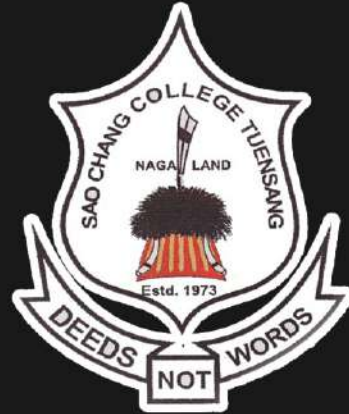




BLAZE

Sao Chang College
Annual Magazine , 2021-2022

COLLEGE ANTHEM

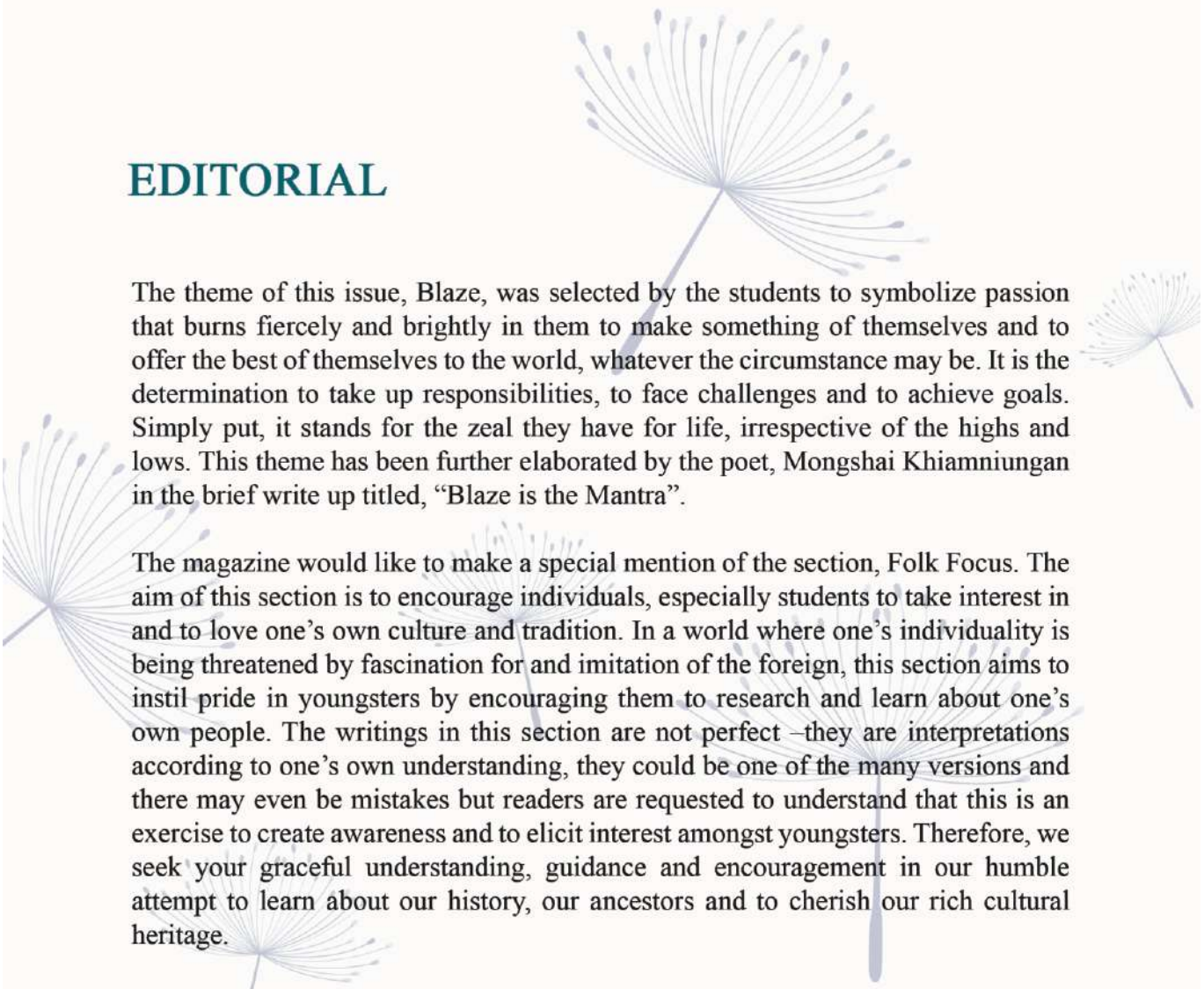
In the land of the first son of Nagaland
In the land of rich hue and colours
Emanating the light of knowledge.
This is Sao Chang College
The first child of Tuensang
We will honour it and stand just for your cause.
Pressing on towards the goal
Higher, higher we will climb
We will dwell under your banner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

Composed by :-
Shri. Alempokba
Former Principal, SCC

Music by :-
Shri. Chuba Imsong
Former Asst. Professor, SCC

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The page features a light beige background with several faint, stylized dandelion seed heads. One large seed head is positioned in the upper right quadrant, with its stem extending downwards. Another smaller seed head is on the left side, and a third is on the right side, partially obscured by the text. The word "EDITORIAL" is written in a bold, teal, serif font.

EDITORIAL

The theme of this issue, Blaze, was selected by the students to symbolize passion that burns fiercely and brightly in them to make something of themselves and to offer the best of themselves to the world, whatever the circumstance may be. It is the determination to take up responsibilities, to face challenges and to achieve goals. Simply put, it stands for the zeal they have for life, irrespective of the highs and lows. This theme has been further elaborated by the poet, Mongshai Khamniungan in the brief write up titled, "Blaze is the Mantra".

The magazine would like to make a special mention of the section, Folk Focus. The aim of this section is to encourage individuals, especially students to take interest in and to love one's own culture and tradition. In a world where one's individuality is being threatened by fascination for and imitation of the foreign, this section aims to instil pride in youngsters by encouraging them to research and learn about one's own people. The writings in this section are not perfect –they are interpretations according to one's own understanding, they could be one of the many versions and there may even be mistakes but readers are requested to understand that this is an exercise to create awareness and to elicit interest amongst youngsters. Therefore, we seek your graceful understanding, guidance and encouragement in our humble attempt to learn about our history, our ancestors and to cherish our rich cultural heritage.

Last but not the least, this publication saw the active contribution of not just the Literary Secretary but the entire team of Sao Chang College Students' Union (SCCSU) which was a heartening sight. We would also like to express our gratitude to Mr. Hongen Thangte of B.A. 4th Sem, an excellent photographer, who has been rendering his valuable service to the college, especially the magazine team every year.

BLAZE IS THE MANTRA

Mongshai Khamniungan

(Mongshai Khamniungan is a poet. Her publications include, "Book of Emotions", "Book of Emotions: Expressions" and "Book of Emotions: Unstained" as well as contributions in several anthologies.)

No magic happens without the will of the magician.

Should we not blaze? Blaze with the heart to give and receive, blaze with kindness and humility, the zeal to learn and teach?

When the mind is in doubt, set it on fire. Proclaim and believe that knowledge can never be burnt nor unburnt.

There is no guarantee to satisfaction in this world but there is a guarantee to peace if we do the things that can impact people around you positively. Young people today have a great deal to offer the world. Simple ethics can inspire the society to be better: do not judge, do not pull people down, stand up for what is right, protect the weak and have a burning heart to encompass wisdom and knowledge altogether. That fire can be your voice, it can be your intellect, your talent, your contribution in doing is just and fair. Needless to acknowledge how beautifully everyone has a fire within them, each in different hues and colours, styles and ways, and warmth.

In the words of Oprah Winfrey, "Know what sparks the light in you. Then use that light to illuminate the world."

Do not ever look for rivals elsewhere. The only one who can diminish your spark is the person you see when you look in the mirror. Let that image be an image that is ablaze with all the fine aspects of human mind, soul and heart because in the end when everything else is gone and long passed by, it will be that fire within you that will spark up someone else's world, and that would mean you lived well enough to be loved by the heavens.

When people set their passion and dreams for a goal ablaze, they never die, they live on forever. That's exactly what Phoenix did.

On that note, "Please Blaze"!

You have the right to work, but never to the fruit of the work you should never engage in action for the sake of reward, nor should you long for inaction.

-Geeta-



GOVERNMENT OF NAGALAND
OFFICE OF THE PRINCIPAL SAO CHANG COLLEGE
TUENSANG, NAGALAND

MESSAGE



It gives me immense pleasure to note that the College is bringing out its annual magazine.

Today education means much more than merely acquiring knowledge. More than anything else, students need to be well equipped with the skills, mindsets and qualities that best enable them to strive for success in the world of the future. Learning is a continuous process from the minute we are born until we die. As long as our ideas are expressed and thoughts kindled we can be sure of learning, as everything begins with an idea. The college magazine is thus a platform for our students to sharpen their ideas, abilities, dreams and aspirations for creative writing. Consequently, it becomes a medium whereby we focus on discovering, developing and drawing out the hidden talents and the magic lying inside all of our student community.

I feel honoured, privileged and fortunate to be part of an educational institution where we have dedicated and caring faculty, staff, parents and students. Each day here in this institution is an adventure filled with new experiences and a chance to constantly widen our horizon. Cradled in the lap of nature, I can proudly say that Sao Chang College has excelled in every initiative that we undertook and have stood together in facing the challenges in realizing quality education. I strongly hope that our present students and those who will join us later shall take the college to greater heights.

I am very happy with the progress the college has made over the years as the college has also recently been accredited by NAAC. It is also heartening to share that by the time we step into our new academic calendar next year, we shall also be celebrating our Golden Jubilee. It is my earnest prayer that God shall keep all of us safe and sound so that we would welcome our momentous occasion positively.

I would like to congratulate the college magazine committee for painstakingly bringing out the college annual magazine. I also thank the students whose papers are published in this issue and simultaneously encourage all the students to contribute their articles for the successive issues of the College Annual Magazine.

Mr. Longtichang Tzudir
Principal In-charge
Sao Chang College



OFFICE OF THE
SAO CHANG COLLEGE STUDENTS' UNION
TUENSANG, NAGALAND

MESSAGE

I am pleased to learn that Sao Chang College is publishing the College Magazine for the year 2021-2022.

The college is dedicated to the overall development of its students. Beside the academic development, other aspects such as communication skills, leadership quality, self-discipline are being focused upon. It is a matter of immense pleasure that the students of Sao Chang College are attaining excellence in all the fields of academic, cultural, sports, and other activities. The ambience of the college is just right for the teaching and learning process to be effective and rewarding. Our college is growing at a fast pace because we have a strong alumni body which is continually supporting the students. The well placed alumni of our college are liberally allocating time and their expertise for this yeomen service.

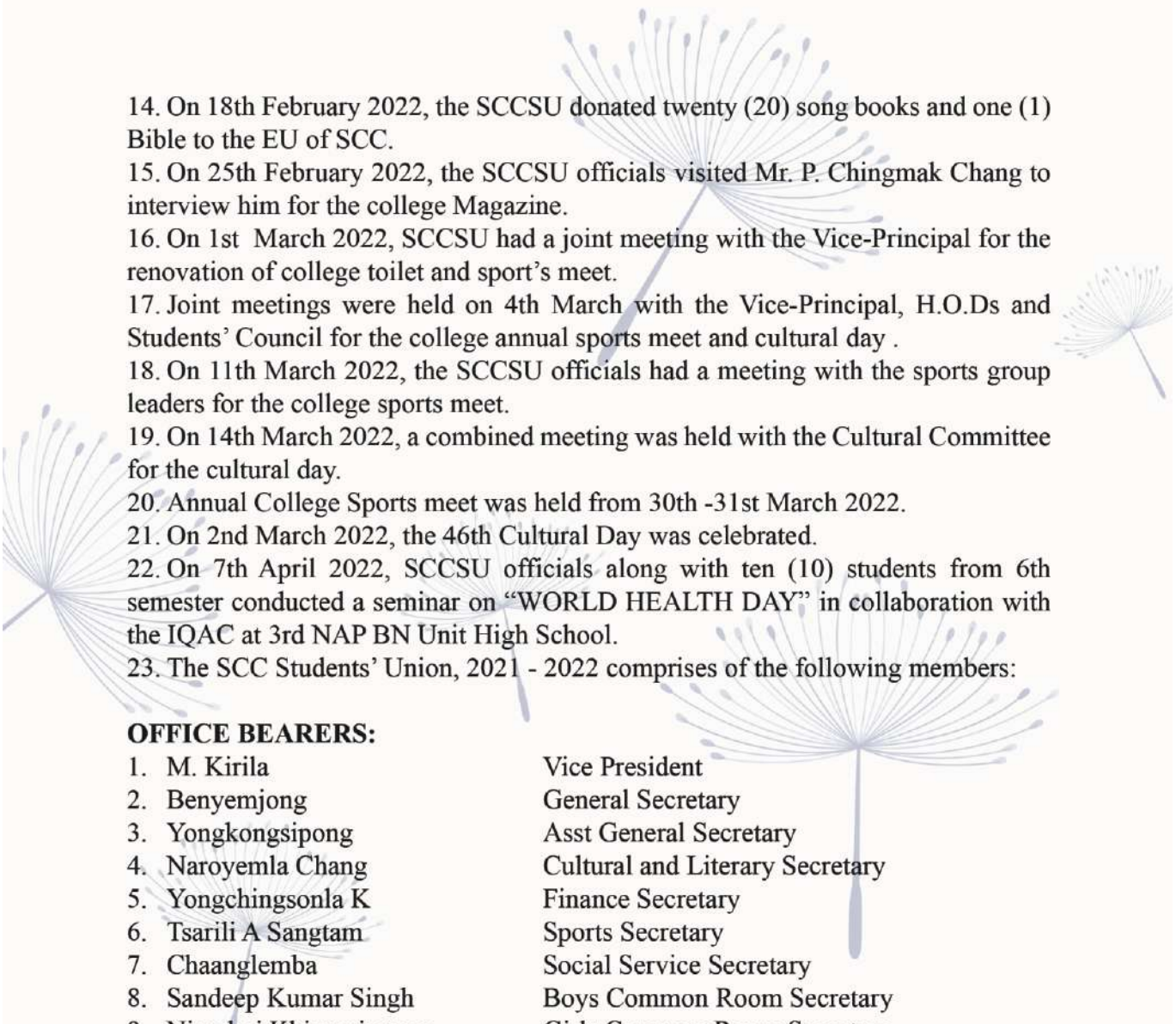
On behalf of Sao Chang College, I welcome all the students to come and join this journey full of life changing experiences. Looking forward for this magazine to be successful and inspiring to all.

Benyemjong
General Secretary
SCCSU

GENERAL SECRETARY REPORT

Activities Conducted

1. On 8th October 2021, 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 Conference Hall.
2. On 11th October 2021, the handing and taking over programme was conducted.
3. On 22nd October 2021, Sao Chang College had a chain of prayer and on the same day the Students' Council had a meeting with Internal Quality Assurance Cell (IQAC) for the Code of conduct for students as well as Ministerial staff.
4. A meeting with the Vice-Principal was held on 25th October on account of the General Meeting.
5. On 27th October 2021, the SCCSU held its General Session where the Rules and Regulations for the year 2021-2022 were formulated.
6. On 30th October 2021, Sao Chang College took part in the campaign on Drug Abuse on the theme "LET'S DEVELOP OUR LIVE AND OUR IDENTITIES WITHOUT DRUG" organized by the CSUTT. A total of 547 students from the college attended the campaign.
7. On 2nd November 2021, The SCCSU officials had a meeting on account of Petition for the Impeachment of the Incumbent President (ENCSU).
8. A meeting was held on 8th November 2021 on account of the 49th Fresher's Meet.
9. On 11th November 2021, the SCCSU official had combine meeting with Literary & Magazine committee on account of the college Magazine.
10. On 14th November 2021, the SCCSU in collaboration with the IQAC visited Kohdi Children's Home to celebrate Children's Day.
11. Social work was conducted around the College Boundary on 27th November 2021 with all the BA 4th Semester Boys along with the College Drivers' Union.
12. On 29th November 2021, the SCCSU officials, Chongpho Khel, ENCSU, CCSU, Tuensang Village GB, S.D.O Civil of Tuensang District and Vice-Principal conducted the college land survey.
13. On 16th November 2021, Sao Chang College celebrated 49th Fresher's Meet with grand success.

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14. On 18th February 2022, the SCCSU donated twenty (20) song books and one (1) Bible to the EU of SCC.
 15. On 25th February 2022, the SCCSU officials visited Mr. P. Chingmak Chang to interview him for the college Magazine.
 16. On 1st March 2022, SCCSU had a joint meeting with the Vice-Principal for the renovation of college toilet and sport's meet.
 17. Joint meetings were held on 4th March with the Vice-Principal, H.O.Ds and Students' Council for the college annual sports meet and cultural day .
 18. On 11th March 2022, the SCCSU officials had a meeting with the sports group leaders for the college sports meet.
 19. On 14th March 2022, a combined meeting was held with the Cultural Committee for the cultural day.
 20. Annual College Sports meet was held from 30th -31st March 2022.
 21. On 2nd March 2022, the 46th Cultural Day was celebrated.
 22. On 7th April 2022, SCCSU officials along with ten (10) students from 6th semester conducted a seminar on "WORLD HEALTH DAY" in collaboration with the IQAC at 3rd NAP BN Unit High School.
 23. The SCC Students' Union, 2021 - 2022 comprises of the following members:

OFFICE BEARERS:

- | | |
|------------------------|---------------------------------|
| 1. M. Kirila | Vice President |
| 2. Benyemjong | General Secretary |
| 3. Yongkongsipong | Asst General Secretary |
| 4. Naroyemla Chang | Cultural and Literary Secretary |
| 5. Yongchingsonla K | Finance Secretary |
| 6. Tsarili A Sangtam | Sports Secretary |
| 7. Chaanglemba | Social Service Secretary |
| 8. Sandeep Kumar Singh | Boys Common Room Secretary |
| 9. Niamkoi Khamniungan | Girls Common Room Secretary |

EXECUTIVE MEMBERS

1. Bashangyemkong
2. Mongsenlepla

CULTURAL DAY REPORT

Sao Chang College celebrated the 46th Cultural Day on the 2nd of April 2022 at the College Multipurpose Hall. The theme of the Cultural Day celebration was “Share Our Similarities, Celebrate Our Differences” by M. Scott Peck. The events of the cultural day included ethnic fashion show, folk dance, traditional fire making, thread spinning and indigenous games such as cock fights, top spinning and sea of hearts. In her welcome note, Dr. Iris Odyuo, Assoc. Prof. said that every culture, every human being is different but there is something unique and valuable in every culture and in everyone. Our differences should not lead us to conflicts and animosities. We must learn to find beauty in the diverse languages people speak, different religion, beliefs and customs people practice and even the cuisines and festivals of all race and ethnicity. If everyone were the same, the world would be boring and dull. Let us then, together weave a world of peace by sharing our similarities and celebrating our differences.

SPORTS SECRETARY REPORT

The Sports Committee, along with the Sao Chang College Students’ Union with the active support of Principal-in-charge and the staff, hosted the annual Sports Meet at the Tuensang parade ground on 30th and 31st March 2022. It was organized with the aim to provide opportunities for the students to explore their potential, talents and to engage in a healthy spirit of competition. The students were divided into four groups namely, the Yellow Warriors, the Apok Warriors, the Star Warriors and the Staff Warriors which represent the four college buses held dearly by all the students.

Day one commenced with the opening ceremony in which, the Chief Guest, Shri I. Bunglang Chang Dy. SP (R) Tuensang, delivered a brief speech. He emphasized on the importance of sports as a career option and explained the value of team spirit. It was followed by oath taking ceremony and kick-off by the Chief Guest.

Football, volleyball, Badminton, 200 and 400 meters relay race, shot put, high jump, and marathon race were played.

Preliminary matches were played by all the four groups on day one.

On the second day, final matches of football, volleyball and badminton were played.

Final event was an exhibition match between Sao Chang College Students’ Union and NCC cadets.

Food stalls were set up by students of different departments and by EU of SCC.

More than 40 NCC cadets assisted in managing activities in the ground.

The Sports Meet came to a successful conclusion with a closing ceremony, in which Dr. Kenilo Kath, Convenor of the Sports Committee delivered a speech followed by a mass prayer of thanksgiving.



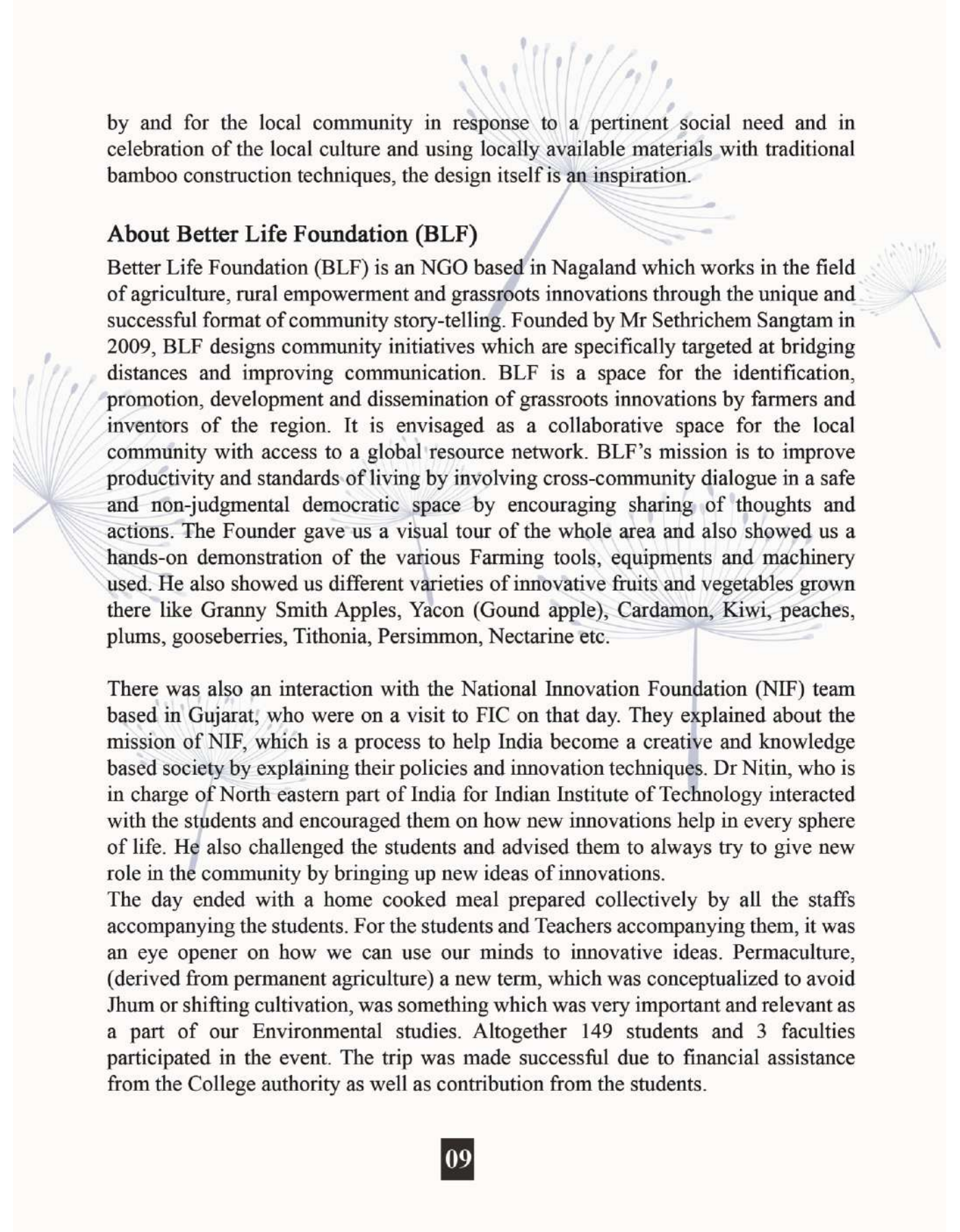
ENVIRONMENTAL STUDIES FIELD TRIP TO FARMERS INNOVATION CENTRE (FIC), ANGANGBA VILLAGE

Faculty In-charge

All the 6th Semester students (Both Science and Arts) of Sao Chang College went for a one-day field trip as a part of Internal Assessment carrying 20 marks for Environmental Studies on 5th March 2022 to Farmers Innovation Centre (FIC), Angangba Village which is about 30 km from Tuensang town. It is located in Longkhim area, Tuensang District, Nagaland and supported by NABARD and implemented by the Better Life Foundation (BLF) since August 2019. The Founder of FIC is Mr Sethrichem Sangtam. It inspires the confidence and trust of local indigenous problem solvers and offers them an unprejudiced platform to engage in conversation. It also offers the community a utility that would extend beyond its mandate. Since its inception, the activities at FIC have inspired widespread local transformation resulting in increased productivity from farmers which led to the construction of a rural marketplace funded by NABARD for the sale of BLF products in the local and regional market.

Everything about FIC, right from the design of the building, which is an abstraction of the traditional Naga Morung to the sheer diversity of activities proposed within a handful of fluid spaces contribute to the innovative ideas of the founder towards realizing his mission. One of the key highlights of the centre is the Innovations Gallery. Here a number of locally sourced technological innovations are displayed. The aim of the space is to open the visitors' minds to the possibility of simple yet indigenous ways of simplifying complex tasks, improving speed and efficiency of work and ultimately improving productivity.

The Centre caters to the ever-growing BLF community which comprises of over 700 farmers and their families offering a diverse mix of spaces which hosts exhibitions, demonstrations, lectures, workshops, council meetings and social celebrations. Built



by and for the local community in response to a pertinent social need and in celebration of the local culture and using locally available materials with traditional bamboo construction techniques, the design itself is an inspiration.

About Better Life Foundation (BLF)

Better Life Foundation (BLF) is an NGO based in Nagaland which works in the field of agriculture, rural empowerment and grassroots innovations through the unique and successful format of community story-telling. Founded by Mr Sethrichem Sangtam in 2009, BLF designs community initiatives which are specifically targeted at bridging distances and improving communication. BLF is a space for the identification, promotion, development and dissemination of grassroots innovations by farmers and inventors of the region. It is envisaged as a collaborative space for the local community with access to a global resource network. BLF's mission is to improve productivity and standards of living by involving cross-community dialogue in a safe and non-judgmental democratic space by encouraging sharing of thoughts and actions. The Founder gave us a visual tour of the whole area and also showed us a hands-on demonstration of the various Farming tools, equipments and machinery used. He also showed us different varieties of innovative fruits and vegetables grown there like Granny Smith Apples, Yacon (Gound apple), Cardamon, Kiwi, peaches, plums, gooseberries, Tithonia, Persimmon, Nectarine etc.

There was also an interaction with the National Innovation Foundation (NIF) team based in Gujarat, who were on a visit to FIC on that day. They explained about the mission of NIF, which is a process to help India become a creative and knowledge based society by explaining their policies and innovation techniques. Dr Nitin, who is in charge of North eastern part of India for Indian Institute of Technology interacted with the students and encouraged them on how new innovations help in every sphere of life. He also challenged the students and advised them to always try to give new role in the community by bringing up new ideas of innovations.

The day ended with a home cooked meal prepared collectively by all the staffs accompanying the students. For the students and Teachers accompanying them, it was an eye opener on how we can use our minds to innovative ideas. Permaculture, (derived from permanent agriculture) a new term, which was conceptualized to avoid Jhum or shifting cultivation, was something which was very important and relevant as a part of our Environmental studies. Altogether 149 students and 3 faculties participated in the event. The trip was made successful due to financial assistance from the College authority as well as contribution from the students.

Q&A

with P. CHINGMAK CHANG



P. Chingmak Chang is an entrepreneur. After studying and working outside the state for about 15 years, he returned to Tuensang to start his first business venture. He is now Proprietor of Breadbasket-Bakery & Stores which has three retail outlets, and Tuensang General. He currently serves as Tuensang District Convenor for Business Association of Nagas (BAN), President of the Local Entrepreneurs Association Tuensang (LEAT) and Finance Secretary of Tuensang Chamber of Commerce and Industry (TCCI).

1. How would you describe yourself?

**I am a simple hardworking person who loves life, family, society and whose dream is to make this place a better place to live.*

2. Was becoming a businessman your plan “A” or is there an interesting story behind it that you would like to share with us.

**Starting a business venture was my ultimate plan. I envied the freedom business offers to a person in decision making, planning and executing. My dream has always been to give back or contribute to our society, bring about a small change and a small movement and I was quite convinced that I would be able to achieve these goals through business ventures. God has been gracious and faithful and has helped me achieve this dream. I am running a mechanised bakery unit under the name “BreadBasket” with 3 retail outlets. We are also into distribution/wholesale business under “Tuensang General” and we are the authorised distributor for Amul, Hindustan Coca-cola pvt ltd, Kellogg’s International, Redbull, Delmonte, Cremica and Cadbury for the district of Tuensang.*

3. What kind of challenges did you have to overcome at the beginning of the journey?

*The biggest challenge I had to overcome while starting my business was trying to convince my parents and family about my unconventional choice of my career. I did most of my studies outside our state and returned to Tuensang after about 15 years to start my business. So setting up a start-up venture in an almost new place brought about its own set of challenges in terms of logistics, finding a good location for our stores, etc.

4. As capital investment is required to start any business venture, did you approach any government agencies?

*No, I did not approach any government agencies or banks to start my business. After completing my studies, I was working in an American firm called Accenture Global Services as a HR Manager in Bangalore. I invested every little savings and also borrowings from family and friends to fund my first business venture-Breadbasket, bakery & stores.

5. Are there any government agencies or schemes in particular that you would like to recommend for a start up business?

*Unfortunately, we do not have many credit agencies/facilities to fund our business ventures in our town and state and there are not many government agencies and schemes to support business enterprises. However, genuine individuals with proper business plan can consider PMEGP scheme (Prime Minister Employment generation program). They can also look up to Ministry of Small and Medium Enterprise (MSME) website for more information on the schemes, norms and procedures concerning small and medium enterprises/businesses in India.

7. Do you have a message for the Naga parents or society who are still apprehensive about or not open to business ventures?

*Every year, thousands of Nagas are graduating in different fields however a job opportunity in the government sector is shrinking every year. Nagaland has one of the highest rate of educated unemployed population in India which is very alarming for our state. In India, private sector contributes 30% of the GDP and provides employment to about 70% of the total population.

A state's economy cannot grow without private sectors and to grow our state's economy, we must transition from being "buyers to sellers". I would like to encourage Naga parents and students alike to consider private sector or private enterprise as an emerging career options and perhaps this could be our only solution to the grave dangers of unemployment in our state.

8. Taxation by multiple groups is one of the challenges faced by businesses in Nagaland. How do you deal with it and what is your opinion about this state of affairs?

*Every business has its own set of problems and unfortunately taxation by multiple groups has been one of the key concerns of a Naga entrepreneur. We are all yearning and looking forward for a meaningful and peaceful settlement with the government of India to our long pending Naga political solution and therefore I am hopeful that in time these issues will be solved.

9. What advice would you give to someone especially to youth who wants to become an entrepreneur?

*Today we are privileged to be living in India, which is one of the fastest growing economy in the world and private sectors are fuelling this growth. India is the second largest start-up nation in the world. Indian Start-ups like Swiggy, OYO, BYJU's, paytm, Zomato, Udaan, Pine Labs, Freshworks, Policybazaar, Grey Orange, Cure Fit to name few all started operations in the past few years and are some of the highest funded start-ups in the world. We have seen that most of the food that we consume, the services that we enjoy and cannot live without like electronic gadgets, cars and perhaps our existence depends on some businessmen or entrepreneurs who runs these business to provide the much needed services. Our district and state is grossly underdeveloped and therefore lack most of these services. There is a huge opportunity for local entrepreneurs to run successful businesses and enterprises and provide these much needed services in our town and state. The central government is also focusing on empowering and enhancing the private sectors and we have seen policies like Made in India, Start-up India, Skill India, Digital India etc to assist private business and enterprises. With employment opportunities drying up in the government sector, we must consider private sector as a key sector and play a key role in providing employment opportunities, creating livelihoods and improving the economy of our state.

10. What are some of the most important basic everyday habit an entrepreneur/ businessman must practice?

*Some of the traits of every successful entrepreneur are rising early, good communication and interpersonal skills, negotiation skills, financial management skills and of course, hard work. Entrepreneurs will also be required to take lots of risks over the course of their career.

11. What is your business mantra? Who is your idol and is there a businessman or women you are inspired by?

*My business mantra is to provide the best service possible. Sales may go up and down but our service stays forever. Some of the businessmen I am inspired by are Ratan Tata, Warren Buffet, R.K Damani, founder of DMart, Kishore Biyani of Future Group, Mukesh Ambani of Reliance, Sam Walton founder of Walmart, Anand Mahindra of Mahindra & Mahindra, Peyush Bansal of Lenskart.

12. Are you active in social media? If so, who are the businessmen or women you are currently following?

*I am not very active in social media as I feel it takes quite a lot of my productive time.

“Everyone shall taste deaths. And only on the day of resurrection shall you be paid your wages in full. And whatever is removed away from the fire and admitted to paradise is indeed successful. The life of this world is only the enjoyment of deception.

-Quran (Surah Imran Ayat 185)

NOTE FROM MR.FRESHER 2021

Mejenpong

Today we are living in a civilization endowed with internationalization and globalization of education. The world has become a global village with quality education molded and refined in knowledge of truth, beauty and usefulness. We as a student can avail the opportunity to serve anywhere in the world. The education we gain now has value for all things, having the assurance for both the present and the life to come. As students of Sao Chang College, we get education which is not cheap but beautiful, knowledgeable and precious and it demands a great deal of discipline, diligence and dedication. And the positive result can be achieved only by those students who pay the cost- those who take their class attendance, tests, and examinations seriously and faithfully, and pursue them with perseverance.

May God grant all of us, staff and students, the wisdom, zeal and greater sense of accountability needed for the growth of our college to greater heights with distinctiveness of quality education.

NOTE FROM MISS FRESHER 2021

Kerela. D

Once a great man said, "Feeling gratitude and not expressing it is like wrapping a present and not giving it".

Today, I take this opportunity to put all my gratitude in the form of words. I would like to extend my warm gratitude to all for giving me this beautiful opportunity and I thank all the seniors for the enthusiastic and overwhelming welcome. Like sheep, we nervously stepped into this college on the first day with feelings of uncertainty of what lies ahead. But within a short span of time in this institution, we feel like this is our home away from home. This has been made possible because of the kind gesture, the friendly attitude and the advice of our faculty and seniors. I have no words to express except to say a very big thank you to you all. They always say that college is your bridge to life and I have found that to be entirely true. Do not forget you're building your future right now. The focus on your study and the grades you get are going to pave the way for the next steps in your life.

WHY IS FEMINISM SO MIS-UNDERSTOOD IN THE MODERN WORLD?

Dr. Shokip Tumtin
Assistant Professor
Department of Chemistry

In today's time and age, when one hears the word 'Feminism', it is almost exclusively associated as a movement targeting men. A 'men-hating' movement. Wikipedia defines feminism as a socio-political movement that aims for the equality of the sexes so the pre-conceived notion that it is a movement targeting men already appears to be moot, considering the very definition of the word. How, then, did this term began to be associated with something so perverse and un-true? We need to trace back the beginnings of the movement, dissect it to understand the very essence of it and how it has impacted the world that we know now.

In 1837, French philosopher and Utopian socialist coined the word *feminisme*, to mean advocacy of women's rights. According to acclaimed scholars, Maggie Humm (Professor of Cultural studies in the School of Humanities and Social Science at the University of East London) and Rebecca Walker (American writer, feminist and activist), feminism can be divided into three waves. Right now, we are in the third wave which started from the early 1900s.

What exactly is feminism and why do we need it now more than ever? Bell Hooks, in her critically acclaimed book 'Feminism is for everybody', says that "Simply put, feminism is a movement to end sexism, sexist exploitation and oppression." To understand the essence of feminism, one need not dive deep into it. From what we understand of sexism, it is the prejudice and discrimination, typically against women, on the basis of their sex. Historically, the main aim of feminism has always been to eliminate these sexist forces for the emancipation of women.

Women have always been viewed and perceived as the weaker sex. The Biblical standards do not exactly uphold women to be as great either. Sure, Virgin Mary was the vessel that God chose to bring his son onto this earth but time and again, Eve has always been criticised as the one reason behind the downfall of mankind. When you look at the various cultural and historical implications that the mere existence of women has had, one would realize that the very existence of a woman who does not hesitate to voice out her opinions, has always been perceived as to be threatening.

Feminism does not seek to dismantle the existence of man; it only seeks to create an equal platform for both the sexes. A levelled platform where anyone can join in without any bias seems more like an utopian concept, but the main goal of feminism is not utopia. It only seeks to provide equal opportunity for any man, woman or child. But the reason why there's a more important need to emancipate women first is because, women have always been perceived as the weaker sex and as a result of which, the opportunities that could have been bestowed upon a woman are not. By the virtue of being perceived as being weaker, it is automatically assumed that a woman does not deserve the same opportunities as a man.

Yes, the biological makeup of a man and a woman are different but that should have nothing to do with what someone wants to pursue or achieve. Most people do understand what sexism is, many of us have witnessed it right in front of our eyes. But what do we do? We choose to ignore it. Sometimes it is something as small as not letting your sister wear a certain dress or only expecting your wife to take care of your child, but sexism is deeply rooted in our brain, to an extent that everyone including women have internalized it. Feminism is committed to gender equality and for gender equality to happen, women need to be emancipated first.

Critics of feminism often debate about how closely knit feminism and egalitarianism is, but any feminist or any learned scholar would immediately disagree. Egalitarianism advocates for the social equality of all people irrespective of gender, sex, race, class etc. and that since all humans are fundamentally and morally equal, everyone deserves equal rights.

Egalitarianism, however, is a school of thought. An idea. Feminism, on the other hand, is a social and political movement. The sole purpose of feminism is to exist as a socio-political movement. Egalitarianism is just an idea that talks about having an equal society and feminism is the socio-political movement pushing that idea.

A man being a feminist is as important as a woman being one. A feminist is not born, they are made. Sexism does not only affect women; it affects men too. For feminism to be executed as a successful socio-political movement, it needs men as allies too.

Why, then, does mass media portray feminism as an anti-men movement? Bell Hooks explains it further, “Had there been an emphasis on groups for males that taught boys and men about what sexism is and how it can be transformed, it would have been impossible for mass media to portray the movement as anti-male.”

If we do not make a conscious effort to educate our children and everyone around us about how negatively impactful sexism is, then feminism is always going to be undermined by popular media. It is always going to be perceived as a movement that targets only men when, in fact, it only seeks to provide means for equal opportunities for everyone.

It is especially important for parents to call out their children’s sexist behaviour. If your son is belittling his sister and telling her she cannot play football with him, it becomes the parents’ responsibility to educate their sons and tell them that any child, irrespective of whether they are a boy or not, can do anything. This will, in turn, create a safe space for your children to grow up in. If your son grows up thinking that he is as equal as his sister, then he will go on to treat every man and woman equally. If your daughter grows up thinking she can achieve the same goals as her brother, then she will grow on to become a strong and independent individual with no limits. I have two sons (aged 3 and 5) who are still very young to differentiate between what a girl or boy should do or play but as much as I buy trucks and JCB toys for them, I buy cooking-set toys too, which they really enjoy playing.

Education begins at home. Feminism, too, begins at home. It is something as simple as wanting your son and daughter to have the same opportunities. If we can strive to create something like this at home, then why not extend it further?

By the virtue of being alive and existing in this world, our existence is political. And a movement that only strives to ensure equal opportunities for everyone should not be viewed so negatively.

To be happy always is something which is difficult to achieve. That is to say happiness and sorrow alternate in one’s life and these cannot be uninterrupted by happiness alone.

-Ramayana-

CONSCIOUS PATH TO SUCCESS

K. Vidila Jing
Assistant Professor
Department of Zoology

“Circumstances-what are circumstances? I make circumstances.”

-Napoleon Bonaparte

We usually envision success in terms of years; we imagine ourselves after 5 years or 10 years, what will we become? Where will we be? Often such dreams become our wishful thinking. We spend an enormous amount of precious time indulging in our fairy tales divorced from reality. Time goes by, days and years pass, and we find ourselves in the same place with no evidence of progress and we realize success is far from reaching. At that very moment, self-pity and excuses creep in, we tend to blame our circumstances and question our own definition of identity determined by our ethnicity/circumstances. But we are much more capable than the circumstances surrounding us, as the famous saying goes “losers always has an excuse, winners always find a way”.

In the book “The 24-Hour turn-Around”, the authors emphasize on measuring success in terms of minutes, not in terms of hours or years. We never consider success in terms of minute, oblivious to the fact that the decision we make every second will impact our future. Therefore, the deliberate and conscious effort we need to put every minute to overcome the cycle of procrastination and our lackadaisical nature is indispensable requisite in the road to greater success. Our effort maybe just to wake up early in the morning or trying to do the laundry or assignment on time. But being faithful in the seemingly little thing accounts to exceedingly higher cause, as one small action can lead to a chain of reaction which ultimately adds up to a much greater outcome. Our struggles are mostly “knowing versus Doing” and “Instant gratification/pleasure versus Working towards a goal”. Conscious discipline is what we need to win such conflict within ourselves because as ironic as the statement goes, “Discipline is the precursor of freedom” in the words of Jordan Peterson, freedom indeed ensues from self-discipline.

At the end of the day, the journey to reach a goal is more important than the goal itself. Why weary ourselves waiting to experience some ecstasy at the end when we can savour the immense pleasure of every minute of success of our conscious effort to the path of success.

DISCOVERY OF CHILLI - A SANGTAM (HURONG) NAGA FOLKTALE

Akyuba Sangtam
Assistant Professor
Department of English

Hurong village under the Eastern Sangtam jurisdiction is considered as an ancient village. It is from Hurong village that many villages had branched out forming the larger conglomeration of the Eastern Sangtam areas that we now know today. The following is a tale about two close friends and how they accidentally came upon a chilli plant while hunting in the deep forest and thus discovering the usefulness of this pungent flavouring spice.

Dongki and Ethsing were close friends. Most of the time they were lazy and would prefer to be in the jungle hunting rather than work in the farm under the hot sun. Indolent as they were in the fields, the two friends were expert hunters and were considered the strongest and smartest hunters in the village. The two friends had always been partners while hunting and would therefore only hunt together. It is said that at times they would chase their prey for hours together till they would successfully bring back home their triumphant trophy. Hunting was considered a manly pursuit and therefore their wives did not mind them being lazy in farm work and moreover they brought meat home which was quite rare back then. It once happened that they decided to go hunting in the farthest regions of the village forests beyond the mountains. As they ventured deep in the forest they spotted an elegant deer with beautiful, strong antlers and directed all their attention on this splendid beast. The two friends began chasing the deer but the animal was swift as the wind and made their task more difficult. In their enthusiasm to kill the deer, time had passed quickly and soon enough it turned quite dark. They had already lost the deer and was nowhere in sight. That particular hunt unfortunately turned out to an unsuccessful one. They knew that it would not be possible for them to return back to the village and therefore they decided to sleep in the forest that night. In their search for a place to rest, they chanced upon a clear spot and began to lay back on the soft grass and soon they were sleeping out of sheer dejection and fatigue. Early the next morning as they woke up they were pleasantly greeted by a beautiful view of a low-lying valley with little streams flowing all around. As the two friends started loitering about the valley they happened to spot a small plant with shiny red fruits which looked quite enticing and luscious. The morning rays of the sun shone on the gorgeous fruit and looked quite tempting.

Never in their life had they seen such lovely, long and tender fruits swaying away playfully as the wind blew softly. Their stomachs growled - after all they had not eaten anything from the moment they started chasing the elusive deer and were therefore feeling hungry and desperate.

“Look at those fruits, don’t they look lovely”, exclaimed one friend to the other.

“They do look good and tasty”, answered the other.

Eventually one of them muscled up all his courage and decided that he would give it a try and began munching on the juicy fruit. Immediately as he began to chew upon the fruit he started to feel the pinch but pretended as if it was tasty. Trying his best to hide the burning pain he said, “This is the sweetest thing I have ever tasted”, and added, “You would be missing out if you do not give it a bite”. Unwittingly, and out of sheer hunger, the other friend also took a mouthful and soon both of them began to groan and prance around as the chilli began to take its effect. Surprisingly, after sometime as the fieriness of the chilli subsided, they felt nice and thought to themselves that it could make a good dinner back home. They had already abandoned the hunt and instead they took the strange fruit home. Soon enough, as they reached the village they added the strange fruit in the dry meat that they had roasted earlier and to their surprise found that it had made the curry more tastier.

Eventually they had discovered that the strange fruit had made their dish tastier and that is how folks say, that chilli was discovered by the two hunters who had by chance come upon it while on their hunt a long time ago on that fateful day.



**Sao Chang College Students of Sangtam
Tribe on the occasion of College Cultural Day, 2nd April 2022.**

Photo Courtesy: HongenThangte, B.A. 4th Semester

FOLK FOCUS -----

**Sao Chang College Students Displaying Traditional Games and Sports on the Occasion Of 46th Cultural Day,
2nd April 2022**

Photo Courtesy: Hongen Thangte, B.A. 4th Semester



Yarn Spinning



Traditional Bamboo Cutting Competition



Cock-Fight



Top Spinning Game



Fire Making



Sea-heart Tossing Game

POETRY

CRUEL WORLD

The days were warm and dark
Momma's womb was my safest ark
Neither could I hear those evil tongues
Nor see the cruel world,
Inner smiles and peace,
Momma's love and dad's uncountable kisses on me,
Transforming myself with time so that one day
I could see how this world would be
But alas, I know the world outside is so cruel!
Everything's on fire, charged up with raw fuel.
Since the day I opened my eyes and ears
Those harsh words based on skin and race
Spat right on my innocent face.
Filled me up with bloody tears
Even had the courage to rip off my own skin
Sometimes with blades and sometimes with my nails
Their ugly words made me feel like a useless bin
Dropped in this world full of sin
Cause I wasn't white or beautiful like Jenny or Kim,
They judged me based on my looks
Sad they made me feel like a cuckoo's chick
Stating right to my face that I don't belong to this place.
They crushed me under their feet like a useless pearl
Momma take me back to your womb.
Cause I'm sick of this cruel world.

Chamilemla
BA 4rd Semester
English Department

Life's Not Fair!

An unborn was born,
Some find it so warm.
For others, it's a tough dive.
Every single moment they dove.
So not to drown underneath?
That is all cruel wrath.

Fate doesn't know what's good,
It's a blind cold master of livelihood.
How harsh it plays its role!
Nothing escapes until you roll.
Bowing before you in fear.
The innocent cries, "Life's not Fair".

Tsujang K
BA 6th Semester
English Department

Good Old Days

'Childhood,' you are remembered.
Precious time I had with you
Timid were we, yet carefree with you:
Without the essence of suffering
Played until our limbs cracked.
Pride arrived with a few rupees
Happiness was our trend
Afraid of mommy's little stick
Unwilling to attend school, with holidays a gift.
Champion of mini games,
Begging our wishlist to be airborne,
With extreme eagerness to grow.
Were I ever given a chance to wish,
I would wish to see you again.

M Chaanglemla
BA 4th Semester
English Department

VALUE OF THE COIN

The Coin owns and rules the Modern World;
The World is reconstructed and reformed;
At this age its existence cannot be revoked.
None realise the value of Coin
Unless man learns to earn by himself.
Men's worth defined by coin: the Penniless and the Wealthy.
Today, the Penniless stands nowhere
Scarcity of Coins invite evil thought and doings:
Some use it for pleasure while others preserve it
Its value is equal but not to every man.
Nevertheless, the worth of Man cannot be measured
With the Coin's Worth though it defines him.

Pukoi P
BA 6th Semester
English Department

FAILURE

Failure does not mean you have accomplished nothing
It means you have learnt something.
Failure does not mean that God has abandoned you.
It means that God has a better way for you.
Failure does not mean you will never make it.
It means it will take a little longer time.
Failure does not mean you have been lazy.
It means you have to do something in a different way.

Naroyemla Chang
BA 4th Semester
English Department

A GLIMPSE OF MY LIFE

I dumped myself ever and over
Why do people expect so much from me?
I don't understand the simplest daily logic
My days are going by like flowing water.
I get mad and annoyed almost all the time at myself.
Don't you dare come say that it's okay when I'm not
I tried to be sincere in everything yet didn't expect to be dumped.
I'm lying to myself that I'm okay
I've just been too overwhelmed by the problems that always hangs at
my neck
I don't try to be the best nor do I try to be the worst.
I have always tried to be comfortable though it sounds selfish.

A mind in confusion
A mind at doubt
A mind seeking peace
A mind that never wakes to reality
I'm lost now. How do I find my way back home?
I'm just been too awkward at times
An eye that never sleeps easily.

Tsungdilila Sangtam
BA 2nd Semester
English Department

BOUNTIFUL NATURE

I roam by the woods with beautiful nature
Where my mind fills with plentiful features
I can smell the trees and flowers,
Such a peaceful and pleasant sight.

I roam by the valley, filled with greenery,
Where the river flows so swiftly and leisurely
I can hear the dawn chorus of the birds,
Over the valley across, the stream forward.

This bountiful nature I crave for!
This is where my dream longs for,
I wandered my life on these grasslands
I dream of living in this heartland.

M Kirila
BA 6th semester

DEAR ME

I have been so hard on you
Dear me! I know you are tired.
But wait! Hold on
I know you are scared.
May be scared of the world?
Scared of people? Scared of your flaws?
Scared of your past? Scared of judgements?

Dear me it's okay about your mistakes.
It's okay about the dreadful past,
But dear it's not okay when you
Live in your past with fear,
Dear, I tell you, let it be and let it go.
You don't need to let fear rule over you.
For you are more than a conqueror.

Because the word says;
Therefore if anyone is in Christ,
He is a new Creation:
Old things have passed away;
Behold all things have become new.
Dear, remember this,
Jesus paid it all.

Chongtie S Khamniungan
BA 2nd Semester

BELIEVE IN YOURSELF

Visualize what you want
See it, feel it, believe it.
Your mind is a mental workshop
You can build anything in it.
Make your mental blue print, and begin to build.

The beginning is in your imagination;
First think, then organize your thoughts into plan.
Then transform your thoughts into reality by taking some
positive action.

Use your imagination to perceive your reality.
Even when it is not fully materialized you must first see it
clearly in your mind
Before you can do it

First visualize and then actualize your way to success.
You really can live your dream
All you need to do is try

MY COLLEGE LIFE

The place where my life began
To the zone where my depth of happiness renews
Can't forget the memories I made
From the core of heart I adore.

We've fought with tasks and lessons
We've met them and won;
And now our fight with life has just began.

We'll never forget all the lessons and friendship won
We're all here, so let's give a cheer!
Our college years have gone by so fast.
Let's focus on the future, not the past.
College life has been like a flight,
Let's go into the light,
To the place where my life began.

Tsarili A Sangtam
BA 4th Semester
Department of English

A GOOD STUDENT

Ramji
BA 6th Semester

Be a good student,
Learn as much as you can
Always be willing to grab
Opportunities to learn more,
For the time is at hand.
Study and strive to be the best.
Focus on your studies
And be a cut above the rest.
Strive out not to be successful,
But to be valued.
And your hard work during
Your student life will never go wasted.

Way to my college

The strongest and unique road, I mean
With nature's seasonal change, it is.
Sometimes through the lagoon I pass,
Sometimes through the lengthiest pond,
The road that cracks the entire bus with laughter
'The bumpy road 'it is.
Venturing through the laps of hills and mountains
Special season comes
That gives a perfect touch-up on our way, turning tint
and grey.
Thronged inside the bus, we smile and laugh
Until we reach our destination.
An ambivalent journey, always to be remembered.

M Chaanglemla
BA 4th Semester
English Department

PLACE I CALL HOME

Reluctantly took the step and entered a new home,
Place full of people unknown,
Filled with different emotions I stepped in the new place on
the hills.
Crazy how it seemed so big to me then.

There is a place we would sneak out to, to escape boredom.
Made new friends - became bright and shining reflections of
each other.
Entered my 20s there
Beyond happy with the people, I love.

Everything was about to change, it was time to leave.
No one was ready but we put our things and memories in a
cardboard box
One biggest regret in my life; we never got to say a proper
goodbye.
Pandemic stole the last precious moments of our life in that
home.

So, to whoever goes there next, I have only one request:
Promise to take care of the place I call home.
We take our memories and leave, leaving room for you.
Just be good to the place that I used to call home.

Mary K Chang
Alumni

WHAT IS MENTAL ILLNESS AND WHY WE SHOULD TALK ABOUT IT?

Yangkhumla Sangtam
Clinical Psychologist
District Hospital Tuensang

Mental illnesses are health conditions which involve changes in our psychological, our emotions and behaviour, i.e. the way we think, feel and behave. Some of the common Mental illness includes anxiety disorder, depression, schizophrenia, eating disorder, bipolar disorder, post-traumatic stress disorder, personality disorder, obsessive compulsive disorder, body dysmorphic disorder, panic disorder, mood disorder, selective phobia, addiction behaviour etc... All of us sometimes experience mental illness, but when these persistent signs and symptoms continue to invade your daily reality, it becomes mental illness.

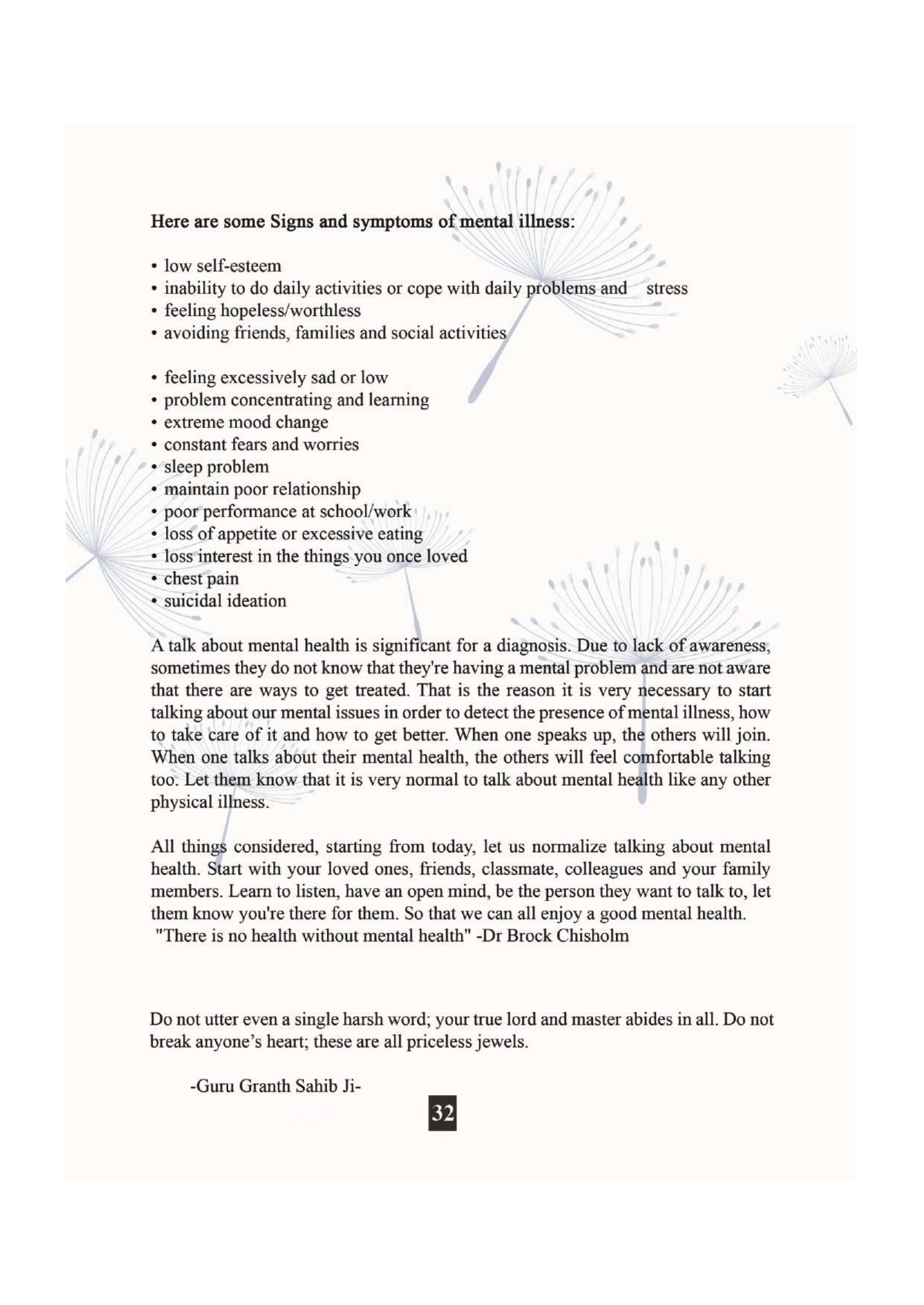
Is mental illness common?

Yes, more than 50% will diagnose with mental illness or disorder at some point in their lifetime

Why should we talk about mental illness?

Did you know? The study shows that 1 in 4 people in the world will experience mental illness. This means you may encounter a friend, a family member, loved ones who has a mental illness (diagnosed or undiagnosed).

It's really upsetting to learn that when someone discloses their mental condition, others begin to condemn and discriminate against them. This is largely due to the stigma that has a long surrounded mental illness. When someone goes to therapy, there will be lot of negative feedbacks. This is why many people refuse to seek help, which can lead to depression or other mental health problems.



Here are some Signs and symptoms of mental illness:

- low self-esteem
- inability to do daily activities or cope with daily problems and stress
- feeling hopeless/worthless
- avoiding friends, families and social activities
- feeling excessively sad or low
- problem concentrating and learning
- extreme mood change
- constant fears and worries
- sleep problem
- maintain poor relationship
- poor performance at school/work
- loss of appetite or excessive eating
- loss interest in the things you once loved
- chest pain
- suicidal ideation

A talk about mental health is significant for a diagnosis. Due to lack of awareness, sometimes they do not know that they're having a mental problem and are not aware that there are ways to get treated. That is the reason it is very necessary to start talking about our mental issues in order to detect the presence of mental illness, how to take care of it and how to get better. When one speaks up, the others will join. When one talks about their mental health, the others will feel comfortable talking too. Let them know that it is very normal to talk about mental health like any other physical illness.

All things considered, starting from today, let us normalize talking about mental health. Start with your loved ones, friends, classmate, colleagues and your family members. Learn to listen, have an open mind, be the person they want to talk to, let them know you're there for them. So that we can all enjoy a good mental health.

"There is no health without mental health" -Dr Brock Chisholm

Do not utter even a single harsh word; your true lord and master abides in all. Do not break anyone's heart; these are all priceless jewels.

-Guru Granth Sahib Ji-

ME AND SAO CHANG COLLEGE

My journey in Sao Chang College was a turning point in my life. I got to experience a whole lot of many things. There has been joys and there has been hardships. It has also been a stepping platform for my career preparations apart from the formal education I am receiving.

When I took admission in this college, I was really afraid as all the surroundings and people around were new to me. But soon I started enjoying my college days, made friends and begin to love everything about the college days and the new experiences. What I also love about the college are the events and functions where the students get to participate.

The library with plenty of books and the friendly Professors makes learning a joy.

The College canteen is also a remarkable place for funs and eats

College life is the most cherishing time in our lives !

Laam. M
BA 6th Semester
Economics Department

Joining Sao Chang College opened a new chapter in my life. It started with leaving home for quest of knowledge and skills to make it in the real world.

There has been a wealth of new experiences

From college events to new friends and incredible opportunities for academic exploration.

Our teachers are friendly and interactive, hard working with keen interest in teaching who also plays the role of a parent and a guardian.

The library provides us with the needful books and gives chance to have free access to educational learning , news and historical resources.

Thank You, Sao Chang College !

Kumkiu K. Yimkhiung
BA 6th Semester
Economics Department

PHOTO GALLERY



B.SC. 2ND SEMESTER



BA 2ND SEMESTER GENERAL



BA 2ND SEMESTER ECONOMICS



BA 2ND SEMESTER EDUCATION



BA 2ND SEMESTER ENGLISH



BA 2ND SEMESTER HISTORY



BA 2ND SEMESTER POLITICAL SCIENCE



BA 2ND SEMESTER SOCIOLOGY



B.SC. 4TH SEMESTER



BA 4TH SEMESTER GENERAL



BA 4TH SEMESTER ECONOMICS



BA 4TH SEMESTER EDUCATION



BA 4TH SEMESTER ENGLISH



BA 4TH SEMESTER HISTORY



BA 4TH SEMESTER POLITICAL SCIENCE



BA 4TH SEMESTER SOCIOLOGY



B.SC. 6TH SEMESTER



BA 6TH SEMESTER GENERAL



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