

The background of the cover is a photograph of the Sao Chang College building. The building is a multi-story concrete structure with a central entrance. Two large, dark green trees stand in front of the building, partially obscuring it. A set of concrete steps leads up to the entrance. The sky is blue with some clouds. A decorative gold and blue wavy border is at the bottom of the image.

SAO CHANG COLLEGE
Annual Magazine
2025



COLLEGE ANTHEM

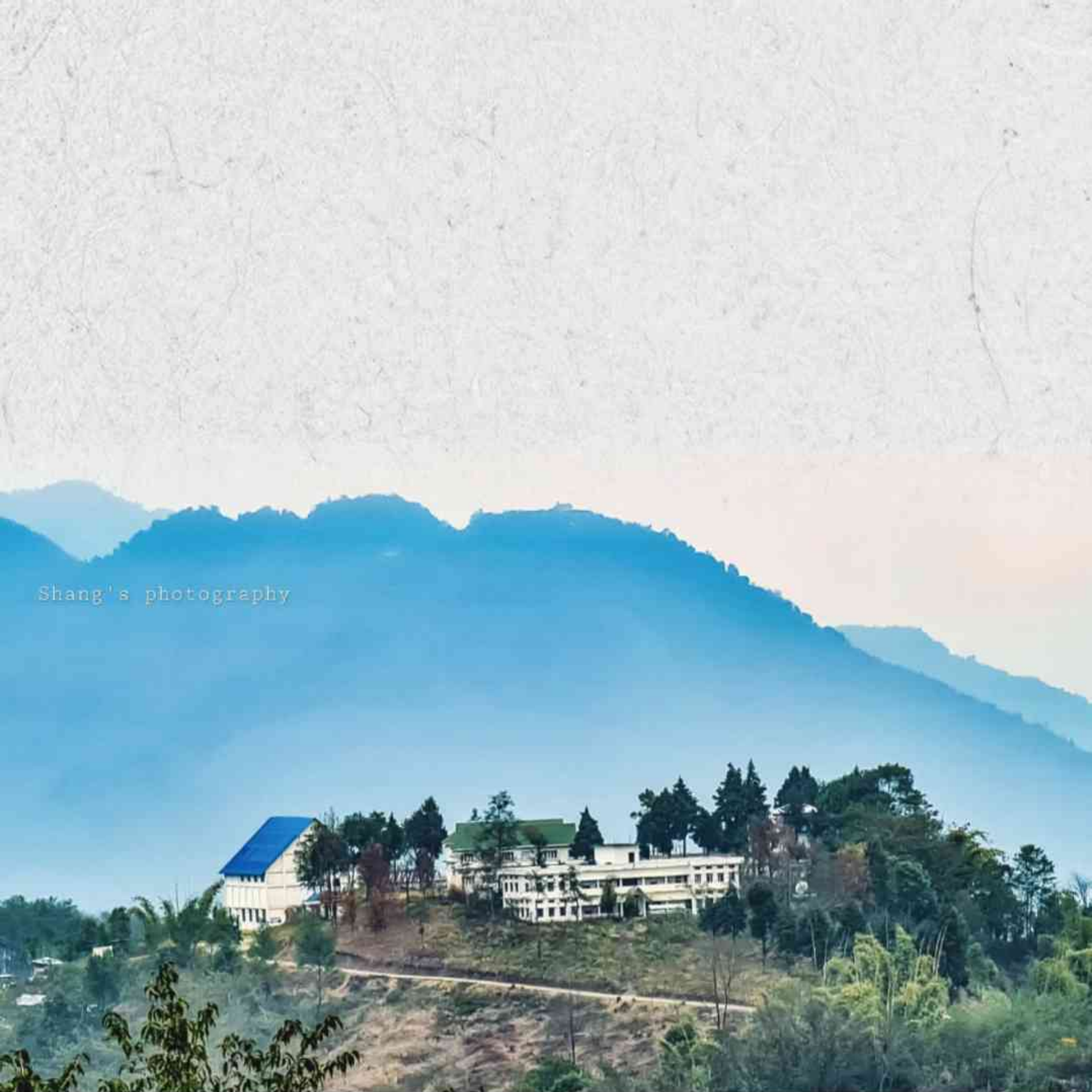
In the land of the first son of Nagaland
In the land of rich hue and colours
Emanating the light of knowledge.
This is Sao Chang College
The first child of Tuensang
We will honour it and stand just for your cause.
Pressing on towards the goal
Higher, higher we will climb
We will dwell under your banner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

Composed by
SHRI ALEMPOKBA
Former Principal, SCC

Music by
SHRI CHUBA IMSONG
Former Asstt. Professor, SCC

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Shang's photography

Editorial Page

It is with great pride and joy that we present to you the 2024-2025 edition of the Sao Chang College Annual Magazine. Each year, this publication stands as a vibrant mosaic of our collective experiences, a reflection of the aspirations, talents, and milestones that define our college community.

The magazine is more than a chronicle of the past months; it is a testament to the voices of our students, the dedication of our faculty, and the steadfast support of our staff. It captures the dynamic spirit of Sao Chang College, a place where ideas are nurtured, dreams are built, and lifelong memories are forged.

We extend our heartfelt gratitude to everyone who contributed their time, energy, and talents to this publication. Special thanks are due to the editorial team, the contributors, and all who supported this endeavour with enthusiasm and creativity.

As you turn these pages, we hope you feel a sense of pride, belonging, and inspiration. May this magazine serve not only as a celebration of the year gone by but also as a beacon for the future that lies ahead.

Happy reading!

Editorial Team



Government of Nagaland
**OFFICE OF THE PRINCIPAL SAO CHANG
COLLEGE**
Tuensang: Nagaland



Message

It is with immense pleasure that I write this short message for the Annual Magazine of Sao Chang College. The institution has completed one year of its journey and many students have brought laurels to the college both in academics and extracurricular activities. The reports that are in the following pages will speak for themselves. I believe that Sao Chang College will continue to grow everyday and that students who come with eagerness to learn shall be benefitted by the education imparted by the teachers as well as derive informal education and skills through the various activities that are organized from time to time. Each programme is built for capacity building and I believe the students who graduate from this institution shall carry these skills and learning with them wherever they go.

I congratulate the Literary and Magazine Committee for putting in their heart and soul into this Magazine and thank all those who have contributed to making this Magazine see the light of day.

Dr Lanurenla

Principal, Sao Chang College

ACADEMIC REPORT

Achievements/ Awards

College Award

- i. Student of the Year 2024: Tanghiu S. (Sociology Department)
 - ii. Academic Excellence Award (Science) 2024: Aviri Sangtam, B. SC Pass Course
 - iii. Academic Excellence Award (Arts) 2024: Kerela D. (Political Science) Others
1. Certificate of Achievement to S. Tangsoi (1st Position in Football) at Combined Annual Training Camp-103, St. Joseph University Chumukedima, 25 Naga Battalion, NCC, Mokokchung, 4th to 13th Jan 2024
 2. Certificate of Merit to P. Julliam for securing Bronze medal at 5000m (Athletics) at the Nagaland Olympic and Paralympic Games 2024 held from 12th to 17th February 2024 organized by Nagaland Olympic Association
 3. Certificate of Achievement to Sotsula I Yimchunger (2nd Position in Volleyball) at Combined Annual Training Camp-41, 21 Assam Rifle, Wokha, 25 Naga Battalion, NCC, Mokokchung, 29th June to 8th July 2024
 4. Certificate of Achievement to Lemchiu Y Khamniungan, 1st Position, Lunthlung D Yimchunger, 2nd Position and Ms. P Julliam, 1st Position, 5 Kms Marathon Race, organized by NSACS, Tuensang, 12th August 2024
 5. Certificate of Merit to Songmao T, Silver in U 53 kg Sr. Girls and Pupoi H, Silver U 63kg Jr Boys, during the 34th Nagaland State Taekwondo Championship 2024 organised by Nagaland Taekwondo Association. 2nd to 3rd Sept 2024
 6. Certificate of Participation to P Julliam ,Bronze medal for 10 KMs Competition Run organized by NSACS, Kohima, 26th Sept 2024
 7. Certificate of appreciation to Mr. Y. Yongkai Phom, Consolation in the 17th Inter College Debate Competition at Sazolie College, 25th October 2024
 8. Certificate of participation to P. Julliam for representing Nagaland at the Cross country team events at the North East Games organized by North East Games Association, 18th to 23rd March 2024
 9. District Commendation Award - Mr. Longtichang Tzudir, Vice-Principal and Mr. Yongkhongzulu Chang, Bus Conductor, SCC

STUDENTS ENROLMENT

Course	Intake Capacity	Stream	Semester	Male	Female	Total
Under-graduate	375	ARTS	1 st Semester	135	162	297
			3 rd Semester	94	114	208
			5 th Semester	82	127	209
	150	SCIENCE	1 st Semester	2	4	6
			3 rd Semester	0	4	4
			5 th Semester	1	1	2
Total						726

EXAM RESULTS

Sl. No	Stream	Semester	Appeared	Passed
1	ARTS	2 nd Semester	220	205
		4 th Semester	211	210
		6 th Semester	155	154
		5 th Semester (Supplementary)	15	15
2	SCIENCE	2 nd Semester	5	5
		4 th Semester	2	2
		6 th Semester	8	8

TEACHING AND NON-TEACHING STAFF

TEACHING STAFF					NON-TEACHING STAFF		
SN	Department	Total	Regular	Contract	SN	Group	Strength
1	Economics	5 (M-1, F-4)	4 (1 study leave and 1-V.P)	1	1	A	1
2	English	5 (M-3, F-2)	5	-	2	B	1
3	Education	5(M-2, F-3)	4 (1 studyleave)	1	3	C	12
4	History	5 (M-1, F-4)	4	1	4	D	18
5	Pol. Science	4 (M-2, F-1)	3	1			
6	Sociology	4 (F-4)	1	3			
7	Botany	3 (M-1, F-2)	2	1			
8	Chemistry	3 (M-3)	1	2			
9	Mathematics	2 (M-1, F-1)	2	-			
10	Physics	2 (M-1, F-1)	2	-			
11	Zoology	2 (M-1, F-1)	2	-			
12	EVS	1 (F-1)	1	-			
Total		41	31	10	Total		32

RESEARCH PUBLICATIONS

SN	Authors	Paper Title	Journal/Book/Chapter
1	Lemkhaba	Issues and Challenges of Research in Higher Education and NEP 2020: A review	Sao Chang College Journal (Peer Reviewed)
2	Chang R, Jamir L	Assessment of the Effects of Heavy Metals on the Milak River Affected by Coal Mining, Mokokchung, Nagaland	Sao Chang College Journal (Peer Reviewed)
3	Chang T, Walling T, Phom YN, Phom L, Jing VK, Pongen R, Supong A, Chang R	Extract of Botanical Trip to Yaongyimchen, Longleng Nagaland	Sao Chang College Journal (Peer Reviewed)
4	Chang T, Walling T, Phom YN, Phom L, Jing VK, Pongen R, Supong A, Chang R	Extract of Botanical Trip to Yaongyimchen, Longleng Nagaland	Sao Chang College Journal (Peer Reviewed)
5	Chang T, Walling T, Phom YN, Phom L, Jing VK, Pongen R, Supong A, Chang R	Extract of Botanical Trip to Yaongyimchen, Longleng Nagaland	Sao Chang College Journal (Peer Reviewed)
6	Supong A, Tsurho S, Nungsangtola, Bhomick PC, Walling T	Preferential adsorption of phenolic compounds onto activated biocarbon: Theoretical investigation using DFT method	Sao Chang College Journal (Peer Reviewed)
7	Chang T, Walling T, Phom YN, Phom L, Jing VK, Pongen R, Supong A, Chang R	Extract of Botanical Trip to Yaongyimchen, Longleng Nagaland	Sao Chang College Journal (Peer Reviewed)
8	Chang T, Walling T, Phom YN, Phom L, Jing VK, Pongen R, Supong A, Chang R	Extract of Botanical Trip to Yaongyimchen, Longleng Nagaland	Sao Chang College Journal (Peer Reviewed)
9	Akum S	Examining <i>Gitanjali</i> from a Religious Aspect	Sao Chang College Journal (Peer Reviewed)
10	Santanu Dey, Limanmanen Phom, Vidi Jing, Tongpangkokla Chang, Tekameren Walling, Gopal Krishna	<i>Fritillariacrassicaulis</i> (Liliaceae): An addition to Flora of India and its typification	FeddesRepertorium. 2024;00:1–5
11	BhagwatiPrashad Sharma ¹ , Nibedita Jena ² , Jogdand Sk ³ , Tekameren Walling ⁴ , Tongpangkokla Chang ⁴ And Sanjeet Kumar ^{2*}	<i>Bruguieragymnorhiza</i> (L.) LAM. EX SAVIGNY: A MEDICINAL TREE OF MANGROVES	Ethnopharmacology Volume I (Chapter 3)

12	Nibedita Jena ¹ , Joynath Pegu ² , Tongpangkokla Chang ³ , Binod Kumar Mahapatra ⁴ , Tekameren Walling ⁵ , Sanjeet Kumar ¹ and Gireesh Tripathi ^{6*}	Qualitative phytochemical analysis of <i>Mallotus nudiflorus</i> (L.) Kulju & Welzen fruits	Plants & Secondary Metabolites (Chapter 4)
13	Sundar S Mety ¹ , Nidhi Mahendru ² , Sampa Ghosh ³ , Tekameren Walling ⁴ , Tongpangkokla Chang ⁴ , Sanjeet Kumar ⁵ & Gireesh Tripathi ^{6*}	Food and medicinal values of Paddy Straw Mushroom	Edible and Medicinal Mushrooms of India, Volume 2 (Chapter 1)
14	Lemkhaba, Pratipta Kumar Patttnaik	Research, Innovation, Professional Ethics and Standards in Teacher Education for Sustainable Development	Teacher Education for Sustainable Development A roadmap for 21st Century (Chapter 7)
15	Ayajuddin M, Chaurasia R, Das A, Modi P, Phom L , Koza Z and Yeniseti SC	Fluorescence microscopy-based sensitive method to quantify dopaminergic neurodegeneration in a <i>Drosophila</i> model of Parkinson's disease	Frontiers in Neuroscience
16	K. Khupfu, W.Sangtam , R.Wangkhem, M.Longchar, RS Ningthoujam, NS Singh	Photoluminescence, energy transfer, and quantum yield studies of CaF ₂ :Tb-Ce:Latent fingerprints and anti-counterfeit applications	Journal of Applied Physics 137(1)

IQAC REPORT

SN	Date	Events	Organizer
1.	5th June	World Environment Day at Auching village, Longleng	Dept. of Zoology
2.	5th June	Observation of World Environment Day	NCC
3.	21st June	Observation of World Yoga Day	NCC
4.	June- July	NCC combined Annual Training Camp	NCC
5.	2nd – 22nd July	Special Police Experiential Learning Program (SPELP) for NSS volunteers – NSS, SCC	NSS, SCC
6.	15th August	Participation as a marching contingent on Independence Day	NCC
7.	17th August	Two members from Green Initiative attended training on waste management	Green Initiative Committee
8.	21st August	Donated ₹5000 to support Landslide Relief Camp	NSS, SCC
9.	24th August	Sensitisation program on "DEEN DAY-AL UPADHYAYA GRAMEEN KAUSHALYA YOJANA" - Career guidance committee in collaboration with National State Rural Livelihood Mission	Career Guidance committee
10.	29th August	National Sports Day – Sports Committee in collaboration with Govt. Polytechnic, Sedem	Sports Committee
11.	30th August	Interdepartmental Seminar	Research Committee
12.	10th September	Study of Floral diversity	Dept. of Botany
13.	10th September	One day workshop on "Exploring campus Biodiversity" – Department of Zoology and Botany	Dept. of Zoology
14.	10th September	Debate on "Backward Reservation: A Step Towards Equality or a Barrier to Progress?"	Dept. of Sociology
15.	10th September	Tuberculosis Awareness Program - National TB Elimination Programme and Literary and Magazine Committee	Literary and Magazine Committee
16.	12th September	Orientation program for newly inducted NSS volunteers	NSS, SCC
17.	13th September	Social Work on account of Dr. T Ao Trophy, directed by District Administration	NSS, SCC
18.	17th September – 2nd October	– Participated in the Swachhata Hi Seva Campaign – NSS, SCC	NSS, SCC
19.	19th September	Procured seven sets of cups and one pressure cooker	Refreshment Committee

20.	26th September	Converted the science waste bin to concrete bench	Green Initiative Committee
21.	1st-7th October	Photography contest in commemoration of Wildlife Week – Dept.of Environmental Science in collaboration with Dept.of Environmental Science, Phek Govt. College	Dept. of Environmental Science
22.	4th October	Interdepartmental Seminar	Research Committee
23.	5th October	Presented three prestigious awards: Tang-hiu S, Student of the Year, Aviri Sangtam, Academic Excellence Award in Science and Kerela D, Academic Excellence Award in Arts.	Student Evaluation and Award Committee
24.	10th October	World Mental Health Day	Mentoring Committee
25.	12th October	Painting competition commemorating the "World Migratory Bird Day"	Dept. of Zoology
26.	18th October	One day workshop on "Ethnomusicology"	Dept. of History
27.	19th October	Industrial visit to Satsung Enterprise in Changtongya	Dept. of Sociology
28.	22nd October	Debate competition on "ILTP Act beneficial or Detrimental to Naga Society"	Department of English and History
29.	25th October	Participated in the Nagaland Mass Social Work initiated by Govt. of Nagaland in the college campus.	NSS, SCC
30.	28th October	Book Reading Session	Literary and Magazine Committee
31.	28th October	Study trip (Bsl lab 2, Tuensang)	
32.	31st October	Field trip for all the students from Science Stream to Anganba, Longkhim	Science Stream
33.	2nd November	- Segregation of waste and composting for a sustainable future	Dept. of EVS
34.	2nd November	"Project Zero"	Dept. of Environmental Science in collaboration with Dept. of Chemistry
35.	13th November	Extension service at Hakushang School, Tuensang	Mentoring Committee
36.	21st November	Erected modular kitchen cabinet shelf for gas cylinder storage	Refreshment Committee
37.	24th November	Observation of NCC Day	NCC
38.	25th Nov – 10th Dec	Four students participated in the Viksit Bharat Quiz(online) – NSS, SCC	NSS, SCC

39.	26th November	Commemoration of Constitution Day of India	Dept. of Political Science
40.	4th – 28th January, 2025	Combined Annual Training Camp	NCC
41.	26th January	Participation as a marching Contingent on Republic Day	NCC
42.	15th-16th February	Four SD cadets have appeared C certificate exam	NCC
43.	20th February, 2025	Organised skill development program	Department of Economics, Science Stream and Dept. of Horticulture, Tuensang
44.	22nd – 23rd February, 2025	NCC SD/SW, 16 cadets have appeared B certificate exam	NCC
45.	25th February, 2025	Mushroom workshop/webinar etc	Dept. of Botany
46.	28th February	Commemorated National Science Day with a photography contest on the theme Capturing Science	Science Stream
47.	28th February, 2025	Seminar on "Talk on army recruitment and its prospect" featured by the 29 Assam Rifle	Career guidance committee in collaboration with NCC, SCC
48.	11th March, 2025	Assisted the Cultural committee and SCCSU in organising the Cultural Day	Event Management Committee
49.	11th March, 2025	Cultural Programme	Cultural Committee
50.	20th March, 2025	Viksit Bharat Youth Parliament –	Dept. of History collaborated with NSS
51.	20th March, 2025	World Oral Health Day Celebration	Career guidance committee in collaboration with Chief Medical Officer
52.	20th March, 2025	Five Students participated in the District Level Viksit Bharat Youth Parliament at Fazal Ali College	NSS, SCC
53.	21st March, 2025	World Poetry Day	Department of English and Literary committee
54.	22nd March, 2025	Field Study at Longra and Longsing Village	Dept. of Sociology
55.	25 th –27 th March, 2025	Annual Games and Sports Week	Sports Committee
56.	27th March, 2025	Three students participated in the State Level at Kohima	NSS, SCC
57.	28th March, 2025	Completed Diploma Computer Application Course	ICT
58.	3rd April, 2025	Interdepartmental Seminar	Research Committee
59.	10th – 13th April, 2025	Educational Tour to Longwa, Mon	Dept. of Political Science

60.	12th April, 2025	Literary Day	Literary and Magazine Committee
61.	16th April, 2025	Seminar on "Career in Civil Services" - Career guidance committee in collaboration with Imperial IAS Academy.	Career Guidance Committee
62.	23rd April, 2025	Book Review Competition to commemorate the World Book and Copyright Day	Dept. of Chemistry
63.	24th April	Extension Service to St. Xavier School, Tuensang	Dept. of History
64.	25th April, 2025	49th Social Parting – Collaborated with SCCSU to arrange activities, program and logistics	Event Management Committee
65.	25th April, 2025	Completed Certificate course	ICT
66.	26th April, 2025	Selected Sepon L as the best outgoing student of Sociology Department(2022-2025)	Dept. of Sociology
67.	3rd May, 2025	Labelling of the college Museum	Dept. of History
68.		"Purchased Digital Camera"	Photography and Media Committee
69.		1. Collection of ₹50/- every month to continue to carry out departmental activity/best practice of giving out books/memento to B.Sc Bio-Chem 6th semester(general) 2. Attended online/offline professional programme and other activities	Dept. of Botany
70.		1. Assigning the 1st semester students to their mentors 2. Identifying the poorest mentees and recommend their names to the Mentoring committee for forwarding to the student's Welfare committee 3. Organising monthly mentoring session 4. Collection of feedback forms after every mentoring session	Mentoring Committee
71.		Resolved to support and assist the EDC training programme (State), 2 which will be continued for another two batches	Career Guidance Committee
72.		1. Study material on competitive exams were given to 5 students 2. Two students were given cash award of ₹2500 each for having identified as advanced learner's basing on their previous semester's performance 3. Admission fees were sponsored for two students	Student Support Committee
73.		Plan to Library upgradation have been carried out by contribution of 10 guidebooks	Dept. of Political Science

GENERAL SECRETARY REPORT

Sao Chang College Students' Union (SCCSU)

ACADEMIC YEAR 2024–2025

- **10th Sept. 2024:**
First meeting of the Union with the Advisory Board and Chang Wedoshi Setshang (CWS).
- **21st Sept. 2024:**
 - General Secretary and Cultural & Literary Secretary attended the District Cultural Folk Dance and Folk Song Competition; secured 1st position in Folk Dance.
 - SCCSU attended the funeral service of Lt. Jephei, B.A 3rd Semester, Dept. of English.
 - Led by the AGS, SCCSU accompanied the bereaved family to their native village.
- **5th Oct. 2024:**
51st Freshers' Day held under the theme "A New Dawn" at the Multi-Purpose Hall.
- **21st Jan. 2025:**
SCCSU attended the wedding ceremony of Dr. Soyimla, Asst. Professor, Dept. of English.
- **15th Feb. 2025:**
Renovation of the SCCSU Office.
- **11th Mar. 2025:**
Cultural Day held under the theme "Culture for Future" at the Multi-Purpose Hall.
- **25th–27th Mar. 2025:**
 - Games and Sports Meet on the theme "Chasing Greatness, Breaking Limits" held at the Astro Turf Ground.
 - Shri N.Y. Choba (President, CKS) attended as Special Guest.
- **27th Mar. 2025:**
General Secretary, Asst. Games & Sports Secretary, and Asst. Social Service Secretary represented SCCSU at the Viksit Bharat Youth Parliament State Level in Kohima District.

- **17th Apr. 2025:**
SCCSU participated in the ENSF Conference cum Cultural Fiesta at the Parade Ground.
- **18th–19th Apr. 2025:**
SCCSU rendered service during the SCC Alumni Association Fundraising Programme.
- **21st Apr. 2025:**
Emergency meeting called by the Principal held at the Conference Hall.
- **24th Apr. 2025:**
SCCSU attended:
 - General Students’ Meeting at the Multi-Purpose Hall.
 - Meeting convened by the CWS at its office.
- **26th Apr. 2025:**
SCCSU held a press conference to clarify issues concerning the student community.

Sd/-

Hanchila

General Secretary,
SCCSU (2024-2025)

ISSUES AND CHALLENGES OF RESEARCH IN HIGHER EDUCATION

Lemkhaba, 2024 (SCC Journal, Vol 3:1, 1-11)

Assistant Professor, Dept. of Education

INTRODUCTION

Higher education in its modern form is an unintended gift of British rule in India. However, India was not a stranger to higher learning and instruction even before the British takeover. In ancient India, Takshashila and Nalanda occupied a prominent place of learning and were great seats for advanced Vedic and Buddhist studies, respectively.

Education can turn humans into human resources and inculcate essential abilities and skills that make a workforce productive. For a sustainable and prosperous nation, people with accumulated knowledge and skills that enhance their potential daily are necessary, which mainly depends upon the health and vitality of higher education. Higher education is an essential instrument for development and transformation. (Siddiqui and Sharma, p. 4).

Higher education can also be called tertiary or post-secondary education.

All undergraduate colleges, post-graduate colleges, universities, and centers of advanced studies come under the scope of higher education.

Higher education occupies a significant place in the Indian system of education. It culminates in a name, a degree. Rigorous research is undertaken on this education, which helps advance Indian Education. The latest innovations and developments take place owing much to this stage of education.

National Education Policy 2020 is a comprehensive policy that deals with everything from pre-primary to higher education. Among all the essential recommendations, it has also touched upon the importance of research and envisions establishing a National Research Foundation to support and fund research in the country.

ISSUES AND CHALLENGES OF RESEARCH IN HIGHER EDUCATION

No society can be expected to progress

without research, as a new body of knowledge is generated in our day-to-day lives, and this new body of knowledge is used to develop and advance our educational system. Through research, we can identify the dead leaves and eliminate them to improve our educational system. Without research, we cannot compete in this advanced technology-driven society, and we cannot even hope to compete with other countries that are very advanced in their educational system. India is the third largest system in higher education, just after the USA and China, so we can say we are heading in the right direction. Still, we also need to emphasize the aspects of quantity and quality aspects of education. Unfortunately, so many issues and challenges are creeping into the system, and many types of research that have taken place lack quality, and many of them remain in the paper. It is in this connection, Aggarwal (1988) has remarked that confused and confusing role research has played in the history of education; factors related methodology used; paucity of intellectual skill; lack of proper research environment. But we also need to know that all these issues and challenges do not lie only with the researchers but the whole system.

Luthura and Shome (2013) have found that higher education's engineering and technology sector is performing as generators of new knowledge. We must wonder why research in social science and humanities is not progressing because the importance of research in social science and humanities cannot be neglected.

Studies suggest that research publications, presentations in the seminar, the number of books written, etc., determine the promotion of teaching faculty, so we question if this is the case: are teachers giving importance to their teaching? Even if there are many publications and a number of books to their credit, their works remain mostly in papers. After India's independence, there was an increase in the number of higher education institutions. Currently, there are 1043 universities, and according to AISHE Report 2019-2020, around 38,986 Ph.D. degrees were awarded, and nearly 2.02 lakhs enrolled in the Ph.D. programme and 'their primary motivation of individuals undertaking research in any area is to obtain a doctorate or achieve career advancement. The scope, objectives, and coverage of such studies are,

therefore, minimal...' (Varghese et al., 2017) and according to Yenkaresh (2003) if only students who have the right aptitude for research are permitted to register for Ph.D., there may be an improvement in the standard of research. Therefore, students' aptitude toward research also needs a thorough investigation.

There is a vast difference between the relevance and value of research undertaken in education and other disciplines. The most valuable research currently being conducted in India falls in technology and agriculture. Unfortunately, this is not so apparent in education. This is one question that needs some exploring. There are also issues of funding of research in our country, and even if a person has a high interest and aptitude for research, lack of funding can become a barrier for them, and 'given the resource crunch which higher education has always experienced, research on higher education has certainly become casualty' (Varghese et al., 2017).

In educational research, the population and sample are mostly the educational stakeholders, and when some essential academic research has to be conducted on pressing issues, some people may be reluctant to come

forward due to the issue of privacy and lack of trust, which creates a severe problem. In research, especially in the field of science, many institutions lack laboratory facilities, which is another issue when conducting a meaningful study. They have to visit distant places to get their sample tested for their study. Privacy is another concern in research, and in educational research, institutions do not want to disturb their schedule and are reluctant to provide data for research. One of the research issues is that some research works are not published, and 'as a consequence, unpublished research work often goes unnoticed' (Varghese et al., 2017).

NATIONAL POLICY ON EDUCATION (NEP 2020)

The National Education Policy 2020 is a comprehensive policy with recommendations from the foundational to higher education levels. It has also been noted that less emphasis has been placed on research at most universities and colleges, and there is a lack of peer-reviewed research funding across disciplines.

Despite the critical importance of research, the research and innovation investment in India is at the current time only 0.69% of GDP where, as advanced countries spend 2.8% (USA),

4.3% (Israel), and 4.2% in South Korea (NEP 2020).

NEP 2020 aims to transform the quality and quantity of research in the country and to promote quality research in higher education institutions. It has also given the scope of including research and internship in the undergraduate curriculum and emphasizes regulatory changes to promote an environment of research and innovation. NEP 2020 envisages a new conceptual understanding of higher education institutions, i.e., multidisciplinary higher education institutions offering undergraduate and postgraduate programmes, a Research-Intensive Universities focusing on both research and teaching, or Teaching-Intensive Universities placing more emphasis on teaching but conducting essential research. According to the policy, the university would be a multidisciplinary institution conducting high-quality research and teaching. The policy has also done away with M. Phil degree. The NEP 2020 proposes that India's higher educational institutions should be flexible to offer 4 years bachelor's degree with research and a Master's degree needing only one year, so in this connection, Ph.D. entrants will require a Master's degree or 4-years bachelor's degree with research.

On realizing the critical importance of research for the advancement of our nation and its educational system, NEP 2020 envisions the establishment of the National Research Foundation NRF to fund research across disciplines, fund peer-reviewed research funding, develop a culture of research and recognize outstanding research and promote research capability in institutions where which are currently lacking in the field.

National Research Foundation NRF activities include:

1. Funding: - funding of research will consist of all disciplines.
2. Support: NRF will support emerging institutions to facilitate, seed, and grow research.
3. To make awareness of urgent research issues in India, NRF will act as a liaison between researchers, government, and industry.
4. NRF will recognize significant and outstanding research and progress (NEP 2020).

As it is evident that issues and challenges in the field of research are plenty, we need to address all these issues and challenges. The NEP 2020 has realized the importance of research for the progress of our nation and aims to create a conducive ecosystem to

catalyze and energize research in higher education. Funding is also one of the major challenges in research in India and the NEP emphasizes on nurturing the culture of research by funding support in this area. If we as a nation has to achieve the growth and progress that it so aspires, we should strength the field of research as it is through systematic advanced research, new knowledge can be generated which can be used for the improvement and development of our educational system which in turn will produce human resources who will carry the nation on their shoulders.

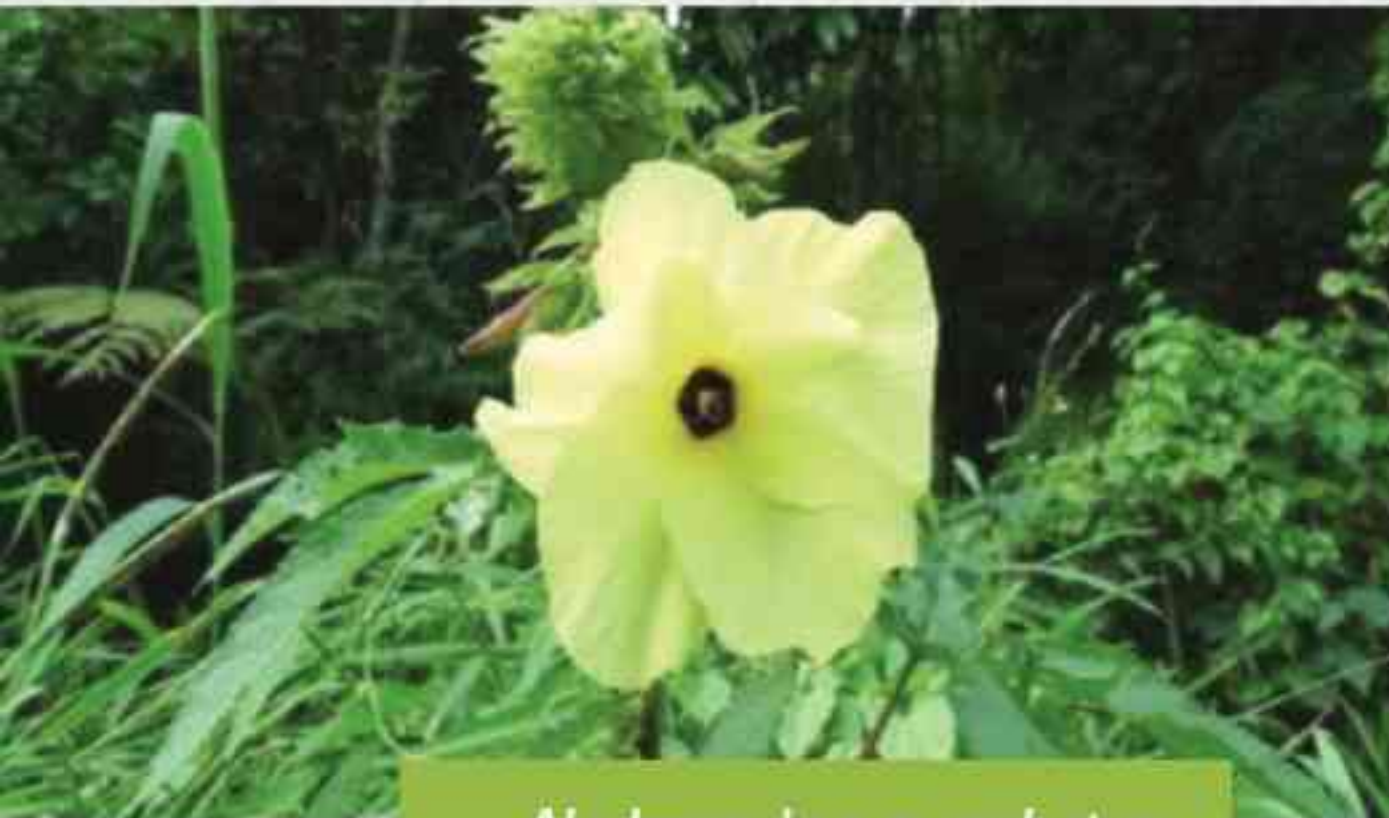
CONCLUSION

The foundation of a nation depends upon the country's education system. Education develops an individual intellectually, socially, emotionally, and physically; education is an overall

development. New knowledge is generated every day through rigorous research undertaken by the people, so it becomes very crucial for a nation to strengthen its research in the field of education. New entrants into higher education should be trained and encouraged to research their area of interest; however, their aptitude and attitude should be assessed before doing so. The National Policy on Education NEP 2020, in the field of research, envisions establishing a National Research Foundation, which seems very promising; if it does not remain only on paper and gets implemented in the future, the field of research looks bright and hopeful. Research is the heart of higher education as it is this stage of education where important research works are conducted, and their findings have far-reaching implications for the advancement of our nation.

KNOW YOUR PLANTS

Chang T, et al 2024 (SCC Journal, Vol 3:1;47-66)



Abelmoschus moschatus



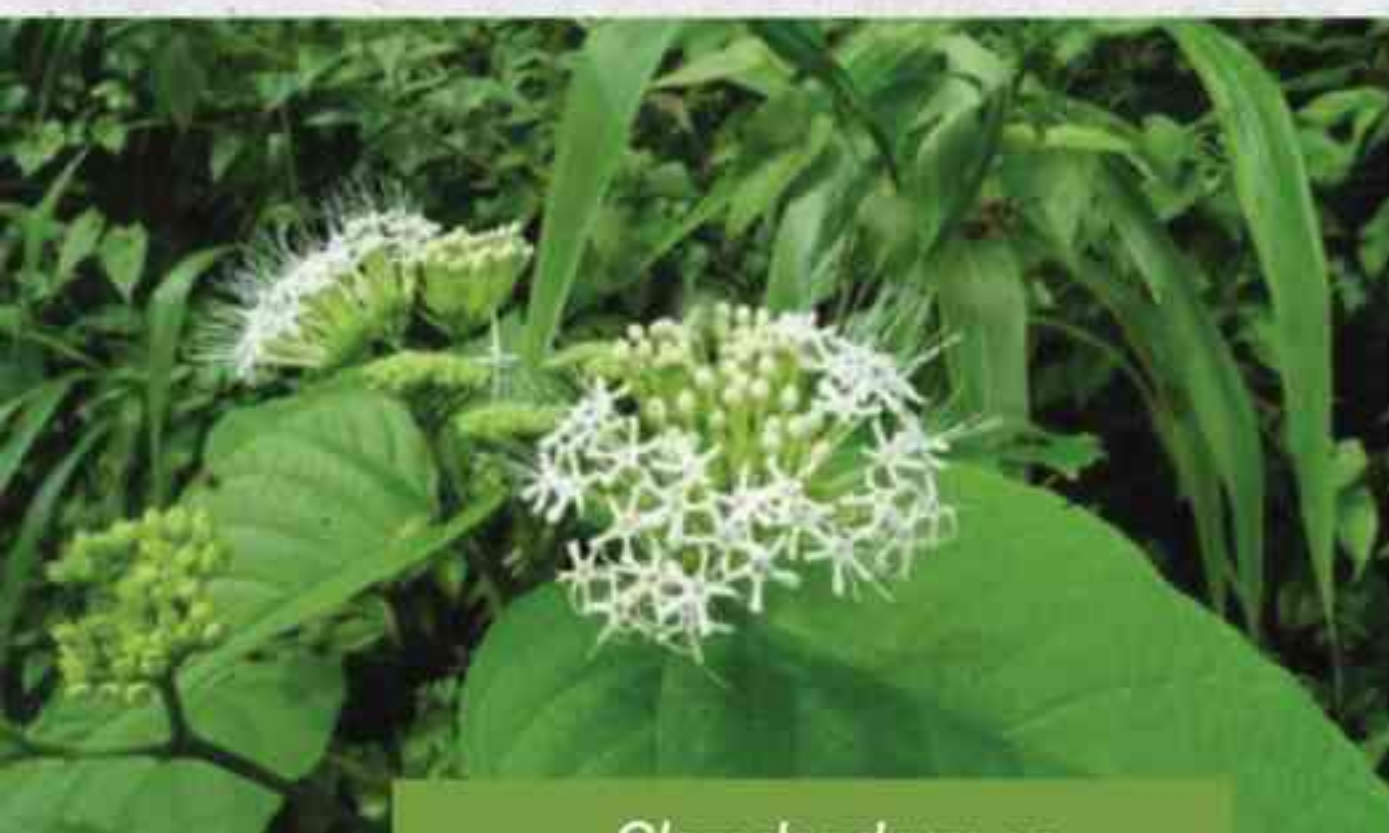
Aeschynanthus micranthus



Aeschynanthus parviflorus



Aeschynanthus micranthus



Clerodendrum sp.



Erythrina stricta



Ficus oligodon



Impatiens arguta



Musa cheesmanii



Rhus chinensis



Stixis suaveolens



Tephrosia candida



Thunbergia grandiflora

TECHNOLOGY VS HUMANITY

Mosaba Chang

*BA 2nd Semester,
Department of Political Science*



Once, technology was a tool a means to make life easier, to connect people, to push the boundaries of what was possible. But somewhere along the way, the roles reversed. We no longer use technology, technology uses us. The morning begins not with a prayer or plan, but with a scroll of endless reels of perfect lives - effortless success, love stories written in filter, and wealth flashing in seconds.

We talk to screens more than to people. We trust algorithms more than our own instincts.

The world moves at a digital speed, and we are sprinting to keep up. But in this relentless chase, are we losing what makes us human?

Social media promised to bring us closer, yet we have never felt more alone. Our heart beats to the rhythm of notifications, every like becomes a heartbeat but when we put the

phone down, silence hit harder than ever we collect followers, but lose real friendships. We broadcast our lives, but struggle with genuine conversations. We seek validation in likes and comments, but forget the warmth of a face-to-face smile. Are we truly connected, or are we just performing for an invisible audience? Information is everywhere, yet wisdom is rare. We consume headlines but skip the details. We react before we reflect. We have access to endless knowledge, but our attention spans are shrinking. Once, our minds were places of creativity, curiosity, and critical thought. Now, they are simply storage units for trending topics.

As AI gets smarter, humans seem to be getting duller. We rely on GPS to navigate instead of our own sense of direction. We ask Google for answers instead of our brains. We let technology make choices for us-

what to watch, what to buy, what to believe. If machines can think, create, and even feel what will be left for us. The choice is ours.

Technology is neither good nor evil. It is a tool, but only if we choose to wield it wisely. The question is not about stopping progress, but about controlling it. We must remember how to look beyond the screen.

We must reclaim the art of conversation. We must use technology without becoming its slaves.

Because if we do not the future will be a battle between humans and machines. The machines will have already won.

LANGMONGNIU (DEMON MONSTER)

Liang S.K Khamniungan

BA 4th Semester, Department of History

Long ago, during the late winter in the land of the Khamniungans, the people had just finished celebrating the New Year. But soon after, a terrible horror struck a small village. One by one, people of all ages began to disappear. Every day turned into a day of mourning. Fear and sadness filled the hearts of the villagers, and they wondered what evil had befallen them.

They knew something was hunting them, but no one knew exactly what it was. The villagers decided they had to fight back using all their myths

and knowledge. So, the village elders gathered together and discussed the problem carefully. After much thought, they agreed that they needed a volunteer to act as a bait — a sacrificial lamb — to uncover the enemy.

A brave, middle-aged warrior, known for his skills in head-hunting, stepped forward without hesitation. He knew the enemy wanted human flesh because only humans had gone missing, not animals. To protect himself, he pounded tobacco leaves and rubbed his body with the bitter

tobacco juice. Then, he tied one end of a long handloom thread to the village log drum and placed the rest in his bag. He stripped naked, got drunk, and lay down on the log drum, pretending to sleep, waiting for the predator to come.

At noon, when the village was quiet and everyone was out working in the fields, a band of mythical demon monsters called Langmongniu appeared. They spotted the warrior lying naked and drunk on the log drum. One monster said, "Look! We found our meal for today!" Another said, "Ahh! He looks delicious!" They decided to carry him away.

One monster grabbed his head, another took his legs, and others lifted him from underneath. As they travelled, the monsters complained when they crossed open plains, saying, "Oh, what terrible places to walk!" But when they reached cliffs and landslides, they cheered, "Ah, what a paradise to walk!" and dragged the man roughly.

At last, they reached their cave. One monster suggested dragging him in headfirst, but when they tried,

the man suddenly stretched out his arms. They then tried to carry him in feet first, but he spread his legs wide, making it difficult again. Frustrated, they called for their leader, the Alpha demon.

The Alpha came out to bite the man and kill him, but as soon as he tasted the man's skin, he cried out, "Oh no! This meat is so bitter! What a waste!" They decided to return the man to where they had found him.

That night, the man woke up sober. He beat the log drum, alerting the villagers and telling them everything he had discovered. The villagers prepared themselves for a hunt. They followed the handloom thread back to the demons' cave.

At the cave, they burned hot peppers and released the smoke inside, killing most of the demon monsters. However, to their shock, a loud noise erupted where a female demon monster with her baby escaped. Because of this, the villagers fear the return of the Langmongniu monsters even to this day.

EU SAO CHANG COLLEGE THEMATIC CAMP REPORT

Evangelical Union Sao Chang College organised Evangelistic Camp under the theme 'The Call of Today' from 11th to 13th October at Sao Chang College Campus. The camp drew 77 enthusiastic campers from various units, including BTHSS, GHSS, GTHSS, SCC, Tobu EU, Shamator EU, and Noklak EU.

The three-day event featured in-depth discussions on key Christian doctrines, including:

- The Doctrine of Redemption
- The Doctrine of the Holy Spirit
- The Doctrine of Sin

The campers also explored the importance of Christian leadership,

raising testimony and personal evangelism, equipping them with essential tools for spiritual growth and service.

The camp was led by esteemed speakers Brother Phajathung, President of Kohima EGF, and Brother Abel M. Ayemi of Kohima EGF. Their insightful messages and engaging sessions helped campers deepen their faith and understanding of God's Word.

The camp served as a platform for spiritual growth, fellowship, and networking among the participants. EU Sao Chang College is commended for fostering an environment where young Christians can come together, learn, and be empowered for their spiritual journeys.

EXPOSURE TRIP TO LONGWA

The Department of Political Science organised a study trip to Longwa Village with the BA 6th semester students from 11th to 13th April. The purpose of the visit was to study and learn the monarchical system of Angh (Anghship/kingship).

Longwa village is a unique and

culturally rich village located in Mon district of Nagaland. The place is truly fascinating that lies on the international border between India and Myanmar. The part of the village including the chief's house (Angh's Residence) is in both countries.

The main focus of this trip was to explore the culture of Longwa village, its governance and who is the final decision maker, and the most

important part was to learn about the Angh system of Konyak Naga tribe.

During the interview hour by the students, the Angh explained that his role and position are both symbolic and functional at the village level, that his word still carries immense weight in cultural matters/practices, conflict resolution and village unity.

The village reminded us that

simplicity is but richness in its purest form. And that cultures like the Longwa village don't just survive, they thrive. So, overall travelling to Longwa village was not just a trip, but it was a great experience for the students as well as the teachers.

The study trip was executed under the guidance and supervision of Mr. Longchinti and Mr. Thangnyo Konyak, Assistant Professors from the Department of Political Science.

LITERARY DAY REPORT

The Literary & Magazine committee celebrated Literary Day with a vibrant and inspiring program at the college's Multipurpose Hall. The event brought together students and faculty in a celebration of literary and cultural expression aimed at fostering holistic student development.

Dr. T. Lal Veda Chandra Kumar, Vice Principal of Sao Chang College, addressed the gathering as the event's speaker. In his keynote message, he highlighted the role of co-curricular activities—especially literary participation—

in building leadership qualities among students. He emphasized that such engagements enhance academic performance by fostering self - confidence, improving communication skills, and preparing students to handle real-life situations with resilience. "Participation in literary events not only refines one's expression but also strengthens character and life skills," he noted.

The event was chaired by Sangmaiyeinla, Cultural and Literary Secretary of SCCSU. The program opened with an invocation by Miss Hotoni Yeptho, Assistant Professor, followed by a welcome address from Dr. Soyimla Akum, Coordinator of the Literary & Magazine Committee.

An adaptation of Shakespeare's Twelfth Night was presented by BA 2nd Semester students of the English Department, while Lemrila of BA 6th Semester captivated the audience with a spoken word performance.

During the Competition Hour, students showcased their talents through extempore speeches and a group rendition of the college anthem. Energetic performances by the Phut-phut Dance Crew and Yappers Dance Crew added a lively flair to the event.

Off-stage competitions in essay writing, short story writing, and painting also took place, allowing students to explore and express their creativity.

Dr. S Arenla, Member of the Literary & Magazine Committee, delivered the vote of thanks, appreciating the participants and organizers for their enthusiasm and commitment.

The Literary Day concluded on a high note, reinforcing the value of

co-curricular activities in shaping confident, capable, and dynamic individuals.

WINNERS :

Group Song

1st Position : History Dept.

2nd Position : English Dept.

Extempore Speech

1st Position : Yongkai Phom,
Dept. of History

2nd Position : Khunou Lam,
Dept. of English

Essay Writing

1st Position : Nchembeni,
Dept. of Pol. Sc

2nd Position : Arela, Dept of History

Story Writing

1st Position : Niukai, Dept of Pol Sc

2nd Position : Lumsuthong
Dept. of English

Painting

1st Position : K. Naset Sanchu,
Dept. of Pol. Sc

2nd Position : Chongshen K,
Dept of English

NCC REPORT

1. **Observation of World Yoga Day dated 21st June, 2024.**

NCC in collaboration with YOGA Club successfully observed with the Cadets and students numbering around 200.

2. **Observation of World Environment Day Dated 5th June, 2024.**

NCC Cadets observed World Environment Day at the College campus by planting trees and cleaning the surroundings.

3. **NCC Combine Annual Training Camp June-July, 2024.**

NCC 40 Cadets attended Combine Annual Training (June - July, 2024) organised by 25 Naga BN. NCC HQ : Mokokchung, Nagaland.

4. **Participation as a Marching Contingent on 15th August Independence Day, 2024.**

NCC Cadets with a strength of 33 Cadets representing the College successfully participated on 78th Independence Day, 2024.

5. **Observation of NCC Day on 24th Nov. 2024.**

The Associate NCC Officer along with NCC Cadets observed NCC Day on 24th Nov. 2024.

6. **Combine Annual Training Camp 4th January to 28th January, 2025.**

The newly enrolled Cadets along with the Senior Cadets with a total strength of 35 Cadets attended the training program successfully to get acquainted with the way of military life nurturing self discipline and self-reliant in life and to become a good citizen, comradeship and a good leader.

7. **Participation as a Marching Contingent on 26th January Republic Day, 2025.**

NCC Cadets with a strength of 33 Cadets representing the College successfully participated on 76th Republic Day.

8. **NCC Four Sd Cadets has Appeared 'C' Certificate Exam Dated on 15th-16th February, 2025.**

The result has been declared and all the appeared Cadets have passed the exam with 'B' (Bravo) Grade.

9. **NCC Sd/Sw 16 Cadets has appeared 'B' Certificate Exam, Dated on 22nd-23rd February, 2025.**

The result has been declared and all the appeared Cadets has cleared the exam with 'A' & 'B' Grade.

10. **Talk on Army Recruitment Dated 28th February, 2025.**

NCC in collaboration with Career Guidance Committee Sao Chang College, Tuensang successfully conducted lecture talk on "Army Recruitment Process" along with the Cadets and students numbering around 200. The Resource person of the program was Maj. Vinay Kumar from 29 Assam Rifles Tuensang.

NSS REPORT

Viksit Bharat Youth Parliament

Five students participated in the District Level Viksit Bharat Youth Parliament on the theme "One Nation, One Election: Paving the way for Viksit Bharat". The event was held at Fazl Ali College, Mokokchung on 20th March 2025. The program was organized by the ministry of Youth

Affairs and Sports, Government of India. Three students qualified at the district level and competed in the State Level at Kohima on 27th March 2025 on the topic "75 Years of the Indian Constitution: A Journey of Rights, Duties, and Progress; The 11 Sankalp of Samvidhan Divas: A Pledge to Strengthen India's Constitutional Values".

REPORT ON FLORICULTURE VOCATIONAL COURSE

Over the years the college has been providing a Vocational Course on Floriculture, initiated under the PM-USHA (formerly RUSA), in imparting practical and theoretical knowledge

in the field of floriculture. For the academic session 2024-25, a total of 27 students, have been admitted to the course.

A distinctive aspect of this program is the 'Earn While You Learn' initiative, where students engage in broom harvesting to gain practical experience while also earning an

amount that supports their field study activities.

Recently, a notable collection of native orchids was introduced to emphasize diverse plant species which will help students understand the requirements and commercial potential of native flowers. In addition, new flower varieties such as Zinnias, Bunny Tails, Alstroemeria, and Asiatic Lily have been recently introduced to broaden the students' exposure and practical skills.

Students are trained on the basics of floriculture, covering key areas like propagation, nursery management, flower arrangement, and market handling. This foundational

knowledge prepares them for future entrepreneurial ventures or employment opportunities in the floriculture sector.

The course is coordinated by Ms Rangbenkumla Chang and supported academically by subject specialist Sir Yanger Kichu from KVK (Krishi Vigyan Kendra), Tuensang, ensuring quality instruction and guidance throughout the training period.

This initiative not only aims to build skills and self-reliance among students but also promotes sustainable agriculture and horticulture practices in the region.

REPORT ON OYSTER MUSHROOM CULTIVATION AND ITS PROSPECT

As per the meeting held on 25th February 2025, Botany Department Sao Chang College in collaboration with KVK, Tuensang organised a two-day workshop on Oyster Mushroom Cultivation and its Prospect dated 28th February and 1st March 2025 at the college campus. The workshop aimed to

provide students with hands-on training and entrepreneurial skills in oyster mushroom cultivation. The key objectives of the workshop were as follows:

1. To educate the students on Mushroom Biology and Growth Conditions
2. Overview on nutritional, medicinal, and economic value of oyster mushrooms.
3. Hands-on Training on Cultivation Techniques

4. Pest and Disease Management
5. Its Value Addition, Marketing, and Entrepreneurship.

The resource person was Mr. Yanger I Kichu, Farm Manager, KVK, Tuensang. On the first day, February 28, 2025, the students learned how to make oyster mushroom straw and the method of soaking it overnight. The program was split into two sessions on 1st March, 2025, the second day. Ms. Tongpankoka Chang, Assistant Professor and HoD of Botany, chaired the first session. Dr. Lanurenla, Principal, gave the welcome message and thanked the resource person and his team, particularly KVK, Tuensang, for their regular support of the institution. The principal also expressed gratitude to the Botany department for completing the assignment in accordance with the proposed plan of action. She urged the students to thoroughly understand the oyster mushroom cultivation method, as

it will be very helpful in the future. The resource person discussed oyster mushrooms, their production methods, their nutritional and medicinal benefits, handling pests and diseases, value addition, marketing, and career opportunities. Dr. S. Arenla, Assistant Professor, Department of Botany, gave a vote of gratitude to conclude the first session. Following the break, the second session began with a hands-on training on oyster mushroom cultivation. Queries from the students were addressed by the resource person. Feedback form was circulated to the students where the students responded positively. Through this training, students were able to explore career options in the mushroom industry, cultivate an entrepreneurial mindset, and contribute to income generation and food security. A total of 7 Teaching and Non-Teaching, and 29 students (BA & B.SC) took part in this training programme.

SPORTS COMMITTEE REPORT

Takumpuba Lomou

Coordinator, Sports Committee SCC

1. National Sports Day

Organized by SCC Sports Committee in collaboration with Govt. Polytechnic Sedem, Tuensang.

The National Sports Day event was held on 29th August, 2024, at the Loyem Memorial Ground in Tuensang. The event was organized by Sao Chang College in collaboration with Government Polytechnic Sedem, under the theme "Sport for the Promotion of Peaceful and Inclusive Societies."

The program was chaired by Takumpuba Lomou, with a special message delivered by Principal Government Polytechnic Sedem, Tuensang, Er. Among Longkumer. A special song titled "Try Everything" was sung by Mongtsula, a fifth-semester student of the B.A. program, followed by a thematic address by Dr. Lanurenla, Principal of Sao Chang College. The event concluded with a vote of thanks delivered by Capt. Aghato Sumi. The day saw competitions with enthusiastic participation, with

Sao Chang College emerging victorious in the Girls' Football, Boys' Football, and Faculty Tug of War events. The day concluded with Miss Y. Pauphen Buchem, Lecturer Govt Polytechnic Sedem delivering the closing prayer, marking the success of the event.

Overall, the event was well-received, achieving its goal of promoting peace and inclusivity through sports.

2. Report on the 49th Annual Games and Sports Meet

The 49th Annual Games and Sports Meet of Sao Chang College was held from 25th to 27th March at the Loyem Memorial Astro Turf Ground under the inspiring theme "Chasing Greatness, Breaking Limits." The three-day event witnessed active participation from students, faculty members, and officials, creating an atmosphere filled with excitement, energy, and a spirit of healthy competition.

The special guest for the inaugural ceremony was Mr. N.Y. Choba, President of the Chang Khulei Setshang. In his address, Mr. Choba spoke on the importance of discipline and unity in modern

society, stating that only through these values can individuals truly achieve greatness and push beyond their limits. He urged the students to participate in the events with dedication, discipline, and a true spirit of sportsmanship.

Highlights of the Events:

First Day (25th March):

The opening day featured thrilling competitions, including Football, Basketball, High Jump, and Long Jump events. Participants showcased outstanding athletic skills and competitive spirit, setting an energetic tone for the rest of the meet.

Second Day (26th March):

The second day was action-packed with Track and Field events, displaying remarkable speed and endurance from the athletes. A major attraction of the day was the exhibition football match between the Faculty and Students, as well as Officials versus the NCC cadets, drawing loud cheers from the spectators. Other highlights included the Table Tennis matches, the Football Final, the Basketball Final, and the Volleyball matches, each marked by intense competition and sportsmanship.

Third Day (27th March):

The final day saw the Volleyball Final, Badminton matches, and Shot Put competitions. Participants put forth their best performances, rounding off the games on a high and enthusiastic note.

The event concluded with a colourful closing ceremony where winners were felicitated with medals, trophies, and certificates. The College Authority and organizing committee expressed their heartfelt gratitude to all participants, volunteers, and supporters who contributed to the success of the meet. The spirit of unity, discipline, and perseverance resonated strongly throughout the meet, echoing the theme of chasing greatness and breaking limits.

The 49th Annual Games and Sports Meet was not just a celebration of athletic excellence but also a reaffirmation of the values that build true champions – discipline, unity, and the relentless pursuit of excellence.

The successful execution of the sports meet was made possible by the joint efforts of the Sports Committee and the Student Union Officials of Sao Chang College, who meticulously planned and coordinated the various events.

In Conversation with

DR SENILO MAGH

*Junior Specialist
MD Psychiatry
District Hospital Tuensang*

Awarded the

**GOVERNOR'S COMMENDATION
CERTIFICATE**

on 15th August, 2024



Tell us about

YOURSELF.

First, I thank you sincerely for this opportunity. Well I'm a proud father of three-two daughters and a son-and married to a wonderful, God-fearing, humble, and compassionate woman. Professionally, I'm a medical doctor specializing in psychiatry. My work involves supporting individuals facing emotional and psychological distress. Though the role has its challenges, it is profoundly rewarding to be a source of trust and hope during someone's darkest moments.

What led you to choose this CAREER?

My path to becoming a doctor was strongly influenced by my parents-it

was almost a decision made before I was born! When I got the opportunity to study MBBS I embraced it by faith. As for psychiatry, my wife jokingly claims credit for nudging me toward it, and there may be some truth to that. During my internship, I gradually found myself drawn to this field. The opportunity to specialize came at a time when I was still uncertain about my direction. With faith, I chose this less-travelled path—and I've never looked back. I consider it a privilege to be part of someone's life story, and to add a positive note in their journey. I truly believe this is my calling, and there is no place I'd rather be.

**In your opinion, what are some
common signs of mental health
CHALLENGES among
today's youth?**

Some of the common indicators include:

- **Mood Changes** : Persistent sadness, irritability, or sudden mood swings.
- **Behavioral Shifts** : Social withdrawal, changes in sleep or appetite, or self-harming behaviors.
- **Cognitive Difficulties** : Trouble concentrating, memory lapses, or negative and irrational thoughts.
- **Other Symptoms** : Apathy, emotional numbness, or hypersensitivity to sensory input.
- **Risk Behaviors** : Substance use, impulsiveness, or suicidal ideation.

Early recognition and support are crucial in addressing these concerns.

What **ADVICE would you give to a student experiencing mental stress? What support is available at District Hospital Tuensang?**

First of all, it's completely okay to feel stressed—just don't let that moment define your life. One exam, one assignment, or even one broken relationship does not determine your worth. The world beyond your current

struggles is full of opportunities and joy.

At District Hospital Tuensang, we have a dedicated District Mental Health Program (DMHP) team. The team includes two trained counsellors—a clinical psychologist and a psychiatric social worker. We offer free counselling, medication, and follow-up services. For anyone in distress, our helpline (7085383796) is open from 9 AM to 1 PM on weekdays, and until 12 PM on Saturdays. We also have a national mental helpline no 14416 which is operational 24x7 with a dedicated team of professionals at the state.

What are some misconceptions about mental **HEALTH you've encountered?**

Unfortunately, many myths still surround mental health:

- That mental illness is caused by a lack of faith or spiritual failure, being weak minded or worse a divine curse
- That psychiatric medications are inherently harmful or addictive.
- That people can just "snap out of it" with positive thinking.

These misconceptions create stigma and discourage people from seeking help. We must challenge these beliefs with empathy and education.

Can you suggest a few healthy ways to **MANAGE stress and improve mental well-being?**

There are lots of effective ways to manage stress — the best ones depend a bit on your situation and personality. Some common approaches that one can do almost anytime and anywhere – taking deep breathes, tensing and relaxing muscle groups, visualization (imagining a calm, peaceful place), talk to a friend, go for a walk, journaling, etc.

To improve one's mental well-being I believe it starts with self-awareness — understand your strengths, limitations, and emotional triggers. Practice mindfulness, cultivate gratitude, even for life's smallest blessings, learn to share your struggles, and your joys; human connection is a powerful healer. Live a healthy lifestyle, never compromise on rest and sleep. Avoid drugs at any cost.

What is the most **REWARDING part of your job?**

There's nothing more fulfilling than witnessing someone regain their identity, hope, and peace after a battle with mental illness. Seeing a family reunite with a loved one who was once lost in the shadows of illness—that's a reward beyond words.

How has the health sector **CHANGED in recent years, especially after the pandemic?**

COVID-19 was a wake-up call. The pandemic brought much-needed attention to the healthcare system. We saw an improvement in infrastructure, staffing, and resources. Mental health in particular received much needed focus. In Nagaland, five more districts were brought under the National Mental Health Programme, each with two appointed counsellors. This has significantly strengthened our capacity to support mental well-being at the grassroot level.

Would you share
some of your notable
ACHIEVEMENTS
or meaningful milestones?

A personal milestone was securing 4th position in my Class 11 promotion exam at Kohima Science College. It may seem minor, but it was a turning point in my life where I realized my God-given potential and the miracle that God works in us when put our faith in Him. That realization helped me to work harder and by His grace I topped the Science stream in the HSSLC examination—a memory that still gives me goosebumps.

Another milestone was when Tuensang District Hospital won the State-Level Kayakalp Award (2022–23). As the nodal officer, leading the team through doubts, criticism, and long hours made it incredibly meaningful. That year,

we also became the first and only hospital in the state to win both the Kayakalp Award and the Eco-Friendly Hospital Award, a testament to our team's commitment and unity. Today, the hospital has reached a level of sustainability and self-reliance and I firmly believe we will witness unprecedented growth in the coming 2–3 years.

Any **MESSAGE** you'd like
to share with our readers?

Know your maker and you will find your purpose. Once you know the purpose of your life everything you do becomes meaningful and motivating. When life is grounded in purpose, challenges become stepping stones, not stumbling blocks.

Thank you once again for this incredible opportunity.

Creative Expressions



Chemie
BA 6th sem

The *Melancholy Times*

Sangliba

BA 2nd Sem Dept. of English

The sad times comes to stay
They are always close by
Days and hours away
Minutes and seconds away

It's just a sad time away
From being sad all day
Feels alone in this world
Where the world feels muted
And days drag with a heavy

It comes as sad as it could
Anytime, anywhere, anyhow
"Bestow" me a "novy" identity
It is sad in all colours

Many times to me remind
Of sorrow "covrir" by smiles
Of happiness in sadness
Of love in the afterlife

Today I think I'll be sad
Tomorrow is sure to be just as bad
I wonder when will I be glad again
It's not worth worrying or I'm
sure to go mad...

The Future Pillars

Y. Dosangla

BA 6th Sem Dept. of Sociology

In our College, where knowledge runs deep,
A new generation rises, with dreams to keep.
With hearts full of hope, and minds full of cheer,
You, the students of Sao Chang College are the future here.

Your strength and resilience, inspire us all,
As you navigate life's changes, and stand tall.
With every step forward, you pave the way,
For a brighter tomorrow, starting from today.

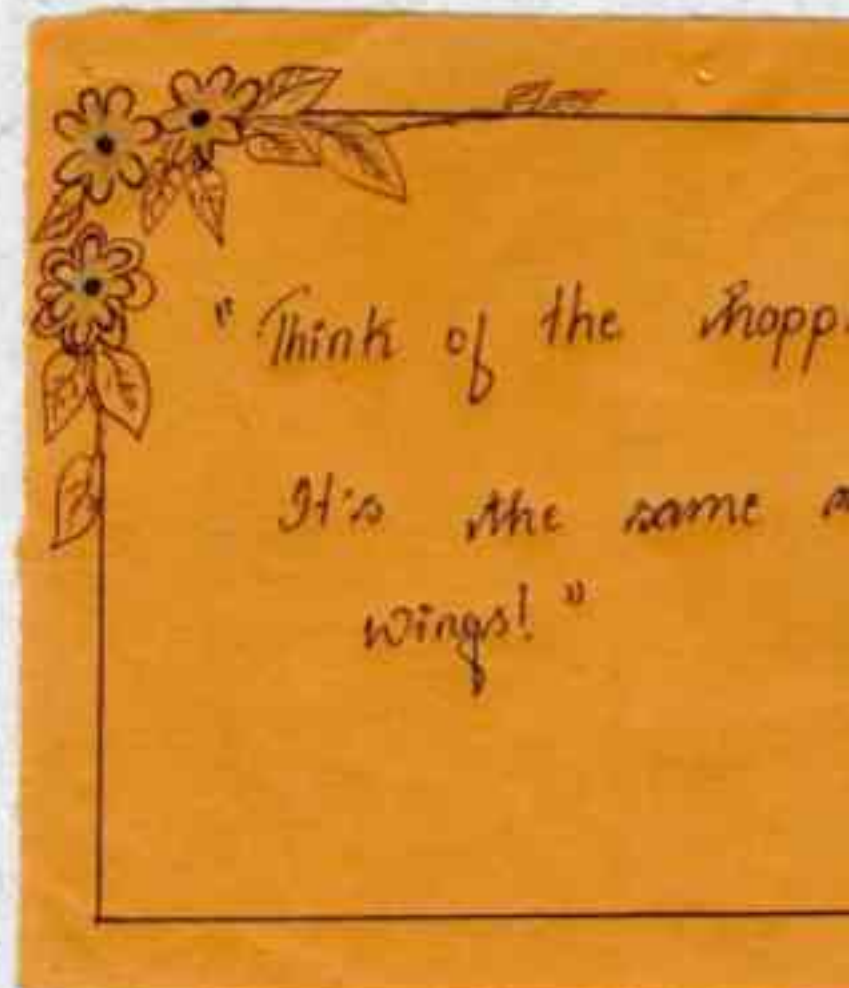
Don't be afraid to dream big, to aim high,
To chase your dreams and passions and never say die.
Your unique talents and gifts, are waiting to shine,
And make a difference in our college's rhyme.

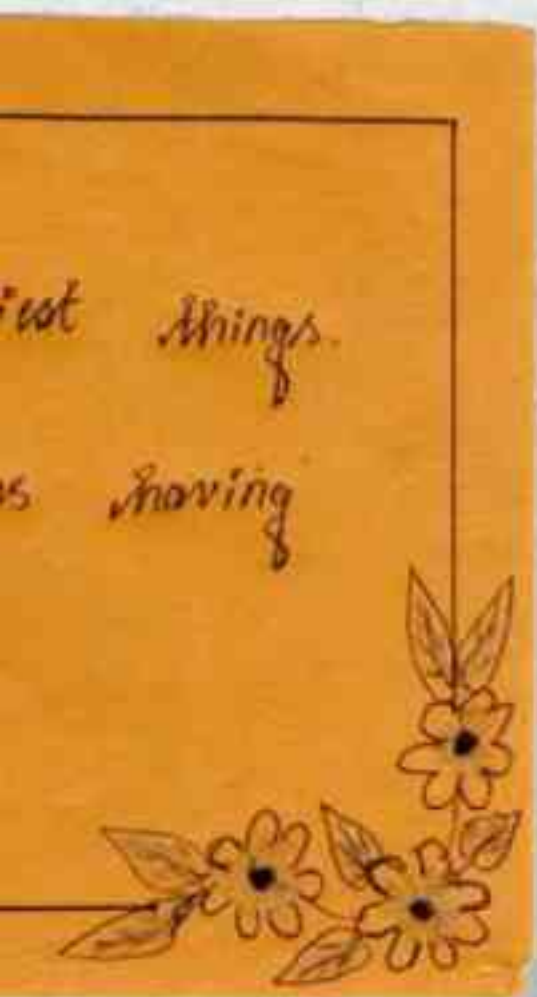
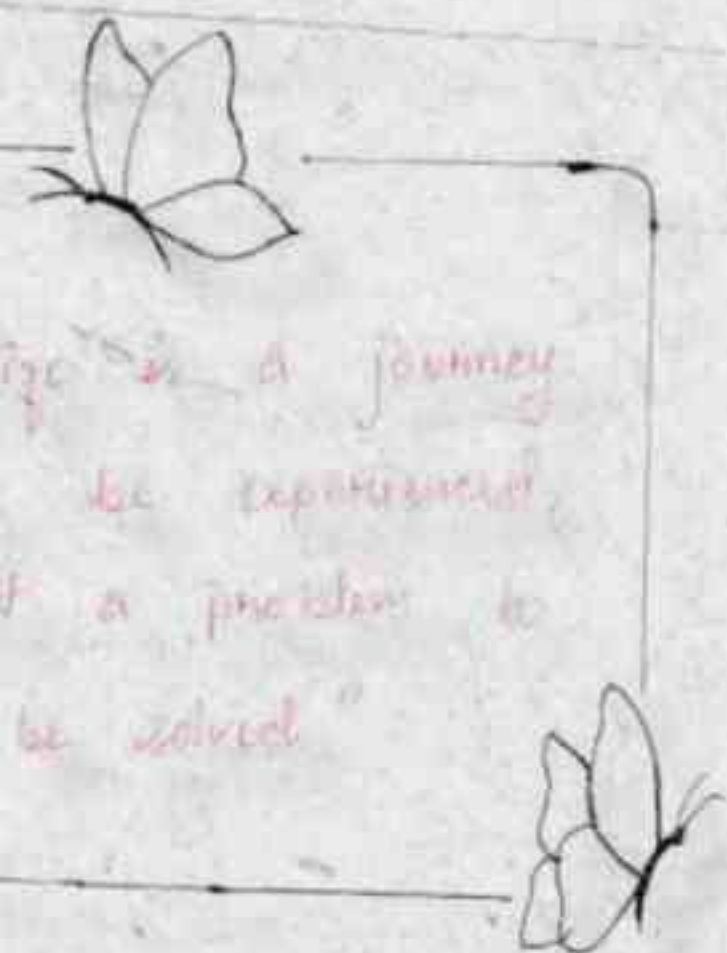
So, here is to the students of Sao Chang College, so dear
May your future be bright and your hearts always clear.

Keep shining your light, and never lose your way,
And know that we believe in you, every step of the day.

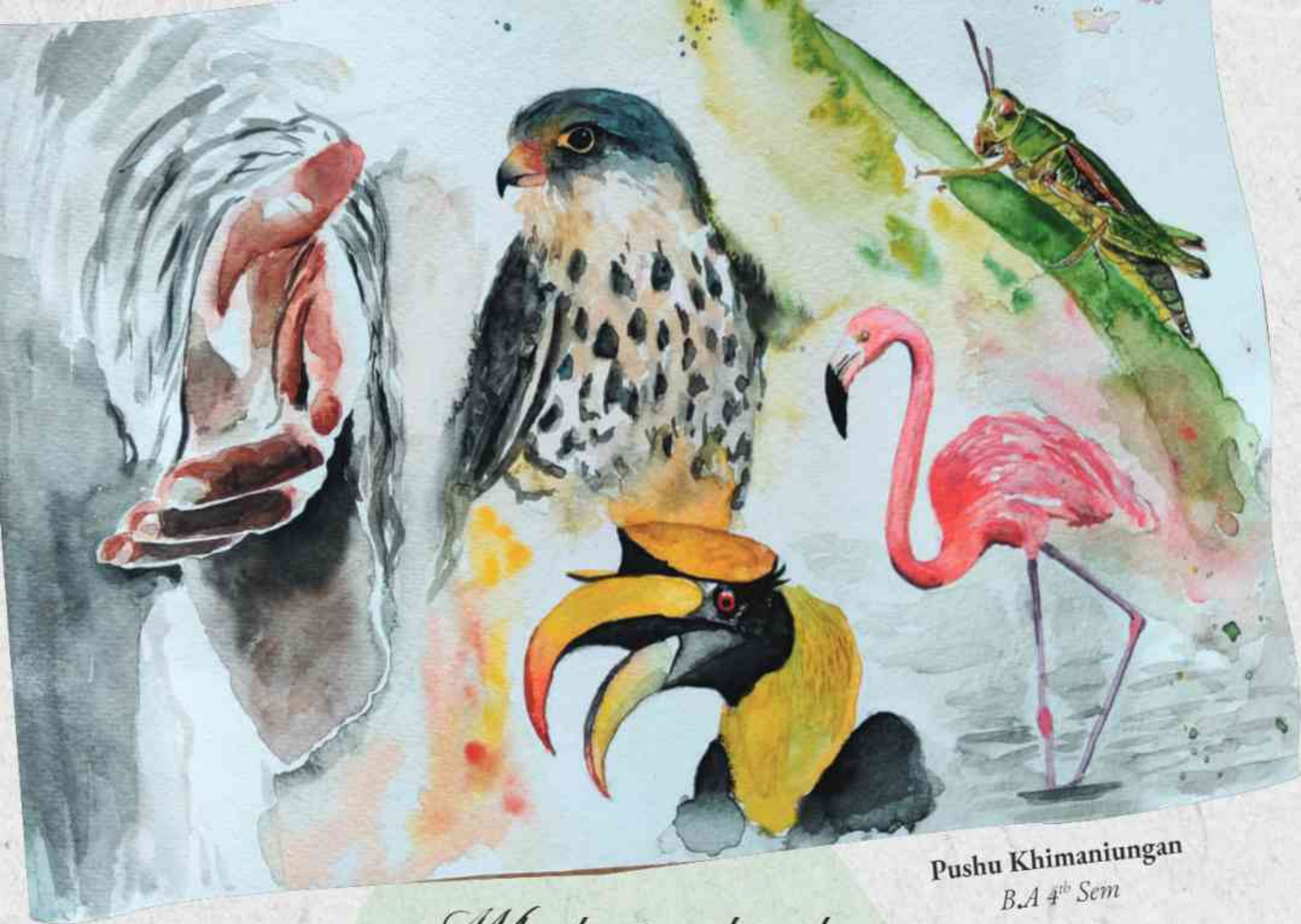


Shine





K Naset Sanchu
B.A. 4th Sem



Pushu Khimaniungan
B.A 4th Sem

*Who be it, a friend
like the finest wine?*

Chemie M,
BA 6th Sem Dept. of English

Who be it, a friend like the finest wine?
Scatters, errors but rhymes to intertwine
Scabby wings be pass, hold salubrious
For to glance bygoness with a beauteous!?

Who be it, a friend as the finest wine?
Not a shadowy pits are they to harm
But to fill your glass when you sought at drought
Or 'fool' I say to a slaughtering mouth

Who be it, a friend of the finest wine?
Shades of firewarmth are they, you can dine
Not of strangers, not of families to hunt
But for you glimmers when your heart is blunt?!?

As We Move On

N Benjongtola

BA 6th Sem, Dept. of Sociology

As we move on, a whisper trails behind with
memory.

The sun dips low, a fiery, fading hue.
Reflecting moments, both bitter and true.

As we move on, the weight of yesterday
Begins to lighten, gently slipping away
Though shadows linger, and sorrows still remain
A burgeoning hope begins to bloom again.

As we move on, the lesson learned with pain
Became the compass guiding us through rain.
Each stumble forward, a step towards the light
Transforming darkness into hopeful might.

As we move on, let not the past control.
The rhythm of our hearts, the course of our soul.
As we move on, to all things fresh and true

As we move on, the future lies ahead
A canvass waiting, words yet to be said
With open arms, and spirits newly bright
We embrace the journey, bathed in morning's
light.

The Wilderness Heart

Longso Khiamniungan

BA 4th Sem, Dept of Sociology

Shadows of my life forever follows me,
Contemptuous feelings contrasting with
humanity.

My life's shades find solace in embracing
arms,
Rewinding memories, each breadth a delicate
yarn.

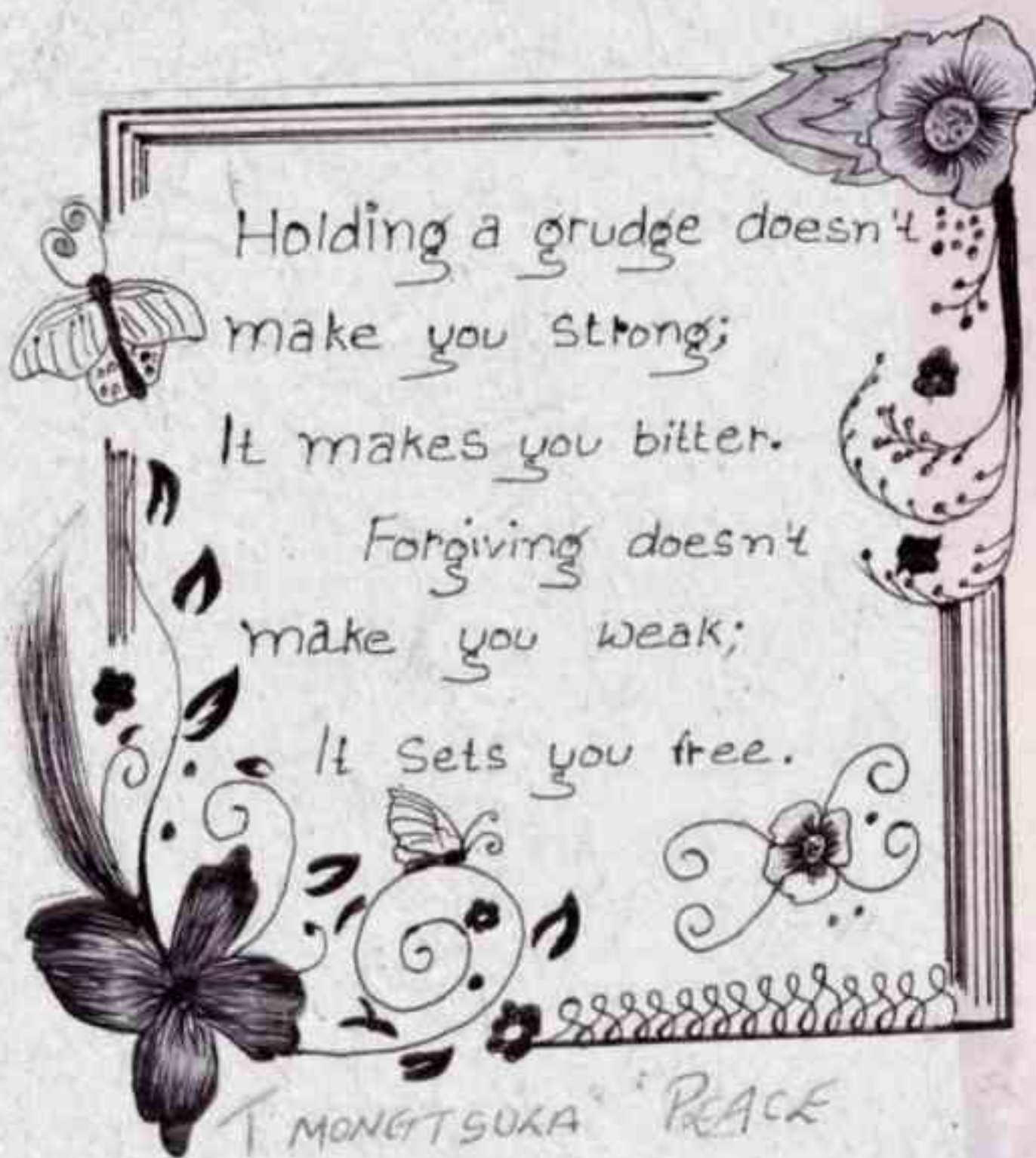
In seasons due, my heart beats for a gentle
soul,
Through life's ups and downs, love forever
makes me whole.

Her heart, humble and sweet as a
nightingale's song,
Nurtures my melancholy, singing a fairytale
all day long.

In your arms, my heart finds warmth and rest,
Beneath your shoulder, love's gentle art is
best.

You enchant and adore me, a love so true and
kind,

Forever flagged with peace, like a sweet dove
on my mind.



A Father's Love

Ms. Senti Naro T. Chang
B.A. 6th sem, Dept of English

A father's love is deep and true
A gentle strength that sees us through
Every step with him by my side
Walking safe and steady with pride

He gives so much without a murmur
Taking pains and troubles with gentle humour
A guiding hand when paths are lost
A guardian and protector no matter the cost

His hands, creased and worn, holds strength
untold

Building a foundation an empire to behold
Toiling day and night, a tireless provider
His love knows no bounds, a selfless confider

Through turbulent times, calms me to ease
He leads with wisdom, love, and peace
A father's love is never gone
Forever in the heart, where it belongs



K Naset Sanchu
BA 4th Sem

Born to Fight

Kejingkhun L Yimchunger

BA 2nd semester, Dept of Political Science

Pain arrives, uninvited at our door,
Tearing hearts like glass upon the floor.
Yet in the storm, the sorrow bends our spine,
Through the cracks, light rise again with steady
hands.

Each scar we bear, yet rise once again,
A lesson carved, a heart grown bold.
Through shattered dreams and endless night, a
lesson grows,
We find a seed of strength, that chase the light.
Though life may break, though hearts may ache,
it builds too,
From ashes rise, strong and true, to heal, to
stand.
No wound can steal the will to fight, we were
born to fight.
Struggle will come, yet we're born as warriors,
made to fight.

So when darkness comes, hold on tight, embrace
the pain,
Remember the pain is not the end, we learn we
gain.
The fire may burn, but from its flame, it's proof
that we lived.
Through the storm, we will survive but not as
same.

Au Revoir

Chemic M,
BA 6th Sem Dept. of English

Unleash this fury of tone
Rid the flicks that is all gone
Error gazed but not embraced
Agonous heart though undared

So to say au revoir
'Sorrow, sorrow, prayers', comfort

Venture, in the daring path
Glance with nocent and of wrath
Reside back the troubled soul
Why shatter after insoul

But to bade au revoir
'Sorrow, sorrow, prayers', comfort

Glitch not to undone wishes
Weepy heart I'll pass kisses
Beauty not be moonscape turn
And not scabby bond but learn

Au revoir
'Sorrow, sorrow, prayers', comfort



"Your life isn't yours
If you always
care about
what people
think."



"Once in a while,
right in the middle
of an ordinary life,
he gives us
a fairy tale."
- Kahlil Gibran



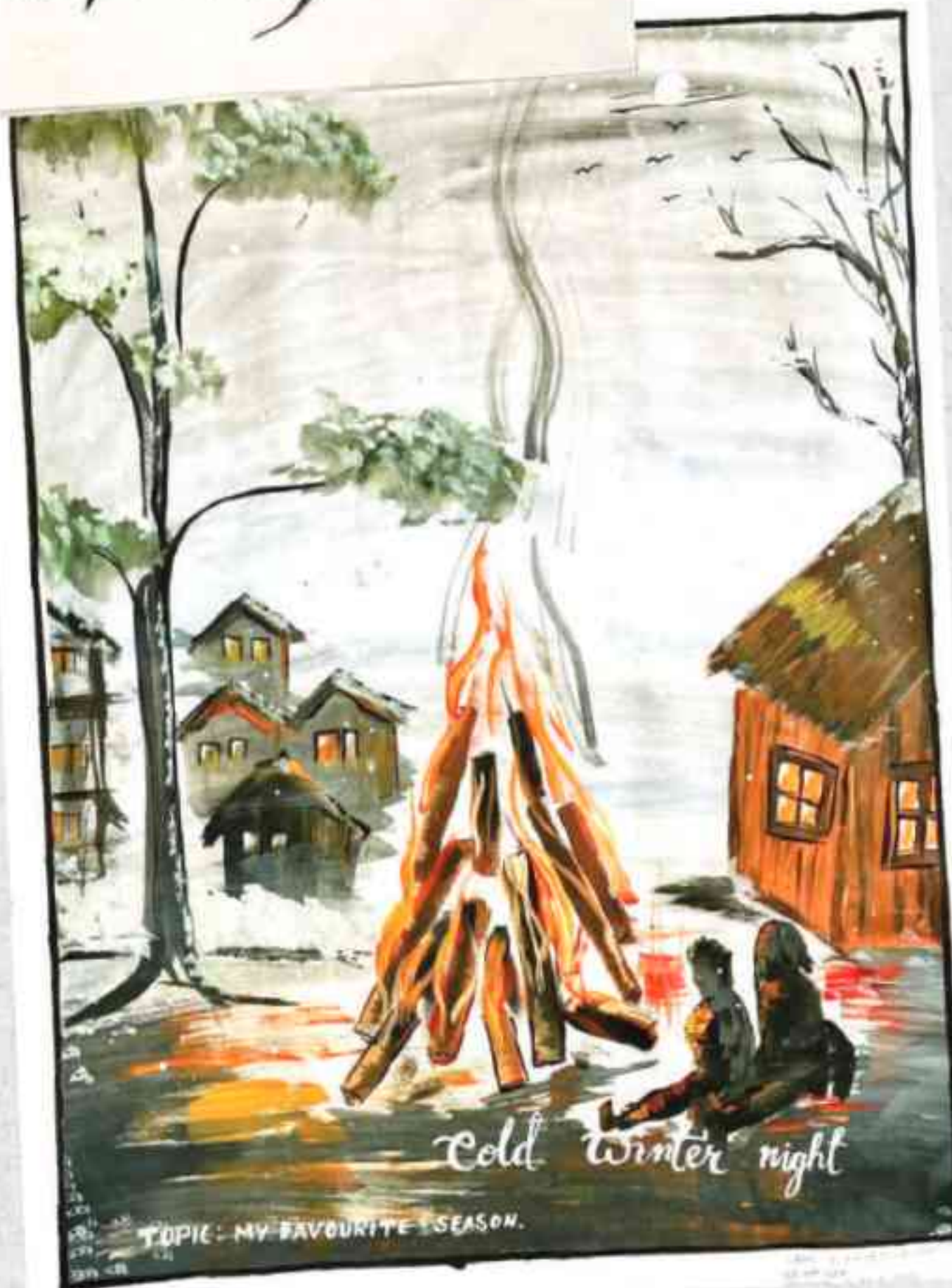
Shouthong
BA 4th Sem

Your favourite season



Spring

Chongshen K
B.A. 6th Sem



K Naset Sanchu
B.A 4th Sem





Ruthla T Sangtam
BA 4th Sem

Because i am a Girl

Ms. Risola T. Yimchunger

B.A.2nd Semester, Dept of English

Because I am a girl, I've been told to hide
My strength, my voice, my dreams, and pride
To shrink myself, to be demure and small
To fit the mould, to a world where girls belong

Because I am a girl, I have to face the fight
To be seen and to be heard
To break the chains, to shatter the barrier
To rise above, to take my rightful place

Because I am a girl, I have learned to be bold
To stand tall, to speak up, to not give up
To embrace my power, my beauty, my soul
To be unapologetic, to rebuild my world

Because I am a girl, I will be proud and free
To be the best version of me, unbridled and
boundless

I will shine my light, I will be the star
I will be so, Because I am a girl

This year, we bid a fond farewell to two
REMARKABLE MEMBERS
of our college community:



DR IRIS ODYUO

*Associate Professor
Department of History*

Served with dedication for 33
years, 3 months and 12 days

Dr. Iris Odyuo has been a pillar of our institution – mentoring students, guiding research, and nurturing minds with compassion and wisdom. Her contributions in the classroom and beyond have left an indelible mark.



MR TOMUKAM CHANG

Groundman

Faithfully served for 35 years

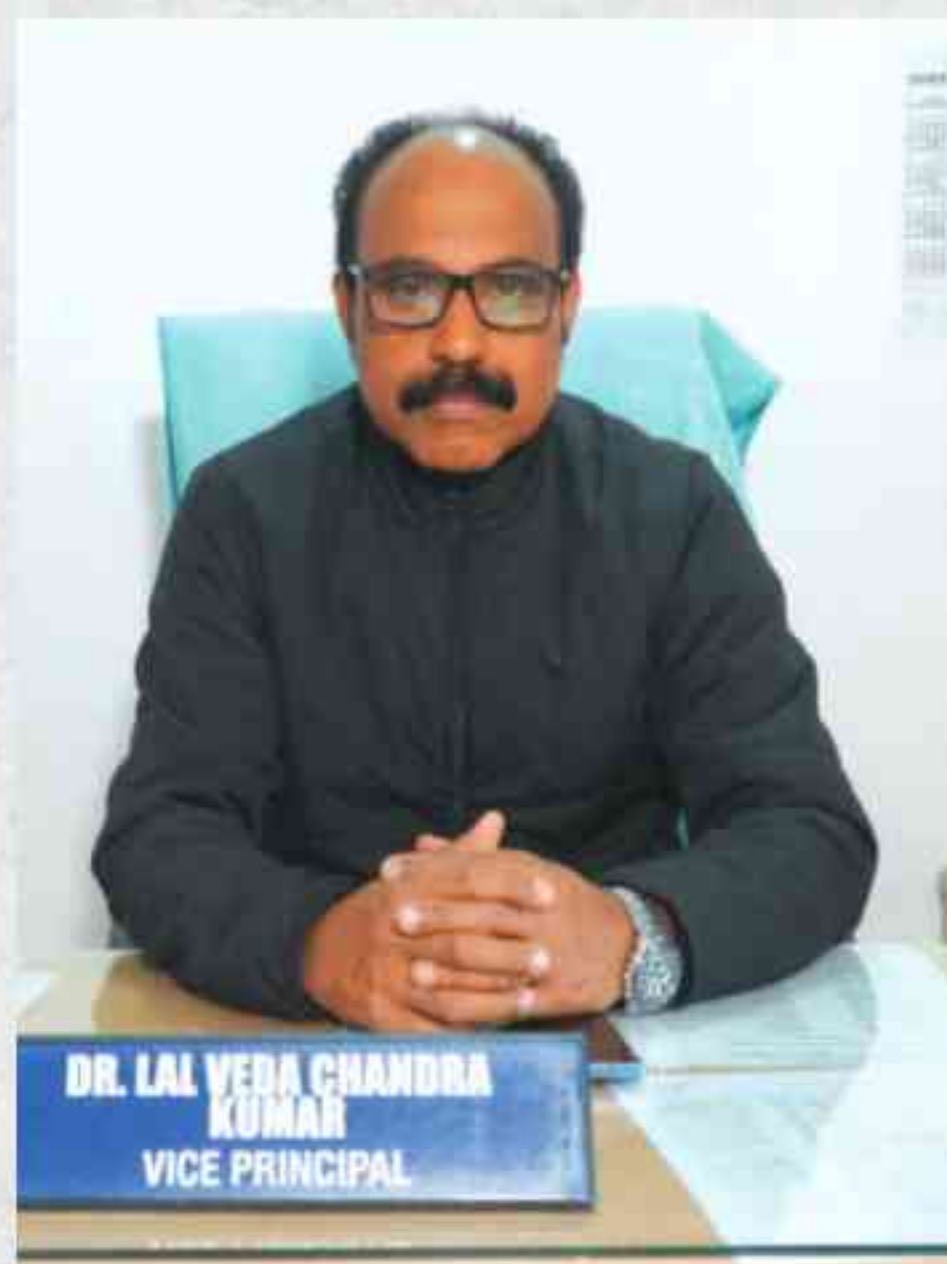
Mr. Tomukam, with his quiet diligence and steady presence, ensured a place where students and staff could grow and thrive.

Their combined years of service speak volumes of their commitment, and their departure marks the end of an era. As they step into retirement, we honor their legacy, celebrate their dedication, and wish them both a future filled with good health, joy, and well-earned rest.

Your hard work will not be forgotten and your legacy will continue to live on.

Happy Retirement!

Department Photos



Faculty



Librarian



Supporting Staff



Drivers and Handymen

Department of Economics



Teaching Faculty



BA Economics 2nd Sem



BA Economics 4th Sem



BA Economics 6th Sem

Department of Education



Teaching Faculty



BA Education 2nd Sem



BA Education 4th sem



BA Education 6th Sem

Department of English



Teaching Faculty



BA English 2nd Sem



BA English 4th Sem



BA English 6th Sem

Department of History



Teaching Faculty



BA History 2nd Sem



BA History 4th Sem



BA History 6th Sem

Department of Political Science



Teaching Faculty



BA Political Science 2nd Sem



BA Political Science 4th sem



BA Political Science 6th Sem

Department of Sociology



Teaching Faculty



BA Sociology 2nd Sem



BA Sociology 4th Sem



BA Sociology 6th Sem

Department of Science



Department of Environmental Science



Department of Botany



Department of Chemistry



Department of Mathematics



Department of Physics



Department of Zoology



B.Sc 2nd Sem



B.Sc 4th Sem



B.Sc 6th Sem



SCCSU



NCC



Sochumers (Boys)



Sochumers (Girls)

College Activities



49th ANNUAL COLLEGE GAMES & SPORTS MEET 2025
SAO CHANG COLLEGE
Themaang : Magalad
Theme: "Chasing Greatness, Breaking Limits"



Annual Sports Meet



Annual Sports Meet



Cultural Day



EU Camp



Exposure trip to Longwa



1st
S Tangniu
T Longkoi
S Mesem
(Fan)

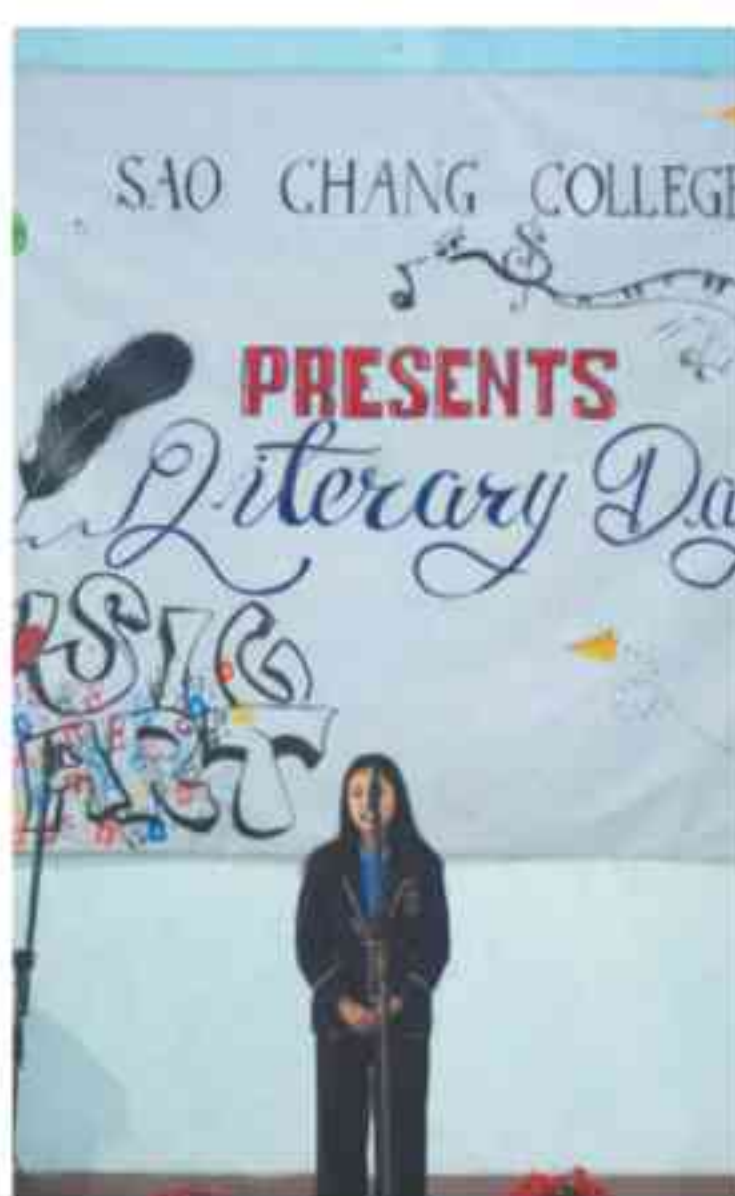
2nd
Khoni
Yongkong
Naset
(Hogarth
Curve)

3rd
Khoum
Litsapila
Hemchou T
(Equilateral
Triangle)

Floral Arrangement winners



Floriculture Vocational Course



Painting Competition



Literary Day



NCC Activities



Oyster Mushroom Cultivation



Parting Social



Faculty with Kemifu Yimkhiung Cultural Club during Workshop on Ethnomusicology



Viksit Bharat Youth Parliament



OBITUARY



Dr. Chandrika Singh

January 6, 1944 – March 15, 2025

Former Associate Professor, Department of Political Science
Vice Principal (1973–1996)



Jephoei K.

June 10, 2003 – Sept 21, 2024

B.A. 3rd Semester, English Department

"THE LORD IS CLOSE TO THE BROKEN HEARTED AND
SAVES THOSE WHO ARE CRUSHED IN SPIRIT."

PSALM 34:18

What To Do During an Earthquake

When You are Indoors



Do not panic.



Drop on the floor, take cover and hold on.



Stay away from windows, heavy furniture and appliances.

When You are Outdoors



Drop to the ground and stay there till shaking stops.



If you are in the car, pull over to clear location, stop and stay there.



Move away from building, trees and power lines.



If you are in a mountainous area, be alert for falling rocks and stones.



If you are in coastal region, move to higher ground when shaking stops.

10 FIRST AID KIT ESSENTIALS



1. STERILE GAUZE

2. BANDAGES



3. MEDICAL TAPE

4. LATEX FREE GLOVES



5. GAUZE ROLL

6. TWEEZERS



7. COLD COMPRESS PACK

8. BURN RELIEF



9. Q-TIPS

10. ALCOHOL WIPES



Lightning Safety Tips (Indoor)



Stay away from windows



Do not use telephone



Do not bath



Do not lean on walls



Avoid electronic equipment



Do not wash dishes



Unplug appliances



9 STRESS MANAGEMENT TIPS FOR STUDENTS

WWW.HELPWITHASSIGNMENT.COM

HWA
Help With Assignment

MANAGE TIME

Time management is one of the effective stress-relieving techniques. Be it work or study, relaxation, time must be spent wisely.

EXERCISE

A healthy lifestyle can reduce a lot of stress too. Instead of partying at night, take out time to get some air and exercise.

STAY POSITIVE

Don't be upset with bad grades. Try to maintain a positive attitude and look for the ways to improve.

ORGANIZE

Being organized is another way to deal stress easily. Keep track of your assignments, academic notes, deadlines to reduce stress to a great extent.

STOP PROCRASTINATING

The best way to overcome procrastination is to get the most difficult tasks out of the way first. You get rid of the toughest ones first, and you're good to go.

ONE STEP AT A TIME

Instead of mixing up, make a list and sort them out one by one.

SPEND TIME WITH FRIENDS

Don't let thought build up on your mind and just let out all your thoughts to someone you trust. Immediately, you will feel a lot better.

WATER THERAPY

Drink lots of water and take hot baths. This will help your body relax.

DO SOMETHING YOU LOVE

In times of extreme stress, take a break from all the things and do something you love. Do whatever makes you happy and cheers up your mood.

www.helpwithassignment.com
 Email: support@helpwithassignment.com
 Contact: +1 312-224-1615

HWA
Help With Assignment

VISION

To provide opportunities for higher learning so as to produce useful and responsible citizens of the country, that they may bring social, economic and educational development in the country. All these can be visualized through total personality development of the student by imparting quality education under the college motto "Deeds Not Words".

MISSION

To educate young student and prepare them to transcend in the service of the country and to attain personal fulfillment by leading a value based life through innovative and student friendly curriculum.

OBJECTIVES

- To provide quality higher education for developing innate potentials of the students.
- To impart life-long value education.
- To inculcate the spirit of competitiveness in the students.
- To identify and assist in making students prospective individuals in the society.

SAO CHANG COLLEGE

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 scctsg@gmail.com  www.saochangcollege.com  [saochangcollege](https://www.instagram.com/saochangcollege)