods and materials used for rain water harvesting including plants and techniques that are helpful to prevent soil erosion or landslide. Mr Yanger, Farm Manager, explained on-site the usage of mulching, drip-irrigation and the importance of having a nursery. He further demonstrated the art of grafting, explained the optimal location and environment for growing crops and plants.

Each session and visit to the demonstration unit was followed by an interaction. The students were allowed access to reading materials as well as farming tools that were available. It was an engaging learning experience.

The organizing department acknowledges the positive role played by the College authority, the Transport Committee as well as the KVK Tuensang in ensuring the success of this field trip. The contribution of numerous individuals towards the accomplishment of this activity is appreciated. We are grateful for the cooperation extended by the students as well as our colleagues.



Now that I have your attention, we really do love our phones, right? Have you ever wondered why we are so addicted to our phones? Well, the answer lies in a drug produced in our brain called dopamine. Dopamine is a drug that is released in our brains when we feel good, to put it simply. Whenever we do something pleasant or satisfying, like winning a football match, clearing a test, or when we finally complete a project, dopamine is released in the brain and we feel elated, happy. But it's so much more than just a 'feel good' drug. Numerous studies have shown that the release of dopamine is greater when we receive an unexpected reward or accomplish a difficult task/goal. It is the drug that makes us seek for more. It is also associated with memory, attention, movement and many more functions. This dopamine release mechanism evolved as a survival trait in humans, and dopamine is the reason you and I, and all of us are here today.

How to Talk to *Kangaroos*

Jongmo S Meyo

B.A. Political Science Hons
6th Semester

Smartphones have become such an important part of our lives that we can't keep it away for a long time. A smartphone is a very powerful tool but it is designed to pull us in and keep us hooked. With its apps and games constantly bombarding us with notifications and alerts, summoning our undivided attention, we're basically becoming its slaves. This is because dopamine is released when we are chatting with our friends, playing games, watching videos etc. We are the happiest bunch for a few seconds when we get the Chicken Dinner in PUBG, or whatever dinner it is for Mobile Legends winners. We feel excited and happy when our posts and pictures receive lots of "likes" and comments. If we don't receive enough attention or lose a match we feel disappointed and low.

As we seek for more and more dopamine, looking for more exciting videos, games etc. we have considerably shortened our attention span and focus time. Now we can't seem to stay focused long enough to even go through a single page, we can't seem to stay focused on one thing without being distracted. The other day I was watching a video about Alexander the Great on YouTube for a project, two hours later, I am watching a video on "How to Talk to Kangaroos". I simply wasted two hours satisfying my need for a dopamine release, on the other hand, the project is left unfinished and I still can't talk to kangaroos. The global success of short-video streaming platforms like TikTok, Insta Stories, Facebook video, Vine etc. is a clear example of our shortening attention span.

The smartphone can also be a powerful tool if we understand it and know how to use it. Through the internet, we have access to unimaginable amount of information. Recipes, learning game tactics and Wikipedia is just tip of the iceberg. YouTube hosts tons

of video tutorials, lectures and crash courses, which we can use to enhance and improve our skills or learn a new skill. We can even watch Harvard University lectures on the internet for free. Through websites like Archive.org, National Digital Library of India (NDLI), Shodhganga we can download digital copies of books, research journals etc. We can also use channels like Simple History, the Armchair Historian, Study IQ, UnAcademy to help us understand our syllabus better. Apart from YouTube there are websites like WikiHow and Instructables that teaches how to make things or fix things and other DIY (Do-It-Yourself) projects, which could also be a great way to pick up a new hobby.

We must actively adapt to advancements in technology to meet our requirements instead of passively reacting to its adverse effects. But smartphones have spoilt us and made us complacent. It was disheartening to see many of us having trouble using the phone for email, online forms etc. last year. Most of us would prefer to pay large amount of money to cyber cafés instead of learning how to do it ourselves. Many of us are simply satisfied with the camera or with just a game. In this transaction between us and our phones we are suffering huge losses. In this age of internet and information, the competition will only get tougher and if we choose to stay complacent the world will go ahead leaving us behind. Education is our way out of backwardness. Embracing the positive aspect of technology and making a conscious effort from our side to improve ourselves will greatly help us. We must actively adapt to advancements in technology to meet our requirements instead of passively reacting to its adverse effects.

IN PURSUIT OF SUCCESS & MENTAL WELLBEING

~ Hatho P

Hatho P. graduated from Sao Chang College in 2017. Since then, he has been simultaneously pursuing his higher education and managing an enterprise in the world of marketing.

It has been four Years since I graduated from Sao Chang College. I am proud to say that I am an alumnus of S.C.C. I love my college and I have captured a lot of good memories of the days there to cherish for the rest of my life. The time spent there has been a beautiful journey of my life as a student. After graduation I pursued Master's Degree in Psychology from Nagaland University and currently, I am pursuing Diploma in Psychological Counseling from IPCER (Mount Mary College) Dimapur Nagaland.

Apart from academics, I have also been actively involved in business. By the grace of God, my endeavor in business has been very successful and it has made a positive impact in my life. I have been juggling my academic life and my entrepreneurial life and so far, I am quite satisfied with the way I have managed to balance the two. I believe every successful entrepreneur is a reader as well as a writer. As such, the discipline required of a student and the acumen of a businessman helps in building a successful individual. Both pushes me to challenge and improve upon myself.

“... Creating opportunity is a powerful expression of intelligence.”

My journey as an entrepreneur has only begun and I have been very fortunate that I got the opportunity to work with and learn from experienced associates. I do not come from a business background and I certainly did not study in a business school but I have discovered in this brief period that if you are eager to learn, willing to work hard and if you believe in yourself, it is possible to achieve the targets that one sets. I have experienced that simply waiting for good fortune to come your way is a waste of time. Instead, one has to be proactive, work towards one's goal, search for opportunities around oneself and seize the day or like they say, “carpe diem” because creating opportunity is a powerful expression of intelligence.

I have always aspired to be successful from a very young age and a secret of success I believe in, is that, it is important to serve people with diligence and dedication right from the start. No matter what kind of job or work, no matter the environment, we must always attract good things because then, good ultimately attracts us. Everyone has the right to live healthy and wealthy yet, many people fail to achieve them. Financial freedom is aspired by all but few achieve it early in life. There are numerous reasons for the failure in attaining financial freedom but some common factors I have observed are, lack of financial education, not managing capital judiciously and not appreciating its value.

Finally, an important requirement to keep all our efforts safe and productive is to look after one's own mental wellbeing. It should be remembered that, as the world increasingly becomes more complex and competitive, the demand of our cognitive functions rises which in turn requires a balanced mindset. Mental health is as important as physical health and it should be taken care of. Lastly, I would like to sign off with a tip I have found to be extremely helpful-kindness and polite approaches with courage and self-awareness can enhance self-esteem which in turn will take you closer to the opportunity.

Making assumptions is a part of our daily life. We do make many assumptions routinely, don't we? For example, we assume that we will reach the office at a certain time; we carry an umbrella during rainy season assuming that it will rain, and we go to the fruit market assuming that we will buy fresh fruits there. Assumptions play an important role in our life and it is necessary to assume because they make life simpler. Thus, our daily routine consists of many assumptions.

In science too, assumptions play a similar role. They are essential and inevitable for constructing a model of natural phenomena or processes. However, they have a different meaning and understanding in science than the ones in our everyday life. Here, I shall try to reflect the meaning and importance of assumptions with respect to scientific problems. To achieve a comprehensible solution to scientific problems, one usually constructs model-based

“Suppose That”

~ Says a Physics Teacher

Mr. Dipak Nath

Head, Department of Physics

assumptions. Thus, practically, all scientific models are based on assumptions. Therefore, it is no wonder that a scientist or a science teacher often begins an explanation with “if we assume” or “suppose that”.

I would like to explain further with a simple but interesting example. Take for instance that there are 10 birds perched on a tree. However, one of the birds is shot by a gun. Now, how many birds will be left on that tree? Answer is of course nine (mathematics) but if we think otherwise the answer is Zero (Physics) as all the other birds have flown away because of the sound. Here comes the question of thinking or assumptions. Similarly, almost all the laws of physics are based on certain assumptions. In order to understand a process, we usually have to model it in a way that helps structure our thinking. Assumptions are important components of the model that we construct. Without assumptions no model can be constructed. Real life situations are often complex and difficult to model. The numerous complexities involved in our life can be quite challenging without making assumptions.

Therefore, learning physics is not about finding answers but being able to ask appropriate and meaningful questions and to put what is known about the question in a mathematical form to find an unknown. So, assumptions are a way to fill in the mathematical gaps and a way for our human minds to visualise what is going on even if it is nothing like the real thing, but works like the real things.

Q&A *with* SENTILONG OZUKUM

Sentilong Ozukum is a civil servant, motivational speaker and author. He is the author of Campus Blues (2010), Sincerely Yours (2017) and Dreams & Chaos (2020). All his books have been adapted into movies, television series and web series, the latest of which is Dreams & Chaos which won the Best Web Series Award recently at the Kashi International Indian Film Festival. He is also a screenwriter for various Youtube Channels. Recipient of the Governor's Award in 2015, he is currently posted as Extra Assistant Commissioner, Mokokchung.

Firstly, congratulations. Your latest book Dreams and Chaos was released with much anticipation, and now its adaptation has gone on to win the award for 'Best Web Series' at KIIFFA. Tell us a little about the entire experience of writing the sequel to Campus Blues and seeing it come alive on-screen to such a warm reception.

Thank you so much for your kind words. For many years I had no intention of publishing a sequel to Campus Blues. Then a couple of years ago, I wondered how the young, naïve Moluti would transition into adulthood if he graduated from college and face the harsh realities

around him. How would he react to the problems of unemployment and parental pressure? As I was slowly developing the plot of the sequel in my mind, I came across reviews of Campus Blues written by the English department undergraduate students of Tetso college, Dimapur. Reading those reviews further inspired me to pen down the story, and by God's grace I completed it within a year.

I think it was God's perfect plan and timing that Dreams & Chaos was adapted into a web series by the DABA Youth Ministry as soon as the novel was released. The Web Series has inspired a lot of young people

to pursue purpose and passion. The production team led by director Bendang Walling did a wonderful job of transforming the scenes in the book into real-life characters. I think all the actors did justice to the characters in the novel. We are all extremely delighted that the web series went on to win an award at KIFFA. When God is in charge, I think the best you can do is to simply sit back and let Him run the show.

You've been in the writing business for a while now. What inspired you to venture into creative writing?

I'm convinced that God plants various kinds of seeds in us when we are born into this world. And when we grow up, these seeds manifest into various talents and passions in us. Unfortunately, in our society today, many of these seeds don't actually grow up into a tree and bear fruits in a person because of the education system or wrong parenting or some other reasons. I believe that 'story telling' is one of the many seeds God planted in me when I was born. Growing up, I found myself being fascinated by

books and movies and looked for opportunities to sit and listen to someone telling a story. If somebody had told my parents when I was born that I would write creative fiction in the future, they would have laughed it off. None of my grandparents were literate; both my parents are only matriculates. I don't have any uncles or aunties with a degree in literature or creative arts whose genes you can argue passed down to me. Growing up in poverty during the early nineties in Mokokchung, I was never exposed to the world of literature. Apart from a few borrowed Tinkle comics, I had nothing to read except my school textbooks. The first novel that I ever read was when I was in my final year in college. Apart from the fire that raged in my belly, I had no idea about literature and novels. I didn't grow up reading The Hardy Boys or Charles Dickens.

So, for me, venturing into creative writing was like a farmer discovering a seed and nurturing it into a tree despite the drought and the other hurdles. It was like responding to the fire burning within me.

**What is your idea of a good book?
And what are you currently reading?**

My idea of a good book is one which makes me think and dream at the same time; one where I easily get lost in the world of the characters.

I'm currently reading 'The Last Light of Glory Days' by Avinuo Kire. It's such a beautiful book. Everyone should read it.

You have quite a significant following on Instagram. How do you use social media as an author?

Social media has become an integral part of our lives today. As an author, I use social media as a platform to hone my craft, market my books and also connect with the readers.

What advice would you give a new writer, someone just starting out?

Read, read and read more. Write every day. It is okay if it is gibberish. Make reading and writing your daily ritual; like brushing teeth. Respect art. Never use art as a platform to promote your ego. Don't

be in a rush to publish your works. Let them age like fine wine. Stay grounded. Never stop growing.

Besides Sentilong, the writer, you are also Sentilong, the administrator. How do you balance your full-time job and your writing?

Twenty-four hours in a day is a lot of time to do anything provided you wake up early in the morning and also stay away from social media distractions. I have made it a habit to wake up before 5AM every day. So I usually spent the first hour of the day reading or writing something. That is never enough if you want to progress as a writer. I can say that my day job prevents me from investing time in writing, but that would be just an excuse.

How challenging is a career in the administrative domain? What would you have to say to our students who aspire to join the workforce?

The job looks glamorous from the outside, but it is very challenging and demanding. I have witnessed many colleagues who can't devote enough time to their families and

kids or do the things they want to do (like travel or pursue a hobby or spend time with friends or take part in social events) because of work. For those of you who aspire to become a civil servant in the future, think twice before you take the leap. The wonderful feeling of being labelled as an administrative officer or a police officer with an NL10 vehicle will fade away within a year. Then comes the real test. Do you have the heart of a servant? Are you willing to serve the people diligently, even in your worst days? Will you be able to balance between duty and family? If you're looking for glamour and comfort and material wealth, look elsewhere. But then in life, everyone is seeking for meaning and fulfilment and happiness. Power, Prestige, Possession and Position often provide an illusion of happiness and fulfilment. But as Albert Schweitzer said, 'the only ones among you who will be really happy are those who will have sought and found how to serve'.

Many may be aware that cricket is another passion of yours.

How important would you say is cultivating hobbies for an overall healthy outlook at life?

This is a very important question. Cultivating hobbies and pursuing our passion should be one of life's top priorities. I see so many people spending their entire life working and accumulating wealth. Then they retire from work, get diagnosed with diseases like cancer, diabetes, cardiac problems etc and they spend the rest of their lives spending the wealth they have accumulated treating those non-curable diseases and finally they die a painful death, full of regrets for the things they didn't do. No matter what the Bible or other religious books say, we still live under the illusion that power and possession will make our life meaningful. We often realise the truth after it is too late. So, we should all look within ourselves and do the things that make us happy and complete in life. Like sports or painting or singing or building or traveling or performing or serving or cooking or farming or researching or anything that brings meaning to your life. You alone are responsible

for your happiness. There are some things you can do only when you are in your twenties or thirties or forties. At the same time, I also believe that we should all engage in activities and hobbies that involve physical activities like outdoor sports or trekking or morning walks or gym or dancing or something similar. These days, we are afraid of the novel corona virus but statistics tell us that more people die every day because of lifestyle generated diseases like cancer, diabetes, hypertension, cardiac arrest, stroke, etc. In the mad rush to pursue the riches and glories of the world, somehow we forget how to live. This is a tragedy.

In addition to the other descriptors, you are also a motivational speaker. We look forward to having you on campus very soon to talk and inspire us all. And in the meantime, what message would you like to give to the SCC family?

We are living in a fast changing world. There is a stark difference between the world our parents grew up with and the world

today. And we have absolutely no idea what the world will look like in the next five years. Therefore, we need to adapt quickly to the world. We can't be preparing the future with the same model our parents followed during their generation. The model of the previous generation was: Go to college, get a degree, and get a job. This model isn't working anymore. Today the world is looking for young people with skills and innovations. It is my prayer that educational institutions in our country produce not only students with a degree but students with adequate skills and right temperament that will help them cope with the ever changing world we live in.

I think we as human beings are always looking for meaning and purpose in life. Pablo Picasso said, "The meaning of life is to find your gift and the purpose of life is to give it away". Blessed are those who have discovered their gifts and are using it to serve our creator.

Poetry

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Ciao to my college

In the core of Tuensang,
Given the identity of the ancestral with bravery
Stood the mighty Sao Chang,
With its glory.
I looked upon the valley
And the wind blew with the glimpse of a spring
With the essence of the Earth.
I gazed at the valley, wistfully with blurs of fog
Which took me into the bygone era of my happy days.
The late evening of March was warm and beautiful;
My mates and I promised to meet the next day.
Dumb were we for tomorrow we promised was ill-fated,
The guest came uninvited and shuffled it all.
Alas! We lost our golden days.
My mates all scattered around,
I smiled bright lest bad news arrive,
Though solemnly I agonised
For no ciao unsaid.
My chaps and my mighty Sao Chang
Forever remains in my heart,
Forever reminiscing the bygone.

~ Songmo Chang, English Department (2017-2020)

For a Special Teacher

Sometimes a teacher can touch your life
With a magical, mystical glow.
Investing his heart in the work that he does.
He helps you to learn and to grow.
With wisdom he patiently guides you along,
Towards becoming the best you can be.
And when you consider just how far you've come,
That teacher you love was the key!

~ Ramji, BA 4th Semester

Lost World

As I open my eyes in the dim dawn
It's hard to breathe some fresh air in this little town
Everything is polluted and destroyed with time.
No more I can hear birds singing rhyme,
Sounds of traffic affecting my ears,
Poisonous smoke hurting my eyes,
Probably filling it with tears.
All I could see are unholy souls stuck in a lost world
As greed envelopes them.

I miss those days when my mom used to wake me up
With her morning song, her unconditional love
That seemed like birds chirping on her shoulder.
But now, I have to watch her wither
Haggard skin and drained lips,
Stuck in a never-ending fight.
No more shelters for wild creatures to survive the cold
night,
Everyone's busy betting on gold and coal,
With eyesight of a vulture but acting blind.

Lost world, lost world, I still reminisce about you
I still feel your soft breeze running through my hair
But the heat radiating from your weakened body burns me
more
And looking at you it hurts me to the core.
Under the stars which is hardly visible
How everything out here turned so evil
I know and I feel it, that your pain is unbearable
As I see angels turning to devil.

~ Rupesh Kumar, B.A. (Hons) English 6th Semester

Women

The life of women is not easy as we look at,
They struggle with their body and soul a lot to give birth.

The life of women is not easy as we look at,
They feel no shame crying to see you being birthed.

The life of women is not easy as we look at,
They endlessly give the effort to raise you to be good human.

The life of women is not easy as we look at,
They take care of your every need to becoming a true man.

The life of women is not easy as we look at,
Yet they are like water can be fit in any space.

The life of women is not easy as we look at,
A friendship of their kind on any face.

Women are the heart of a thousand mothers,
So strong, so kind, so peaceful, and loving person as herself.

Women are born the fire of queen and conquerors,
For you should respect her and treat her like you treat yourself.

~ M.Kirila

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Promise

We promised another meeting,
You promised another year,
We parted without goodbye,
In hope of another meeting.
Till your ear hear,
Until your eyes blinded by,
We promised another meeting.
Never we spoke the last,
Time, yet so fast
A breath taken
My heart shaken.
So now you rest
Fast, I couldn't race.
We promised another meeting
You promised another year
Till your ear hear
Until your eyes blinded by.

~ Shingnyo Shiu

B.A.(Hons) English 6th Semester

Ruffled

I am ruffled by these hours
Where I cannot believe my taste
Where the wrong steps, the long ways
Leads to blue evenings and cold slumber.

I am ruffled by these hours
Where I am taken by someone's leave
Where the soul endures grief
As sad as heavens would cease.

I am ruffled by these hours
Where I burn by someone's intimacy
Altered by envious thoughts
Wondering where the true minds meet.

I am ruffled by these hours
The blue, sad and long
Rested upon things not to see
Yet it is quite human to be.

~ Makam Chumikam, BA 6th Semester

Bold & Beautiful Lady

Bold as a lion, heart of a beautiful unseen nature.
There she is, giving birth to a new future.
Her love never ends and none like other.
There she is, on the way to be a kind mother.
Here shall we bow and humbly ask, "May we know them."

With world full of violence and misery, Yet her soul always
peaceful, her faith still remains a mystery.
Time stole away her age but her beauty remains.
Standing strong, with grace and wisdom she maintains her domain.
Here shall we bow with one request, "May we be them."

The innocence of the world loves her little face.
Soft as a feather, heart of an angel.
Her birth brings priceless joy, yet some still refuses.
Creation of a perfect creator, she is the new future.
And here shall we bow again with kindness, "May we raise them."

~ Kheliang, BA 6th Semester

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When I look Outside My Window

A mountain I behold from afar
Ere I stride and climb sight a neighbourhood
Aged days I see and hear
Yet all are through my window where curtain hooked.

That rings a bell of my childhood:
For at sunshine the young frolic with gain
At dawn weeps a child and mother overcooked
Weary at sunset and delicate body in pain.

One fine day I wish to track that mountain
Into the woods with an old comrade.
As I yearn for things to happen again,
My mind and soul's stress shall fade

But cant fetch time back where nostalgic life flowed
And hope to attend better days down the road.

~ Khonou, B.A.(Hons) English 6th Semester

'Things fade away, but memories last a lifetime'

Like Aliens,
 We were a ragtag group of outsiders.
 We had no idea how beautifully built this environment was for us
 Waiting for us to break down barriers,
 To rebuild our camp in a variety of bright colours.
 The bewildered, polite voices faded away,
 Replaced by loud laughter, casual conversations, and all the mad
 funny acts. During these three years,
 The jittery mind, the timid heart, ended up storing a box full of
 memories. I believe time teaches us the meaning of life.
 Landing in Sao Chang was the best thing that ever happened.
 This three-year period was the most wonderful time of my life.
 Was fortunate to have good professors who were our mentors and
 friends both. They enriched us with knowledge,
 And worked together to achieve the ultimate goals we had envisioned.
 Those chai memories at the college canteen with professors and
 friends Had a unique flavour of love.
 Our Buses have witnessed true friends, unbreakable couples, sincere
 ones, expert bunkers and best sleepers.
 "Bye, see you on Tuesday", said we.
 Not realising that was our last goodbye.
 Little did we know the tears of laughter inside the bus was our
 final laughter together.
 Uncertain of our future, we departed happily.
 But, as the saying goes, "all good things must come to an end,"
 So it did. We met as strangers but left as family.

~Sangmailepla Chang, English Department (2017-2020)

Masterpiece Creation

Oh! What a wonderful creature she is,
 Who he actually created, such an iconic
 being.
 His masterpiece and extraordinary work,
 Who he made such a being is supernatural.

Oh! What a wonder creature she is,
 All the qualities were possessed by her.
 Like nature cares for mother earth,
 She cares for living beings and the whole
 world.

Above all the creation he made,
 She becomes the one and only masterpiece.
 She is made out of love and affection,
 Bearing all the qualities which the
 world yearns for.

Alas! She overestimated her beauty.
 Oh! She was overcome by those worldly
 pleasures.
 Her character changed when time passed,
 She forgets what the creator made her
 for.

~ Imtinokshang, Department of Political Science (2017-2020)

Evie

She is a girl.
Her caper brings forth shine.
As she walks through her shrine
Her voice echoes throughout the
valley,
Which turns the foe into an ally.
She is a girl.

She is a lady, who walks with
glamour,
People gaze at her charm with
clamour.
She holds her wine
With glimpse of the divine
Spectators stunned at her beauty
As she toil and moil, gratifying
like her beauty.
She is a woman.
She is a queen that walks on a
storm.
With pain she bear forth star
Her family becomes her universe
Where her identity enhances a
mere shadow,
She can mend the broken for
she is a mother.

She is a daughter, a lady,
a woman and a mother.
The forth creation of the
Almighty,
For she was created fearlessly.
She deserves the freedom
She deserves the love
She deserves the respect
She deserves the Earth.

~ Songmo Chang, English
Department (2017-2020)

A Prayer for Myanmar

Holy, Holy, Holy
My Saviour and Redeemer.
Father! Hear my prayer.
You know of all things happening in
Myanmar.

I am here today to ask you to protect
the people from all the evil plans of
the enemy;

I pray for those who are working to
stir up trouble and violence and to
bring harm to their government and
their nation.

Remove the people who are corrupt
and living against your word from
influential positions;

Remove bitterness and resentment from
their hearts and help them to live as
brothers and sisters.

Let there be an understanding between
the people and their leaders;

Let there be calm and let your glory
fill Myanmar.

May they find a peaceful solution and
work together harmoniously. Heal their
land.

I pronounce this prayer in your most
precious name.

Amen.

~ Detham E Khamniungan, BA 6th Semester



from a MUSICIAN'S SOUL

~ **Pongom**, B.A. (Hons) Political Science, 6th Semester

The earliest memory of my childhood is of a little kid extremely fond of music. So, I could say that I have been a music enthusiast for as long as I can remember.

It is my father who has been the greatest influence in my life. I used to watch him and his band play music at home, church and on special occasions in our village back in the late 1990s. As I look back, and reminisce those good old days, I realise that they played without proper audio equipment which is used to enhance and improve music. It was pure talent in its real and raw form. My interest in music grew watching them play. I still remember a special moment when my dad bought me a cassette player as a gift for passing the toughest exam – LKG. This ignited my interest in music more and my journey with music began earnestly. Music became my passion and it all started with that one thoughtful gift from my father.

Guitar was the first musical instrument I learned to play and from there on my journey as a musician began. However, it has not been easy. Well, life is not easy. I have experienced and I am still experiencing many ups and downs along the way as I try to juggle the life of a musician and that of a student. As a student, there was a time when I neglected the core responsibility of focussing on my studies and instead devoted my full interest on music alone. Not knowing how to prioritise, I flunked

my school exams a few times. As a result, I felt lost and helpless for a few years. I was not successful as a musician or as a student. There were times when I thought of giving up or quitting school because of the frustration at being unsuccessful. But there was an inner voice that told me not to give up but to go on. I was fortunate to find the motivation to persevere and I gave it another go.

From that year I decided to keep my priorities straight and not indulge myself in activities that could impede my aspirations. Slowly but surely, with the passage of time, people from all walks of life began to notice me. I found appreciation as I was invited to play music at different occasions. I got a chance to come into contact with many important personalities, senior officials, bureaucrats, politicians and most importantly, well-known musicians. The positive responses from people encouraged me to carry on.

A musician's life is quite interesting. I can say that there is never a dull moment. I always enjoy and look forward to opportunities to perform and compete at various music contests in and outside our district. It is fun to play music but getting a chance to explore different places and getting to know new people at the same time are additional perks that musicians enjoy. I even got a chance to visit our neighbouring country Bhutan which would not have been possible without music. Amongst the many experiences, there are some events which I consider as accomplishments in my career as a musician. One such experience was performing at the Hornbill International Music Festival with various national and international artists which I consider as the highlight of my career so far and it has fuelled my passion for music further. It is experiences like these that helps in building an indomitable spirit one at a time.

Folk Focus



~ Pencil Sketch, Yemlongchaba, BA 2nd Semester Dept. of Education

Khiamniungan Proverb

‘Alomthso cheesüyükü mongtsokü nühe niotso nouko cheekü akiehe’
(Do every work with alert and in integrity- the essence of life).

~ **Mudang Khiamniungan**

Assistant Professor, Department of Education

Sangtam Proverbs

1. Aishulü amüküprü dunü khyüsehre. Akengtaba nguchi tsü amüküprü dunü kohre.

(Persistence is the quality of winners – Nothing great is lightly won).

2. Nyümong mükhu shu müküsehre. Nyümong mükhu Amüva müngüre.

(The only sure thing about luck is that it will change).

~ **Mr. Akyuba Sangtam**

Assistant Professor, Department of English

Folk Focus

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Iris Odyuo

Choklangan 2007

Watercolour - Iris Odyuo (Reproduced 2021)

Interpretation of Dreams and the Concept of Life After Death among the Tikhir Naga.

T. Shumong Tikhir
Assistant Professor
Department of History

Interpretation of dreams is common amongst many Naga tribes. But the meaning attached to the dreams often vary from tribe to tribe. According to the Tikhir tribe, dreams afford an unerring forecast of the future. The Tikhir tribal people were devout believers of superstitions and supernatural powers who relied on dreams and omens in determining the future. They served as an effective medium of human and divine communication. There are certain set beliefs that determine the nature and consequences of dreams. Interpretations of dreams are not the enterprise of everyone. It could be interpreted only by certain gifted wise old men and old women.

Some common examples of dreams and their interpretations that is still believed by the people is highlighted here. A tooth falling out and of it being lost in a dream is considered as an omen of death in the family or death of elders. To dream of one holding an iron is interpreted as becoming an orphan. To dream of the moon fading signifies death of elders. To dream of storm and winds foreshadows bad news being on the way. To dream of a giant tree being uprooted or of a dying giant tree indicates the death of close relations. Feasting, singing and dancing in a dream is considered as an omen of death in the immediate family or close relations. To see oneself flying portends poverty. In the time of our forefathers particularly, to dream of earthquakes and landslides meant raiding of village.

Another important belief of the Tikhir tribe was the concept of life after death before Christianity. For Tikhirs, natural death was viewed as a normal end of a person's physical existence. On the other hand, death due to dreaded diseases and unnatural deaths were seen as punishment due to non-observance of a genna or taboo. It was believed that there is life after death. The soul descends to the village of the dead (called Sailiu-Kiu in Tikhir) where they live a life similar to the one on earth. There too they cultivate crops, rear animals, practice hunting and other activities. Thus, at the time of burial all necessary weapons, implements, pottery and clothes used by the person were disposed off at a place called Saipaikhia/Lapkhiah or either kept near the grave. Tikhirs therefore understood the value of living a good life on earth for the sake of the afterlife. It was believed that life after death was the continuation of the earthly life. They cared for good health, good relationship with neighbours and the fulfillment of the moral code of community.

Folk Focus

Legend of Human Relationship with the Tiger

S. Yanchang Mongko Chang

Assistant Professor

Department of Chemistry

It is believed that after God created the heaven and the earth and all the living and non-living creatures on earth, ancestors of the Chang tribe emerged out of a huge *Chongnyu* which is the peepal tree or ficus elastica and from an epitomic Rock called *Müt pakbü lang*. According to oral narration, the ancestors of Chang tribe were unaware of the essence of humanity and human relationship. They were not even conscious of their existence.

Further, the ancestors of Chang tribe in Changsang Mongku shared a relationship of friendship with animals like tiger, mithun, earth-worm and non-living creatures as well. The nature of relationship between man and animals ranged from friendship to being relatives to spousal one. An instance of such a relationship is seen in the legend of a tiger dancing with a man named Namu Mulou. They addressed each other as SOONBOU in Chang dialect which means “my dear friend”. To extol their belongingness and to celebrate their friendship they sang and danced every day and ended their days in merry making. According to the oral narration of this legend, one day a man named Nayang Chiso who came to spy them heard the song that the tiger was singing and he was taken aback at hearing the content of the tiger’s song. The tiger sang, “OKKHU YAKYAK MEIKHU YAKYAK SALAPONG” which means, “I WILL DEVOUR YOU SOMEDAY.” So, the man who came to spy them warned Namu Molou and told him about the meaning of the tiger’s song.

After he understood the intention of the tiger, he decided to part ways from him. So, one day he called on the tiger and asked him to compete against him in igniting fire on a condition that one who succeed to ignite the fire first will own the land i.e Changsang Mongku and the one who fails shall flee to the jungle. The tiger agreed to the challenge and competed with the man.

The man used a cord made of cane and a piece of wooden fire-making device known as *wansatyung* in Chang dialect beneath his toe and started to rub it to ignite fire which to the tiger appeared as if the man was rubbing his own toe. Imitating the man, the tiger using the cord made of cane started rubbing against his toe which inflicted injuries to it and left him wounded. The man succeeded to ignite the fire before the tiger did. With no option left after losing the competition, the tiger fled to the jungle.

From that day onwards it is believed that man eventually started to part ways from the tiger and other animals. Also, man in Changsang Mongku gradually became aware of their existence and they settled together as a community at their place of origin. The place in Changsang Mongku where NAMU MULOU and the tiger used to dance when they were together is revered and remembered by the Chang community as a historic place called 'MOLOU DOMSHANG' and the song sung by the tiger came to be known as 'SALAPONG' which means the tiger will devour the man.

Note: This story is from the book, Changsang Mongku: Aupak Yukpak Ngühli. It has been translated into English from Chang language by the contributor.

Photo Gallery



ARTS FACULTY

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NAAC PEER TEAM WITH HON'BLE MINISTER HIGHER EDUCATION



SCIENCE FACULTY



EDUCATION & TRIBAL AFFAIRS, FACULTY AND STAKEHOLDERS.

Photo Gallery



LIBRARIAN

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NON-TEACHING STAFF



STUDENTS' UNION



BUS DRIVERS & HANDYMEN

Photo Gallery



B.A. 2nd SEMESTER SECTION A



B.A. 2nd SEMESTER SECTION B



B.A. 4th SEMESTER



B.A. 6th SEMESTER

Photo Gallery



B.SC. 2nd SEMESTER



B.SC. 4th SEMESTER



B.SC. 6th SEMESTER



NCC

An Exposure Tour to Kolkata : A Report

~ Department of English & Political Science

An exposure tour to Kolkata, jointly organised by the departments of English and Political Science for its 6th semester honours students was undertaken from 9th- 21st January 2020. The touring group

comprised of 14 students and 2 Assistant Professors from English Department and 8 students with 2 Assistant Professors from Political Science Department. Also dubbed as the City of Joy, it is known for its grand colonial architecture, art galleries, and cultural festivals. Being the artistic, cultural and intellectual capital of the country, it was befitting for the students to soak in the rich experiences the city had to offer. The group began their journey from Tuensang on 9th January by bus, reaching Dimapur, the nearest railway station on the 10th. At the crack of dawn on 11th, the group boarded the train and reached Kolkata on 12th in the afternoon, finding their way to Nagaland House via local taxis.

The tour started with a visit to the Alipore Zoo, also known as the Calcutta Zoo. Said to be the oldest zoological park established in India and home to a variety of exotic animals like Royal Bengal Tiger, Indian Elephant, the Great Indian one-horned Rhinoceros among others, it made for a great learning experience. Next on the itinerary was the





National Library. India's largest library by volume housing over 2 million books, this visit was a treat for the group. Besides the extensive collection of books, the grand white structure of the building with its impressive architecture and the trees and sprawling lawns made for a wholesome afternoon. The group also visited St. Paul's Cathedral, an Anglican cathedral built of Indo-Gothic architecture, resplendent with a white edifice, towering spire and colourful tinted windows. The group then headed to the Indian Museum. With its foundation laid in 1814, it is the oldest as well as the largest museum in the country. The time spent here was an educative one, enabling the group to gain much knowledge on the history and culture of the country.

A trip to Kolkata would have been incomplete without visiting the Victoria Memorial. One of the most famous and beautiful monuments of the city, the magnificent white marble building built in memory of Queen Victoria to celebrate her 25 years of rule over India charmed

the set. This was followed by a stop to the Shahid Minar. Constructed in 1928 at 158 foot high, the landmark monument is considered to be a tribute to the Indian independence struggle. The Birla Planetarium provided an informative experience for the students pertaining to the universe, the galaxies, astronomy and such. The group also took out a day to spend it at Nicco Park and refreshed themselves immensely through the numerous amusement rides and shows which were not only recreational but educational even. Besides all the sightseeing, the group also visited various shopping malls across the city and watched a movie to get the theatre experience, many for whom it was a first. The students were expectedly excited and later came out of the theatre looking suitably impressed.

After 5 days in the city, the group embarked on the return journey by train on the 18th. After an overnight stop at Dimapur, the group finally reached home on 21st January. The Exposure Tour was a fruitful one as it helped the students to see and experience for themselves many things. They have been able to immerse themselves in the rich heritage, history and culture of the city and even of the country. It has encouraged them to broaden their minds and perspectives which will surely go a long way in propelling them towards becoming well rounded citizens of the world.

Making Ripples

Success Story of an Entrepreneur

~ A. Alemla Chang

(A. Alemla Chang is also the Press and Information Secretary of the Parent-Teacher Association of Sao Chang College.)

Born on 17th March 1977 to Lt. Mr. Akhangnungba Chang and Lt. Mrs. Bendangsenla Chang at Litem village in Tuensang district, I am the third of seven children. I studied at Government High School Tuensang and cleared 10th Board Examination in 1997. After my husband's death leaving behind me and our three children, one son and two daughters, I embarked on a new journey in pursuit of my dreams. Even as a child, I was quite intrigued by our traditional attires and the history behind them. I achieved my first milestone in 2011, when I established my shop cum institution named VINTAGE ALEM (Private Limited Company) registered under the Ministry of Micro Small and Medium Enterprises, Government of India.

A sad fact of our society is that there are many young people who are untrained and unemployed. I wanted to contribute towards remedying this problem in whatever little way I could. So I set a goal to provide training to interested individuals to equip them with a skill that will give an opportunity to earn a livelihood. Another fact was that the value with which our traditional attires were preserved and proudly worn was slowly disappearing so I wanted to do my best in trying to bring back its former glory. At first, I offered training in embroidery and tailoring and took in 12 students in the year 2012. In 2013 and 2014, District Urban Development Agency, Tuensang (DUDA) sent two batches of thirty students each for training in embroidery and tailoring. Gradually I incorporated beads making and some of the students were referred to and were offered job placements at different shops.



I collected many Naga attires mostly from Eastern Nagaland and started to preserve them. I tailored modern Naga waistcoats for men out of traditional Eastern Naga attires. In my shop, I have traditional attires of both men and women of the six tribes from Eastern Nagaland. Shawls, mekhalas, waistcoats, dao, spears, different bamboo baskets, Naga indigenous handicrafts, etc are a few of the items that I keep in my shop. I have also employed workers specifically for different purposes - 30 loin loom weavers, blacksmith for dao (machete) and spear, basket weavers, 2 tailors, 2 embroiderers, and bead makers.

Without any professional training, it was not easy to reach where I am today. I believe in hard work which is indispensable in any field. Once you do that, success will always follow. I have been a hard-working individual throughout my life. Nothing comes easy in life which is something I realized a long time back. I ardently believe in the quote of Thomas Edison: "Genius is 1% inspiration, 99% perspiration; there is no substitute to hard work." I was also given tremendous support from the community throughout my journey and some of the credit goes to them as well.



When I started early, it was not for any laurels or appreciation but it was solely for the preservation of our tradition and culture. However, as time went by I was acknowledged and was recognized on many occasions. Some of my notable achievements are:-

1. Governor B.P. Acharya's Award of Skill Development among the Chang women in the year 2018-2019.
2. Outstanding Entrepreneur Award on 5th National Handloom Day in Darogajan village, Dimapur from the Ministry of Textiles, Office of the Development Commissioner (Handloom) Government of India.
3. Commendation Certificate from District Administration Tuensang under Beti Bachao Beti Padhao (BBBP) for the role of Ambassador of BBBP in the year 2020.
4. Invitation to Hornbill Festival, Kisama, Delhi festival, and Sikkim festival to display my works.

My future endeavour rests on what I am doing now. I aim to expand it on a larger scale. I would like to encourage the younger generation to discover and develop their skills. Today's youth are smarter and sharper but they lack motivation and determination. Almost every individual can do something great and important in one's life. Change is elusive until one comes to a point of realization of the raw potential and opportunities. It's a matter of self-realization on how one can change one's life. The youth of today should not be bound by the mediocrity drawn from social pressure or any other trivial circumstances.

Battle against **CORONAVIRUS (COVID-19): A Frontline Worker's Experience**

Mudang Khamniungan
*Assistant Professor
Department of Education*

Coronavirus (Covid-19) is a contagious disease caused by Severe Acute Respiratory Syndrome Coronavirus (SARS-2). Coronavirus was first detected on the 31st of December 2019 in the Wuhan city of China. The disease has since then spread to all corners of the world and has manifested into a global pandemic.

In India, the first case of covid-19 infection was reported in Kerala when a 20 years old female was detected positive after she returned from the Wuhan city of China. On 27th of January 2020 she reported to the Emergency Department in General Hospital, Thrissur in Kerala with dry cough and sore throat. Her swab sample was sent to ICMR-National Institute of Virology (NIV) Pune and on 30th of January 2020 her test result was reported as Covid-19 positive. The first fatality soon followed. It was a 76 years old man with a travel history to Saudi Arabia who succumbed on 12th March 2020. The most visible common symptoms of Covid-19 are fever, dry cough, tiredness, aches and pain, sore throat, diarrhea, conjunctivitis, headache, loss

of taste and smell, rash on skin, discoloration of fingers and difficulty in breathing.

In the beginning people took it for granted that Covid-19 is a health issue exclusive to China and some parts of the world. But within a short time, it reached Nagaland and the first Covid-19 positive cases were confirmed on 25th May 2020 when three individuals who had returned from Chennai on 22nd May 2020 were tested positive for the novel coronavirus. As the days, weeks and months went on, the number of Covid-19 positive cases continued to increase and the first Covid-19 fatality in Nagaland occurred on 24th July 2020 at the Dimapur District Covid-19 Hospital.

In Tuensang District, the first quarantine centre was established at the Sao Chang College Boys Hostel in the month of April 2020 where some truck drivers and handymen were lodged. Thereafter, the first batch of mass returnees from Chennai reached Tuensang in the early morning of 27th May 2020 with 169 returnees in five buses. They were quarantined in the classrooms and hostels of the Sao Chang College quarantine centre. The first Covid-19 positive case was detected in Tuensang on 27th May 2020 from amongst the Chennai returnees. With the confirmation of positive cases in the district, the situation became tense and Sao Chang College Quarantine Centre was declared as containment zone. As the number of returnees increased, the need to establish more quarantine centres was felt and so, apart from the Sao Chang College Quarantine Centre, other centres were established at Abigail Girls Hostel Longkhim, Industrial Training Institute, St. John's Higher Secondary School, Polytechnic Institute, Grace Lodge, East Wind Lodge and CBLT Guest House.

The Tuensang District Covid-19 Task Force officially appointed a Covid-19 Management Committee in May 2020 to assist the district administration and medical department for effective management to tackle and to contain Covid-19 infection. As I think back on the experience as one of the members of the management team in the battle against the global pandemic, I remember it being like a nightmare working day and night preparing and arranging all basic amenities for the returnees and receiving them at midnight and early hours when people were snoring in their sweet sleep. We had to dress up like medical professionals maintaining maximum precautions as we received the returnees at the quarantine centre, briefing them, allotting rooms and beds, distributing basic toiletries, food packages etc. It was like working in the flame of fire with shortage of manpower risking our own lives in the service of humanity. Many a times we had to go back home at midnight and most of the time at around 1 AM or 2 AM, driving all alone from the quarantine centre dazed by Covid-19 battle scene. Tired yet compelled to serve, we would arrange the required stuff from town and then proceed to the quarantine centre the following day.

With the pouring in of more returnees, Covid-19 testing was also another challenging task for the medical staff. In addition, with the detection of more positive cases we were compelled to arrange and re-arrange their rooms and beds from one centre to the other and also shift some of them from quarantine centre to the District Covid-19 Hospital. As the positive cases increased in the district, the hospital was occupied to its maximum so the Sao Chang College Boys Hostel was converted into Covid Care Centre where asymptomatic patients were housed and treated.

After having worked selflessly for 8 months, covid-19 cases in the district subsided and was successfully contained with effective management. We (the frontline workers) returned alive winning the

battle of covid-19 in the first wave. In recognition of the exemplary work and service rendered to the district in the fight against the pandemic, Tuensang District Administration awarded few of the frontline workers with District Commendation Award on the occasion of Republic Day, 26th January 2021. I was one of the frontline workers who was honoured with the District Commendation Award.

The battle against covid-19 has begun across the globe once again with surge in the second wave. The second wave is smarter and more violent. The second wave of pandemic has outnumbered the first wave both in infection and death cases. The main reasons for the unprecedented spike are-

1. The virus has become smarter, mutating rapidly thereby escaping the test samples.
2. It has become an aerosol mode of transmission.
3. The testing kits prepared in the first wave are not compatible in most of the cases now with the new virus variant, hence compromising the quality of test results.

Now, the world is under fire and still dancing to the music played by the second wave of Covid-19 new variant. Currently India is facing one of the worst situations as it faces shortage of beds and severe shortage of oxygen for covid-19 patients. It is the responsibility of every individual to do one's best to save oneself from covid-19. Practicing appropriate behavior and adopting lifestyle changes are the only ways to fight the virus. We must wear mask, maintain physical distance, wash hands and eat healthy in order to survive this global health crisis. We must also pray to God for the protection of humanity from covid-19 as we witness the spike in infection and increase in death rates every day. Let us all unite our hearts and hands in our common battle against the virus to live in a covid free world.

May God protect us all.

Thoughts on *Indian Cinema*

DR. SANTOSH KR SINGH

*Assistant Professor
Head, Department of English*

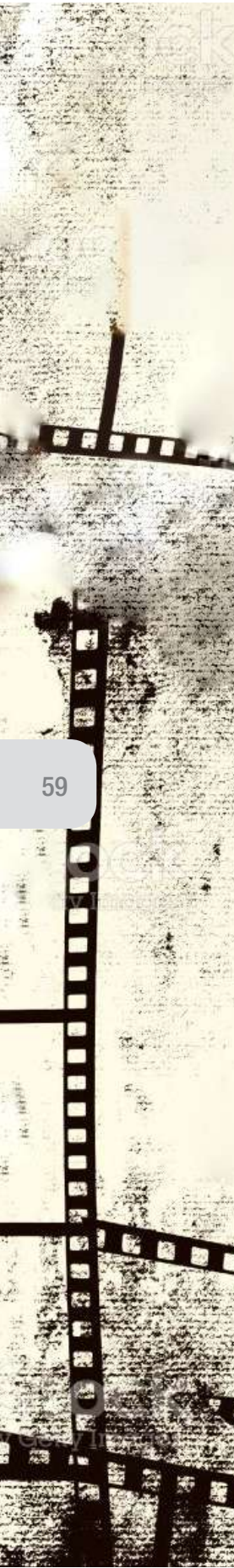
Indian cinema is one of the strongest global cultural ambassadors of new India. For the past hundred years Bollywood has been one of the most dominant and distinctive features of Indian culture. Bollywood is often associated with India's national identity. It is also the world's largest film industry in terms of films produced.

It is a fact that cinema is greatly influenced by society and society in turn is greatly influenced by cinema. Films have been an interactive medium that create awareness in the society. For example, films play an important role in promoting a sense of Indian nationalism in urban and rural citizens alike. Besides invoking political consciousness, it also influences social and economic factors of the country. The influence of Bollywood in the Indian culture is another important feature. Be it music, dance, marriage or fashion, Bollywood inspires innovation and change in Indian culture and tradition. Thus, Indian movies have become a psychological stimulus that can inspire, guide and motivate people. It has the potential to impact both positively or negatively. In short, it has the power to influence the thought processes of people. The pioneers of Indian cinema were foreigners. In 1896, the "LUMIERE" Brothers introduced the art of cinema in India. Bollywood began in

Bombay in 1930 and developed into an enormous film empire. Today Bollywood is the world's largest producer of feature films. Bevinda Collaco claims that she coined the term Bollywood for the title of her column in Screen Magazine. Her column entitled, "On the Bollywood Beat" covered studio news and celebrity gossips.

From mythology, romance, comedy, thriller, horror to many more, Indian cinema has been experimenting with various genres to find out a successful formula that works well with audience. As such, Indian cinema has been undergoing transformation since the early 1930s. For example, a major portion of early cinema used to focus on matters relating to Indian independence and social issues but during the 1960s popular cinema shifted from social concerns towards romantic genre.

A brief history of Indian cinema is described here for the benefit of the readers. The first film was featured in 1897 by Professor Stevenson at Calcutta Star Theatre. With the encouragement of Stevenson, a camera man, Hiralal Sen made a film named, "The Flower of Persia" in 1898. "The Wrestlers" (1899) by H.S. Bhataveleker showing a wrestling match at the Hanging Gardens in Bombay was the first film to be shot by an Indian and the first Indian documentary film. The Indian feature film released in India was "Shree Pundhlik", a silent film in Marathi by Dadasaheb Torne on 18 May 1912. However, this film is not considered as the first Indian film since it was photographed by a Britisher and the film was processed in London. Dadasaheb is considered as the father of Indian cinema since he featured a silent film, "Raja Harishchandra"



(1913) which was made in India by an Indian. The first Indian musical talkie was “Alam Ara” (1931) by Ardeshir Irani. Film production steadily gained popularity across India with the active support of audience. Ardeshir Irani made the first colour film “Kisan Kanya” in 1937. “Kisan Kanya” directed by Moti Gidwani is remembered as India’s first indigenous made colour film. The movie “Kismet” 1943 became the first Blockbuster that tackled contemporary issue of the Indian independence movement. “Kismet” became the largest running hit of Indian cinema till 1970.

It is considered that the golden age of Indian cinema dawned in 1947 with Indian independence. The period, 1947 to 1961 is called golden age because it ushered in new ideas and values without ignoring the basic characteristics of Indian cinema which is a splendid combination of the old and the new which also passed into 21st century. Some of the Hindi films like “Pyasa” (1957), “Kagaz ke Phool” (1959) produced, directed and acted by Guru Dutt, “Awara” and “Shree” directed and acted by Raj Kapoor were the most popular Hindi cinemas of that era. An important milestone in Hindi cinema was the nomination of Mahboob Khan’s, “Mother India” (1957) which was a remake of “Aurat” for Academy Award for the best foreign language film category. It is a matter of pride that Indian cinema has not only remained popular in India but around the world as well.

Dilip Kumar, Raj Kapoor and Dev Anand were the most popular Indian actors of 1950 to 1960. Rajesh Khanna was the first Indian actor to be called a superstar because he starred in 15 consecutive hit films from 1960 to 1971. Dharmendra and Amitabh Bachchan followed the trend

succeeded by the Khan duo, Amir Khan and Salman Khan. Salim Khan and Javed Akhtar revolutionized Indian cinema and are considered as Bollywood's greatest screen writers. "Sholay" and "Mughal-e-Azam" were also the greatest hits in the history of Indian cinema.

Indian cinema can roughly be divided into two streams. One is commercial cinema that focusses on entertainment and revenue generation. The other stream is art cinema which aims at sensitizing people to various social issues and problems of the society. Some of the great actors of this genre are Naseeruddin Shah, Om Puri, Samita Patil and Mithun Chakraborty. With intense and thought-provoking content, these movies dealt with issues which initiated public debate and discussion.

Old movies continue to be remembered and rejoiced for its great storyline and equally great actors. Modern digital technology may have revolutionized cinematography but plot, theme, character seems to be neglected as majority of the new movies are concentrated on action and romance. Watching a movie in the cinema hall and grabbing a ticket from ticket counter were unique experiences. The excitement of watching a first show, first day in the theatre cannot be replicated in malls or multiplexes. Experiences like watching a movie in the open air which used to be hosted by the Assam Rifles for the public in Nagaland is fondly remembered by the older generation till today. The feelings and emotions are not the same and according to my personal experience, while most of the old movies used to move the heart of the audience, most new movies fail to do so.

Life Lessons

An EU Member Introspects

~ Pangphi T. Khamniungan

B.A. 2nd Semester

Union of the Evangelical Student of India (UESI) is a life transforming ministry which envisions transformed students impacting the campuses and the nation as disciples of Jesus Christ. UESI seeks to evangelize post-matric students in India, nurture them as disciples of Lord Jesus Christ so that they may serve the Church and the society.

Serving in the EU has challenged me to be a better version of myself. Being part of the family of EU has inspired me to a great extent in understanding my potentials and using it in the service of God whenever I am called for. I am pushed to a state where I try to live in the likeness of God daily. Since the day I was introduced to EU, I have come across many opportunities which have moulded and inspired me. Regular Bible study and fellowship with God is the best platform for me to express my thoughts and put it into action too. Through EU I have gotten to know the importance of humble, honest and thoughtful application of the scripture in every area of our lives.

For newly planted EU members, there is always a guardian (EGF and Cell group) who is ever ready to support and broaden one's path. Sharing of testimony and personal experience of Christ with truth is encouraged among the members. The ministry not only focusses within the four walls

but it also provides a wide platform to go out and present God's mission so as to help students discover and obey His will for them at home and beyond. It is very important that we as Christians turn the things we have learned into progress and thank God for His greatness and love. We are encouraged to approach Him boldly, humbly and expectantly. Getting closer to God over time will shape our character, satisfy our soul, strengthen us in trials, guide our decisions and increase our impact. We need to know how to depend on, draw close to, and obey God throughout our day and this can be done through constant prayer and envisaging life as a God partnering adventure. God has given us all unique gifts and abilities to serve people - some may be good at speaking, comforting or encouraging, motivating, leading, teaching or challenging while some others maybe good at serving, at getting things done, at organising projects and helping out practically. We have to submit our gifts to God no matter how small they may seem and He will magnify them to work wonders through us.

“Life works best when there is light and love.”

“Give thanks in all circumstances; for this is God's will for you in Christ Jesus.”

~ 1 Thessalonians 5:18

QUALITATIVE ANALYSIS OF A MISCHIEVOUS STUDENT

Temjenlemla B. Jamir

BSc 4th Semester

AIM

To study the occurrence and properties of a mischievous student under different circumstances.

OCCURRENCE

:

- i) Found in the last row of periodic class
- ii) Also found as naughty and talkative

MOLECULAR SYMBOL

: MS (Mischievous Student)

ATOMIC NUMBER

: 99

ATOMIC MASS

: 100

DEGREE

: LLB (Lord of Last Benches)

EXTRACTION AND PURIFICATION : Requires the presence of catalyst known as strict teacher.

PHYSICAL PROPERTIES

:

- i) Usually dull looking, not too brilliant
- ii) Test for abnormal condition within the physical body nearly negative
- iii) Radioactive in the form of a poisonous tongue and a naughty hand.

CHEMICAL PROPERTIES

:

- i) When placed in the first bench (catalyst is needed) he becomes very unstable. Usually 'grumbles' and tries to cut jokes.
- ii) Highly animated in character when placed near CaCO_3 (chalk piece) he reacts on the bombardment on other students by chalk pieces.
- iii) A highly charged particle capable of attracting the attention of anyone within a mile's radius.
- iv) Shows high repulsion towards text books and notebooks.
- v) He even functions as a catalyst to help fellow students sleep in some classes.

COMMON NAME

: Rowdy

IUPAC: 1, 3, Nitro Hulligandic Acid

USES:

- i) Useful for creating havoc in the class
- ii) Useful to degrade the standard of the institution
- iii) Bunking class is clearly defined by him.

"Do not read for the sake of entertainment, or like the ambitious, for instruction. No. Read in order to live."

M # 5

Merenlemla Ozukum
Assistant Professor
Department of English

A visit to Dimapur during the 90s was always a great break. You did not need a TRIVAGO travel agent as you just had to land up at your relative's doorsteps without worrying for your lodging bills. So, after attending my cousin Asenla's wedding in December at Kohima, I went down to Dimapur for few days.

The NAGA CITY was filled with festive spirit and I had a pleasant stay with my grandparents. It was time for me to return back to Mokokchung and my uncle Moa arranged my tickets. The first attempt failed but the second day his driver came with a victorious look on his face. He handed me the ticket and started to brag about how smart he was to get me a good seat, that also near the window. I checked my ticket and was pleased that it was seat no.5 as it was clearly written M #5. But the driver kept on narrating how he outsmarted the other people...blah, blah, blah...I never knew buying a bus ticket during festive season was a WWE NO HOLDS BAR MATCH!!!

I reluctantly added a short note of thanks to my already genuine thank you to the driver and got busy packing. Those days for any middleclass Naga it was okay to travel by NST day bus and a luxury to travel by night super, even more if it was a VIDEO COACH, of course watching the same old movies. So, I was looking forward to my comfortable journey and even rejoicing that I did not go back to Mokokchung in my dad's official NLG JEEP with the rest of my family packed like sardines. Yes, like other Naga officers even my dad used his official vehicle for personal business.

I reached the bus station early with two boxes of PLAZA ICING CAKES, one each for my family and aunty Tia. After arranging my luggage, I sat down

on my seat and placed my prized plaza cakes on my lap. From the window I could see the chanawalas, rickshaw pullers, few autos and the usual scene. When I was wondering what kind of co-passenger I will have to travel with, a good-looking young man came in and stood near my seat. He gave me a charming smile, checked the seat no and went back to the bus counter. He came again and politely asked my seat no. I told him it was 5, he just smiled, went out, checked the bus no and came back.

This good-looking, smartly dressed guy was of an average Naga height, straight hair, fair, had a charming smile and his Nagamese sounded normal. I assumed that he will be my co-passenger and thought, “not bad.” He was what my friend Amen Imlong labels as ‘Ahem, YOUNG MAN, YOUNG MAN.” At an age when there was no deficiency of romantic ideas, the first few chapters of MILLS AND BOON started brewing inside my head.

When he came for the third time, I thought he would occupy the seat # 6 next to mine. He again inquired about my seat so I told him that it is 5, he said he has the same seat no given in his ticket. I opened my fake red designer’s bag to give my documentary proof and told him my ticket is for today, with bus no XXX and seat no 5. He looked at his ticket and said the same, so I showed him my ticket and said, “moi tho Mokochung laga ticket ase” and pointing to my ticket I said “jo M#5”. He smiled and said “ITU TO MORAH # 5 ASE”. It was an ALOKBA MOMENT for me (AO SUPANDI)!!!

For once I did not know how to react, whether to be embarrassed or angry, laugh or cry. I am sure the look on my face was PRICELESS. Accepting my fate as the underdog of the day I got up, looked around and saw 7, YES, SEVEN MORAHs lined up in the middle of the bus. Just then, my uncle Moa came to see me off with his driver after attending his office’s pre-Christmas programme. When I told them my tragic story, I noticed the driver’s face going red. As no alternative arrangement could be made, my uncle advised

me not to travel. But being both stubborn and over smart I went ahead with my travelling plan.

With a cocktail of emotions and a priceless look on my face I went and sat on M#5 with my prized PLAZA CAKES. When the bus started, the conductor came and kindly allowed me to occupy an empty seat till Chumukedima and unceremoniously demoted me back to M#5 when the rightful passenger boarded the bus. Yes, sitting on M#5 I had to travel to Mokochung via Kohima!!! Remember KARBI BANDHS? It was their birthright to impose bandhs and their official pastime was to gather in groups and shout “NO STET, NO RESS, NO STET, NO RESS” (NO STATE, NO REST)!!!

I don’t know how the EXECUTIVE passengers of this luxury bus travelled but this epic journey of mine was an unforgettable one. As for the seven underdogs sitting in the middle of the bus, it was a synchronized journey with all the seven morahs along with the seated passengers moving forward and backward according to the topography of the road, not forgetting the jerks and bumps depending on the size of the potholes. How I wished I had the natural extra large fatty cushions I have now.

To say the least, reaching Mokochung was just HEAVEN. My dad picked me up from the station and reprimanded me for travelling seated in a morah. Once home my little sister came running towards me unaware that her darling ati Lulu had reached home with a bumpy head, a sore bum and stiff arms carrying their favorite PLAZA CAKES. BUMPY HEAD? Yes, of all the seven underdog I was the one sitting next to the shining steel post inside the bus that gave me good head massages throughout the journey.

As for the almost Mills and Boon hero, he and the rest of the male passengers in the executive seats made it very loud and clear to me that “CHIVALRY IS DEAD!!!”

College Life

The Most Glorious Phase

~ P. Mongshai, Alumni

One of the most interesting stage in life that gives you an opportunity to explore is the “college phase”. Life at college is the time when carefree teenage years end and we dive deep into the ocean of new beginnings and possibilities. This golden period equips you for all the challenges you will face in life and creates a strong foundation of knowledge.

My experience at Sao Chang College has taught me one fundamental thing - life is unpredictable. It might be good, it might be bad, it might be weird and it might not interest you but expect anything to happen. College life prepares you for all these. It is a project blended with joy and hardship.

The brief period in college is also the time when you can decide your career. It is the time to dream big and explore innumerable paths. In every nook and corner of the college you will find a peaceful spot, both literally and metaphorically, whose value you will only realize once you graduate from your campus. Remember that there will be moments that carry a lot of sentimental value and you can't help but miss those years later. The friendship you make in college is for life. They will give you strength and they will be your knights in shining armour all your life.

And one fine day when you happen upon pictures from the college of you and your friends having a good time, you will definitely end up smiling silently. That is the beauty of college life. It stays with you long after you have climbed the ladders of success and forgotten the name of that cute crush you used to drool at.

Few Lines of Encouragement

~ Betikundang Chang, Alumni

“ When you Fail, you Learn.

When you Learn, you Persist.

And when you Persist, you Succeed. ”

Being human, we tend to give up easily. Many people start their journey towards their dreams with excitement but later stop midway feeling discouraged. What we really need to understand is that failing once doesn't make us a failure forever. We all know the struggle behind the invention of light bulb by Thomas A Edison. He failed many times; yet continued to proceed until he succeeded and said:

“I have not failed. I've found 10,000 ways that won't work.”

When we try to overcome failure and stand once again, there will be both Positive as well as Negative criticisms. We must learn to cope with these criticisms and try to overcome them; because at the end of the day, what really matters is whether or not we have given our best to achieve what we are striving for.

“Do not let Negativity destroy your Potentiality. Rather use it as a Fuel which pushes you Forward.”

Be the Change

~ Beena Tamang, Alumni

Most of us are at ease with complaining about rampant corruption, evil practices, degradation of values etc. No wonder, it has become our “second nature” to find faults with people, institutions and systems without looking for their remedies in the right earnest. Complaining or whining about a problem is not the solution. Complaining is futile unless it is paired with action. Before blaming any one we need to ask ourselves, “what have we done to improve the situation?” We ought to assess our worth by the value of our own contribution. It is not a question of who is going to throw the first stone; it is a question of who is going to start building with it.

We must remember that each word spoken and each attempt made is like a drop of rain in an ocean. The drop itself may disappear, but it will create ripples that will reach far beyond one’s imagination. Though our contribution may be inadequate, yet it is necessary for the world to change.

As the saying goes, “A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing.”

I would like to encourage all to be optimists and bring about constructive change. Let us be the change!

Fresh Voices:

Naga Writers You Should Read Now !

Avinuo Kire

Avinuo Kire is a writer and teacher from Kohima. Her latest book *The Last Light of Glory Days: Stories from Nagaland* follows her earlier anthology of short stories, *The Power to Forgive: And Other Stories*, a collection of poetry, *Where Wildflowers Grow* and a collection of oral narratives titled *Naga Heritage Centre: People Stories*, documented and co-authored with Meneno Vamuzo Rhakho.

Emisen Jamir

Emisen is a short story writer, poet and educator based in Kohima. Her anthology of poetry *Loneliness is an Orange* was published by Barkweaver Publications, in 2018. Her other works include a short story in *Raconteurs from the Hills*, two short stories in the *The Many That I Am*, poems in the anthology *Woven Words*. You can also read her poems in her Instagram handle which has quite a following.

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Tialila Kikon

Poet and educator based in Dimapur. She has published two anthologies of the poetry. They are titled *Paper Cranes* (2016) and *Dandelion Dreams* (2019). Her poems have been published in several collections across the world. Her contributions can be found in *Feminist Voices Across Cultures: A Poetry Anthology* and *Winter Writes: Poems, Stories & Sagas* are two examples.

Kezhakielie Whiso

Born in Kohima, Kezhakielie Whiso works as a geologist in a national oil company in Dehradun, Uttarakhand, where he lives with his family. His books, *A Weretiger comes to Town*, an anthology of 14 stories, and *Weeping Willow*, a collection of 62 poems, were released in 2020. He is also the author of *“Hope: Seasons along Life’s Journey, Things that can go Wrong on your Wedding*, a lighter look at his wedding day, filled with personal anecdotes and experiences.

KEZHAKIELIE WHISO

Lhutu Keyho

Lhutu Keyho is a writer, currently pursuing his PhD in English Literature from North Eastern Hills University. *Avila's Lover and Other Stories*, a collection of short stories was published in 2018 by Barkweaver Publications. His story *The Labour Unionists*, won the Wordweavers short story competition 2017 organized by Wordweavers India.

Sentilong Ozukum

A civil servant, motivational speaker and author from Mokokchung, Ozukum's latest book *Dreams and Chaos*, the sequel to his debut novel *Campus Blues*, was released in October 2020 to much anticipation a decade later. Both have been adapted for the screen, with the sequel recently winning 'Best Web Series' at the KIIFFA.

T. Kreditsu

Popularly known as Mekhala Mama. Besides being a fashion icon, Kreditsu is also a poet-writer and educator from Kohima. She has published two collections of poems titled *Sopfünuo* and *Wake*. She has contributed poems in the anthology *Woven Words* (Heritage, 2017) *The Many That I Am* (Zubaan, 2019).

Neikehienuo Mepfhü-o

Neikehienuo Mepfhü-o is from Kohima. A novelist and teacher, her debut novel *My Mother's Daughter*, a story of domestic violence, was the winner of the 2nd Gordon Graham Prize for Naga Literature 2019 in fiction.

More *on* Books!

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penthrill@gmail.com



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CROSSWORD

Crossword Kohima

South-X Complex, Porter lane, NH-29,
Adjacent to Network Bus stand, Kohima
crosswordkma@gmail.com

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Made in Nagaland

Opposite Nagaland Civil Secretariat, Kohima

BOOKIPEDIA

THE FREE LIBRARY
MOKOKCHUNG

(Inside Urban Hub Cafe)

Bookipedia: The Free Library
Mokokchung (Inside Urban Hub Cafe)



The Common Room

Yiese Building, 2nd Floor, opposite
Oking Hospital, Phoolbari, Kohima
thecommonroomcafeandbookstore@gmail.com

Signposting

Some Coaching Centres in Nagaland

1. ACHIEVERS ACADEMY DIMAPUR

Add: 4th Mile Dimapur. Ph. 8729914953/ 9378129625

Add: City Tower, Dimapur Ph. 9615224132/8794510854

Add: Lerie Colony, Kohima Ph. 9378129625/8732870396

2. ALS IAS COACHING IN KOHIMA

Add: 1st Floor, New Secretariat Rd, above Vuto Motors,
Kohima, Nagaland 797001

3. CORE INSTITUTE KOHIMA

Add: Adjacent to Koinonia Baptist Church, Kohima-
Mokokchung Road

4. EDUVERSITY

Add: Near Bethesda Hospital, B.O.C., Kohima, Nagaland
Ph. 7005114715

5. ENIGMA RESIDENTIAL COACHING INSTITUTE

Add: 293 1st Floor, Naharbari, Dimapur
Ph. 9856243624/8414901030

6. EXCELLENT INSTITUTE

Add: P.R. Hill, Mero Complex, 3rd Floor, Opposite PHQ,
Kohima Ph. No. 0370- 2241518, 9863143390, 7005142815
Add: Khritsu Complex, 3rd Floor, Ward – 4, Near SBI,
Chumukedima, Dimapur Ph. No. 03862-240230, 8259057583,
9436830040

7. INTENSIVE COACHING INSTITUTE, KOHIMA

Add: High School Colony Rd, High School Colony, Kohima, Nagaland 797121

8. NAGA STUDY GROUP

Add: Govt. College Diphu Road, Petrol Pump Junction, Below Dumbbells & Scissors Gym, Dimapur. Ph. 7630923366

9. NATIONAL INSTITUTE FOR CIVIL SERVICE EXAMINATION (NICSE)

Add: Aiko Building, 1st Floor, Nagarjan Point, Dimapur Ph. No. 8794721842

Add: WeWe Complex, 1st Floor, P.R. Hill, Kohima Ph. 6009943721

Add: 2nd Floor, Opposite UT Building/ Opposite K.A.K., Razhou Point, Kohima
Ph. No. 6009943721

10. NORTH EAST COACHING INSTITUTE

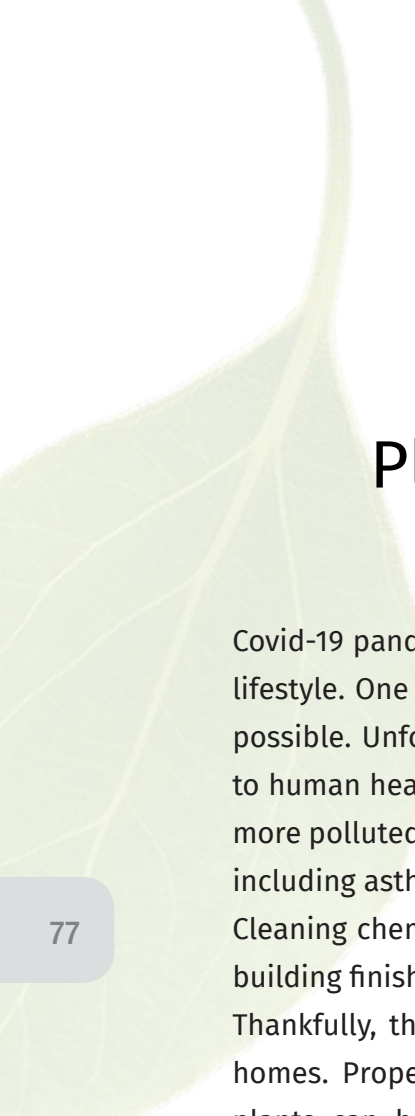
Add: Nepali Bosti, Yemki Memorial College Building, 4th Floor, dimapur
Ph. 9089684149

11. ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA UPSC/NPSC COACHING CENTRE

Add: Catholic Centre, East View, D Block, Kohima Ph. 9436820952/ 8794211795

Note: This is not an exhaustive list. The purpose is to give an idea to the readers that there are several coaching centres in Nagaland, offering a wide range of choice to students

Rejuba Pongen
Assistant Professor
Head, Department of Zoology



Air Purifier

Plants for your Home

~ Botany Department

Covid-19 pandemic has hit the world hard and has led to drastic change in lifestyle. One of the main changes is the need to stay indoors as much as possible. Unfortunately, indoor air quality ranks as one of the top threats to human health, according to the EPA. Indoor air is commonly 2 to 5 times more polluted (and sometimes worse), and is linked to a variety of ailments, including asthma, chemical hypersensitivity, and headaches to name a few. Cleaning chemicals, volatile organic compounds (VOCs) from furniture and building finishes, and particulates from cooking contribute to the problem. Thankfully, there are many strategies that can improve air quality in our homes. Proper ventilation, low VOC finishes, natural furniture, and even plants can help in purifying indoor air. During the 1980s, NASA began studying the use of indoor plants to clean the air in space stations, and this information has been made available to the public. In their research, they discovered that all plants help clean the air, but some are more effective in reducing specific contaminants, such as benzene, formaldehyde, and trichloroethylene.

Some common plants found to have been effective in purifying indoor air quality are:



ALOE VERA

This succulent plant is known to remove benzene and formaldehyde, both human carcinogens. It is well suited for the bedroom because, unlike most plants, it absorbs carbon dioxide and releases oxygen during the night. This plant thrives in a sunny house, but beware of overwatering it.



GERBERA DAISY

This colorful flower adds a splash of color to any home while removing benzene and formaldehyde from the air. It can be grown outdoors in the summer, then brought indoors for the cooler months, where it can bloom throughout winter. It likes a lot of light and is relatively difficult to grow indoors.



PEACE LILY

This lush plant removes numerous chemical vapours, including acetone, ammonia, benzene, formaldehyde, and xylene, and scores at the top of the list for removing some toxins. It also raises indoor humidity levels, a beneficial quality for dry climates. This easy houseplant is ideal for beginners or homes with little sunlight.





RUBBER PLANT

This attractive plant ranks near the top of the list for removing formaldehyde from the air. It can reach heights of 8 feet in ideal conditions. Rubber plants like bright indirect light and require regular watering. They also like a mist of water on their leaves during dry weather.

PHILODENDRON

Philodendrons come in a variety of sizes and colors, and their leaves can have many different shapes. These plants adapt easily to most homes with medium to bright, indirect light. Researchers say they remove indoor toxins like formaldehyde which may be present in carpets and cleaning products.



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WEeping FIG

This tropical tree clears formaldehyde, toluene, and xylene from the air. Weeping figs prefer partial sun to full sun and regular watering.

SNAKE PLANT

(Mother-in-law's tongue)

This pointy plant is useful for cleaning formaldehyde, smog, and trichloroethylene from the air. It adds oxygen and removes carbon dioxide from the air at night, making it another good plant for bedrooms. This low-light plant is good for beginners and can survive some neglect.



PICTORIAL TOUR OF SAO CHANG COLLEGE CAMPUS WELCOME

~ Hongen Thangte, BA. 2nd Semester



MAIN ENTRANCE



**ESTABLISHMENT & ADMINISTRATIVE
BLOCK**



ARTS BLOCK



SCIENCE BLOCK



COLLEGE CANTEEN



GIRLS' SOCHUM (HOSTEL)



BOYS' SOCHUM (HOSTEL)



POLY HOUSES UNDER RUSA PROJECT



A SOCHUM IN THE CAMPUS



SCC MULTIPURPOSE HALL



SAO CHANG COLLEGE CAMPUS



COLLEGE ANTHEM

In the land of the first son of Nagaland
In the land of rich hue and colours
Emanating the light of knowledge.
This is Sao Chang College
The first child of Tuensang
We will honour it and stand just for your cause.
Pressing on towards the goal
Higher, higher we will climb
We will dwell under your banner of
"Deeds not words"
May God bless our Sao Chang College.



SAO CHANG COLLEGE

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