



TUESDAY 09-03-2021

THE MORING EXPRESS

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an architect of society. But according to Hillary Clinton, women is the largest untapped reservoir of talent in the world. Respite of honouring and celebrating women on every March on the occasion of the International Women's Day.

Empowering women is essential to the health and social development of families, communities and countries. When women are living safe, fulfilled and productive lives, they can path their full potential, contributing their skills to the workforce and can raise happier and healthier children. They are also able to help fuel sustainable economies and benefit societies of humanity at large. Women's empowerment is a key factor for achieving sustainable economic growth.

In British Government period, Social reformers like Raja Ram Mohan Roy and Swami

The Hindu marriage act, 1929, 1930, The Hindu women's right to property, 1937, The Christian marriage act, 1872, The Parsi marriage and divorce act, 1936 and The dissolution of the Muslim marriage act 1939.

Equal rights for men and women are enshrined under Articles 14 to 16 in the Indian constitution, which came into effect on 26 January 1950. India's journey on women empowerment and gender equality started when it became a sovereign state in 1947. The Narendra Modi government has launched flagship schemes to promote gender equality, including Beti Bachao Beti Padhao (Save the Daughter, Educate the Daughter), Pradhan Mantri Ujjwala Yojana (a scheme to provide gas connections to women from below the poverty line households) and Mahila-E-Haat. As a result women in India are

man development and grassroots initiatives, India still continues to struggle to provide its women with equal opportunity. India continues to struggle to provide its women with equal opportunity. On international measures of gender equality, India scores low on women's overall health and survival and ability to access economic opportunities.

We have restricted our perceptions to only upliftment of women- from the value of an object to the value of a living being. Women accrue less income than men over their lifetime for a variety of reasons. Due to discrimination, many women are unable to exercise their full potential in natural resource and environmental management, given their lack of training, status, land and property rights and capital.

On international measures of gender equality, India scores low on women's overall health

to the 87th position last year in Gender Gap Index. India has slipped four places to rank 117th globally as per the Global Gender Gap Report 2020. India's ranking in different dimensions: In terms of Economic participation and opportunity, India has been ranked 149th with a score of 0.354 in the WEF's Global Gender Gap Report 2020. In terms of Educational attainment, India has been ranked 112th with a score of 0.962 in the WEF's Global Gender Gap Report 2020. In terms of Health and survival, India has been ranked 150th with a score of 0.944 in the WEF's Global Gender Gap Report 2020. In terms of Political empowerment, India has been ranked 18th with a score of 0.411 in the WEF's Global Gender Gap Report 2020. Female empowerment indicators in India showed improvement over a decade, but in our country still it only seems a distant dream.

Effects of Smoking: A Perspective

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Smoking has become a common habit for many young people today. Knowing the hazardous effects of tobacco, youngsters consume all the intoxicants to keep up the so call "cool" among their peer groups. Many people like to smoke a lot but today I would like to share some of my opinions to all the smokers. There are three ways of benefits and problem for the smokers. The first and foremost benefit of smokers is that there won't be any robbery in their house because the smokers cough a lot and the thieves are afraid to steal in their house. A Smoker is always awake because of cough and it lead to

sleepless night which also may cause Parkinson's diseases or Schizophrenia. A Schizophrenia is a serious mental disorder that affects a person ability to think, feel, and behave clearly.

Second benefit is that, a smoker always looks young because the problem of a smoker is they can't enjoy their old age as they will die soon due to lungs breathing problems. Another benefit of a smoker is that a dog will not chase or bite them. The reason behind is that their immune system will become weak and they have to hold a stick as a support for their body and everybody knows that a dog is afraid of stick.

Thirdly, now a days, we observe that many elderly people and even young people are de-

veloping a habit of smoking a lot which is injurious to health as well as it affects the society. So as a young person, I just want to encourage everyone to enjoy the youthful and old age life as much as you can in a positive way and be a good example of the younger generation. Don't spoil yourself by engaging in negative things because like our elders have always said that at least try to learn something new in a day. Imagine all which you have been learning and it will be very helpful for your future and the upcoming young generation. Lastly, instead of wasting money in tobacco products, try at least to contribute to the orphans because sharing a little blessing with others is also a blessing for oneself and everyone around us.

The Moring Express "Public Space" is to provide space for diverse opinions to be expressed and heard. The opinions in the "Public Space" do not reflect the views and position of the newspaper nor the editor.

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My time during the lockdown

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I was around the beginning of March when I began to hear about outbreaks of a new disease that had begun to spread in Wuhan, China. Back then I thought, "Oh it'll be fine. I'm sure the people in charge will take care of it neatly." Fast forward about 2 months and today the world has been brought to a stand still by this new deadly, and most importantly, very contagious disease.

The word "Quarantine" means when a person "suspected" (not confirmed) of carrying an infectious disease is isolated to prevent further spread of the disease. In a way, each one of us entered into quarantine the moment he/she was announced to be in complete lockdown starting from the 1st week of March. A lot of people did not follow the guidelines, but I will save that topic for another day. So what did happen in that people suddenly found something they had been complaining about on not having enough - "Time", suddenly, there was too much time, for all of us, especially students!

Interestingly, a lot of creative content had come about during the lockdown, remembering homes, nature photography, choreography, dance routines, songs you create it, but that is not how I spent my time. This is an essay article!

about, "My time during the lockdown".

I had spent my first month just as any normal person would do that is doing absolutely nothing but by reading I found something interesting. I had spent less and less time on my books to a point where I couldn't even recall the books. Each was my condition. Some I had done a bit of research from the newly named "COVID-19", enough to know that the name of the virus was actually SARS-CoV-2 and not coronavirus. I mostly understood how the disease was causing respiratory problems because of pneumonia. But I wouldn't call any of that productive. It was just a response to the uncertain and quite frankly, scary scenario we were all in. I had begun contingency plans from if everything (all of it) went and we were in an apocalyptic scenario. It is hilarious when I think back on it now. I was also spending a lot of my time playing games to distract myself of the looming threat just on the horizon.

But, as the days passed, my outlook on the scenario changed. You see, I was waiting for the day. "Today would go back to normal." However, I realized that this is (now) our new reality - this is the new normal. I decided to adapt to the new status quo. First, I began with restoring my exercise routine - which consisted of a few push-ups, squats, curls, planks,

sit-ups. I had been negligent of my diet as well and the gym had begun to go up and up. Playing badminton is a fun exercise that my sister and I started to partake in. Let me tell you, all that movement after being sedentary for so long, such a nice muscle!

Next, I started back on a project that has long been a dream of mine - to speak (learn) Japanese. It started with simple mafia exercises to remember words like "Konichiwa" which means hello, or "Sayonara" which means goodbye. Next, I'm starting with small sentences like "Choudo wa desu" which means "How are you?". What I discovered is that the Japanese language doesn't really have tenses, not past or future but all these words are present in the moment which I found beautiful. I also decided to take a step further - "Why not be able to write Japanese?" So I also started on my writing (Japanese) journey. What I found was that the Japanese writing system consists of 3 systems: the Hiragana, the Katakana and the Kanji. In Hiragana, sounds are attached to the alphabets - for example "ka" sounds like "a" (oh), "ki" sounds like "no" and so on. Katakana is the same but it used for foreign words like "Coca". In the Kanji, the alphabets (syllables) have meaning attached to it. (ka) is the kanji for tree.

What I found was that I am

quite old and finding it hard to learn a new language as I am still stuck on the basics. But I shall prove you.

Next, my online classes started and I should not have come at a better time! I was beginning to forget the books but with the student rejection of projects, assignments, review classes and discussions, I found my days filled up again with research and actual study which I, strangely enough, had missed a lot. It was also during this time that my computer (online) with teachers and classmates had been re-ignited. With all these tests and projects, I felt more and more productive as that days went by.

Lastly, was the time spent with my family and prayer. I am very fortunate that all the members of my family, my dad reached home 2 weeks ago, were safe and sound at home. All this free time gave us a much needed break to just relax and to get to know each other better. We also spent time praying together for all the various issues that were currently affecting the world.

All in all, I feel that my time in the lockdown has been productive (except the first month), and I have a new outlook on the value of life, of time and in being proactive. I am sure everyone has their story to tell.

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How Farm Bills will footprint the consumers

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The contentious Farmers Bill 2020 recently passed by both the parliament includes the following character, the Farmers Produce Trade and Commerce (Promotion and Facilitation) Act 2020, Farmers (Empowerment and Protection) Agreement and Price Assurance and Farm Services Act 2020 and the Essential Commodities Act 2020. This Bill was enacted to create a sense of self monopoly whereby each farmer will have their prerogatives and sell their farm items without involving any third party as the negotiator. The Government of India considers these bills as pro farmers and highly perceived it could double the income of the farmers as prescribed in the double income of the farmers 2022. Theoretically the bill looks sensibly promising and highly feasible which could enhance the farmers' voices. But the technical execution could prove the other way round. The farmers enthusiastically started protesting against the bill on the account of the aforementioned clauses. The farmers believe it will cause injustice and hence do away with APMC (Mandis) and the famed MSP (minimum support price) regulated by the Government of India and instead form a draconian arena where the benefit will solely be focused in the hands of the capi-

talism. This will initially promote a form of Marxian era where the farmers will replicate the so called 'have-don't' ie workers who were exploited miserably by the 'haves' or capitalist pool.

The protest has escalated immensely especially in northern states with Punjab and Haryana as the front runners. They have clamoured for a change in the aforementioned clauses and instead imposed to strengthen MSP to be officially declared as a legal right as to bump off the capitalist exploitation of power by gaining. The farmers also fear that they will have heavy weary scope in contracts with the private buyers. With more than 80 percent of farmers owning less than two hectares of land it becomes ultimately laborious for them to negotiate with the large scale buyers at first hand.

The Essential Commodities (Amendment) Bill 2020 which seeks to deregulate commodities like cereals, pulses, oilseeds, edible oils, onion and potatoes from the list of essential commodities will inflict pose a grave potential danger to the market force and it can accidentally impact the consumers. The price triggered formula as postulated will inflict create a situation of a drowning man who glimpse powerless to reach the sea shore. With these items being kept in liberalised mode for a lengthy time span and without any scrutiny will doggedly elevate the rise in price and impact the consumers. The jump up in prices of

these significant items will boost the inflation as consumers will not be able to afford it with ease. The incessant stocking can also lead to counter-fert price fluctuations and meagre prices for farmers after harvest. The infamous hoarding will take place as food particles can be stored for longer duration without the fear of being prosecuted. This will also elevate price spurge as storage of such items for a prolonged period will recuperate the mien's concerned minds more consistent as a cushion for by advancing the price of such items when scarcity booms to gain enormous profit as those items are a necessity with price rise or fall. With APMC restrained, the farmers will now have to deal or bear the expenses of the transportation or the labour cost which will coincidentally unsolicited their income and likewise boost the price rise in the market.

The ongoing protest will also impact the market force with high chances of price rise in almost all the commodities due to supply constraint. In a state like Nagaland where we are exponentially depended on the outside factors for the survival. The embargo and the price rise of such items will impact the consumers most as shortage of supply or price rise will affect our states economy. With APMC absent, it will also have an indirect impact on our state revenue as taxes charged at mandis will pause as private investors will start purchasing face to face from the farmers. With small and marginal

farmers at prime presence in our state, APMC, evokes a better window of opportunity and a sustainable environment and hence provides utmost security.

In order to evade the relentless protest organized by the farmers basically which is more likely to impact the food items consumed by the people in the protracted spring, the colossal measures needs to be reformed by the government in favour of the farmers with APMC enhancements instead of erasing it. The idea of obliterating the middle man should stand invalid as private investors will also keep the middlemen as the negotiators to deal with the farmers. Instead the negotiators should be kept at check to eschew corrupt practices. The Government should also invest in areas of agriculture importance and revamp the agriculture structure instead of relying on the private investors to do their homework. The main purpose of the private entities is to earn profit and they will therefore stoop so low in the initial stage to grab the customers by using artifice method with significantly low price or the discount method for a short span of time. The Government should also declare MSP as the official legal rights of the farmers to avoid victimisation. The onus is now on the government to sweep the board the confidence of the farmers. It must unconditionally stick out to the farmers and empathetically listen to them.

Advancing Pandemic: A view point from a student

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When we were presented with the early 2020 issue of the European Journal of Cultural and Political Sociology, we were comprehended what the outbreak of the novel coronavirus, COVID-19 in Wuhan province, China, would mean to the world, to Europe, to any country or any single person in the weeks to come. A couple of months later, like as we knew it fundamentally changed. The mantras of today are "Stay at home", "Stay safe" and "Social distancing". Never would have imagined that almost all over the world, nation states ban individual free movement and the gathering of people.

Normal social life and work has come to a halt. A well known German Sociologist, Ulrich Beck's "risk society" appears to be taking on new forms in current times. The effects of the pandemic on social inequality, urban life, citizenship, migration, and core periphery relations are already becoming visible, but will be only fully comprehensible in due course. What we have to face up to is unprecedented as far as contemporary generations are concerned, and will leave heavy marks, stigma and perhaps trauma for those who survive the virus and the lucky ones who are not being physically infected.

The disaster is televised, and in the daily news, we increasingly see worn out faces of nurses, doctors, frontline workers and of all involved with keeping alive the livelihood in our neighbourhoods, cities and across

the globe. Foremost, the rising number of many deaths as result of the COVID-19 pandemic is steered into our temporarily (over) crowded home spaces, and is reversing the notion of public social life and culture. Empty city streets, closed businesses and people avoiding proximity of each other are a bleak reminder. Everything does not come back to life during springtime in the month April seems to be the crucifixion of months for this year. The 'state of emergency' not only affects the physical and psychological health of population but it equally affects the political rights and democratic status of citizens. We might have to reconsider the notion of European solidarity, cosmopolitanism and global humanity in the years to come.

Therefore, I commercialize cultures; the amount of money at one's disposal defines one's opportunities to participate. This is equally true now that participation in social life has gone digital. Students have been challenged with uncountable digital challenges. Digital has taken over all our activities and without any warnings. The contradiction is such that, we were not allowed to used mobiles in classroom before whereas today in this pandemic we are forced to use at all times. But a time will come when this pandemic will be over when we can go back to the streets, to have events without fear of contagion. As students, we are waiting for the day and time when our normal classes and old normalcy returns. We try to keep community alive with the tools that we have, and the way that we end up doing it has political implications.

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Women, respect your inner Queen

I was reading a book called "Making India Awesome" written by my favourite Indian Author, Chetan Bhagat. I stumble upon a page where there was this essay titled, "Five things women need to change about themselves" which was thought provoking. Nowadays 'Feminism' is a word that is trending among women. We call ourselves feminists, but where are we headed to? Most of us are going nowhere. I'll tell you why based on the essay I mentioned above and some of my thoughts that come from this little head. For all the talk of women being denied their proper place in the society, ladies need to do some self reflection too.

Politically speaking, in the 57 year old history of the state, gender equity continues to be a far cry. Rano M. Shama was the first Member of Parliament among women in Nagaland in the year 1977. It has been four decades since then. Forget about a woman becoming an MP, Nagaland has no ray of hope for women to get a seat in the NLA. Now, ladies, are we going to sit around and wait for an opportunity to be offered to us? I don't think so. The problem lies with us too. If a women candidate comes up during the general elections. Will we vote for her? Majority will not. Because we, ourselves, think it is not right for a woman to abandoned her duties as a wife or a mother and be involved in politics. We will be the ones to pull her down. Besides, we are slaves to many during elections.

The constant desire to judge other women is a behaviour that needs to end among women. Despite knowing we ourselves are not perfect, we tend to judge other women from the way they dress to

the way they sit. When we ourselves set such an example, how can we expect men to respect us for who we are?

STOP FEEDING MALE EGOS. Chetan Bhagat wrote, "A common female trait is the relatively quick adaptation to feed male egos. Laughing at men's jokes when they aren't funny, accepting a raw deal in an office assignment or playing dumb to allow a man to feel superior are just a few occasions when you do your own kind no favour". Ladies this taking needs to end.

No matter what conditions we are under, we need to be ambitious and dream big. If you are blessed with privilege to be educated, to go after your dreams, remember that you have a responsibility to make the lives of those who are less privileged than you better. Do everything you do with love and sincerity.

We, women, like to call ourselves queens, whether we have a royal blood running in our veins or not, we are queens. There is, of course, nothing wrong with that. The problem starts when we don't behave like queens. There are many of us who are stronger than men, more able than men and even more promising than men. I hope we will wake up today and respect our inner queen. We hold too much love and too much energy to keep to ourselves our whole lives. As much as our families and our nation need us, we need ourselves too. I hope you fix the crown on your head and know the responsibility that same crown carries today.

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Unplanned urbanization: problem in Dimapur

Things without prioritizing proper outlets for common drainage system is another pressing concern which needs to be address by the community residing in a particular areas with concerted efforts and cooperation and a sense of responsibility to prevent flood and other natural calamities.

With the onset of monsoon which will soon arrive in the 1st week of June, it is apprehensive to witness and encounter similar incident that took place few years ago or even more severe this time induced by human activities. Hence, proper Disaster Management Strategies and Mitigation Programs at the District and State level becomes indispensable to prevent losses and destruction in the coming days.

Nagaland is yet to enact Compensatory Afforestation and Act, 2016. This Act provides for setting up Compensatory Afforestation Fund Management And Planning Authority

(CAMFA) at both central and state level to ensure expeditious and transparent utilization of amounts realised in lieu of forest land diverted for Non-forest purpose. The Amount collected to compensate the loss of forest can be utilize for Afforestation and other Disaster Mitigation actions. "Even a correct decision is wrong when it was taken too late". Therefore, we must take a serious note with regard to this immediate threat which is inevitable and can cause irreparable damage to life and environment. It is a common responsibility and with the holistic approach of all the stakeholders including the State Government, Municipalities, CSOs and individuals we can combat and mitigate this challenges with proper planning and coordination in the line of Sustainable Development Goals.

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Reader's Post

Please test returnees from Kumbh Mela

If there are any devotees from Nagaland who have gone attend the Kumbh mela where social distancing and COVID protocols were flouted, the state government should ensure they be first be isolated, tested for COVID and only then allowed y into the state. We do not want a situation where people ie state bear the brunt because of a few careless people who ot understand the severity of the pandemic. Having said the state must not leave anything to chance, especially with llers from states with high COVID cases.

Tiamenla, Dimapur

Reader's note: Articles or letters published in any of the columns of this newspaper nor that of the Editor in any manner.

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EASTERN MIRROR

DIMAPUR, TUESDAY, SEPTEMBER 23, 2020

BIBLE READ: PROVERBS 22-24

THOUGHT FOR TODAY:

Jesus had compassion on them and healed their sick.
Matthew 14:14

Mrs. Ellen calculated payroll for an accounting firm. This may sound like a straightforward job, but there are times when employees submit their information later than requested. Ellen often makes up for this by working long hours so employees can receive their money without delay. She does this out of consideration for the families that depend on those funds to buy groceries, purchase medicine, and pay for housing.

Ellen's compassionate approach to her job points me to Jesus. On earth, He sometimes ministered to people when it was inconvenient for Him. For instance, Christ wanted some alone time after He heard that John the Baptist had been killed, so He boarded a boat in search of an isolated place (Matthew 14:13). Perhaps He needed to grieve for His relative and pray through His sorrow.

There was just one problem. Crowds of people lagged along behind Him. This group had various physical needs. It would have been much easier to send the people away, but "when Jesus looked and saw them, he had compassion on them and healed their sick" (v. 14).

Although it was part of Jesus' calling to teach people and cure their diseases as He ministered on earth, His empathy affected the way in which He carried out His responsibilities. May God help us to recognize His compassion in our lives and give us the strength to pass it on to others.

Dear Jesus, thank You for meeting my spiritual and physical needs. Help my thankfulness to overflow in the world so that I can glorify You through caring for other people.

Across the World, Trees Are Growing Faster, Dying Younger – and Will Soon Store Less Carbon

Roel Brienen and Emanuel Gloor | The Conversation

ing finger provides information on age and allows us to estimate its maximum lifespan. The an-

longer than its fast-growing relatives. It is very much like the story of the tortoise and the hare – slow

with a recent study reporting an increase in tree deaths across the globe.

Life: Success and Happiness

Do you spend your time thinking about life? Do you ever try to find out its meaning and what it is all about? Apparently, it is my favorite thing to do though it is the thing that leaves me with nothing but a series of questions. Do you ever think about what real success and happiness could mean? I have sat down a thousand times, lost in my own thoughts as I think about life. No matter how hard I try, I can't seem to find its meaning. You overcome one challenge and you think that is it. But before you know it, you are already fighting another battle. It makes me question whether success and happiness exist or they are just temporary friends. We all want to live our lives to the fullest while performing our duties and enjoying life as well. At times, we forget who we are and we don't know what's going on in our lives. We feel like we're living inside a maze. There are so many questions one tries to answer but in the end, we find ourselves becoming an even more confused human. Daniel Klein rightly said, "Every time I find the meaning of life, they change it". Life. What a beautiful yet intriguing word!

Lang Leav, a beautiful writer once wrote, "I can see it so clearly- the greater plan. I understand that I am both the architect and tenant of my destruction. I can feel it so acutely in my chest like an ache in my chest, knowing ultimately that I am locked in a chain of events that I cannot stop, an outcome I cannot falter, feeling at once helpless yet hopelessly awed by the power of my part in this beautiful, brutal expression of the universe".

As you grow older, you want more and more in life. When you were young, everything was simple. You didn't have much in mind and all you cared about was to play until you

get tired and eat until you filled your stomach. Now, those things are at the bottom of our list. As a child, I had dreams. I always thought having a dream to become someone great was the ultimate aim of living life on earth. Achievements are essential to leave a mark, that's what I've always thought and what I'm thinking right now. Perhaps, those dreams have pushed and brought me this far. It has been a rollercoaster ride so far. Nevertheless, I've kept moving on believing that I'll get there soon. But where? What are these feelings I feel? I've come this far despite the odds yet I don't feel like I've won. All I can see whenever I look back are the things I've lost on the way and not what I've gained.

We are constantly chasing after goals that we have set for ourselves and all we have learnt is how to be successful. Now, the question here is: Does success mean happiness? I guess our answers would differ from one another. Life is both simple and complicated. It demands us to set goals, work towards it and once you achieve it, you are on your way towards a new one. At times, it becomes too heavy a burden to carry and it feels like we have no time to stand and stare. There are days when I feel so small and insignificant. I am not sure of my identity and what I want to be. I am still young and I have a long way to go with a lot to learn. Yet I feel like I am already old and I haven't done enough. Do we always need to prove ourselves? Does success really determine our worth? There are days when I ask myself what I really want to do in life. Am I just going along with the ways of the world or am I really choosing the path my heart really wants? There is a flood of endless questions in my head as I try to figure them out one by one. What does living really mean? What should I do to avoid making wrong decisions and how should I start?

How can I live without regret? There are just a few among hundreds of questions. Sometimes, we get caught up looking at other people's lives. When I do that, I always wonder what would be going on in their lives and how well they are living. Am they confused and lost or do they have all the answers? I guess life is about asking questions and answers at the same time.

Perhaps, I will never understand how life works. Maybe, I am looking for an answer that does not exist. I will continue to dream in a pool of confusion and I will try to swim my way out. There will be times when things happen with no logical explanations behind. I will have to hate myself to accept them the way they are. There will be days when I cry and nights when I am unable to sleep. While trying to leave a mark in this world, I'll leave scars in my own heart and others' as well. There is a possibility that I will never understand the true meaning of success and how we can live happily. But I do know that there is a reason why I'm here. I guess that simple reason will suffice all my doubts. The only thing I can do is bet everything I have on life and hope for the best as I prepare for the worst. Whatever we're going through as we tread on this path, I hope we will not give up on the way even if we fall down a thousand times. I hope we will not think less of ourselves no matter what happens. I hope we will emerge as winners who stood the test of time. I hope I will look back one day and smile at all these years which smell like "trouble" right now. J.R.R. Tolkien writes, "Not all who wander are lost". Perhaps, we are just still exploring and we are not lost.

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Celebrating Mongmong Festival in time of Pandemic

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Among the Sangtam tribe, the Mongmong festival is considered to be the most important and the grandest festival. It was normally celebrated for six days during the first week of September as a festival of togetherness and prayer for beautiful harvest. Mongmong is the festival which brings about blessing in all aspects of life such as prosperity and peace among the people. Due to modernization and Christianity, the traditional practices in celebrating the festival seems to be diminishing among the youngsters. Many young intellectuals and organizations are trying hard today to preserve and keep the tradition alive in different ways.

With the sudden outbreak of COVID-19 all over the world, it has become difficult to celebrate any festivals for quite some time. But gradually, things started to function. As I recall in the first week of September 2020, on the first day at around four in the morning as I was having my morning walk, I came across people gathering around, waiting for each other to go collect pigs in slaughter. Although it was early morning and the air was thick, something made me feel warm and that would be the air of festivity which marked the beginning of the 6 days celebration we were to enjoy.

So here I am going to share my experience while celebrating in the midst of pandemic. This year Mongmong was a blessing despite the fact that we are in a pandemic. It has always been important that every one attends the celebration and for years I wasn't able to attend with my family because I was away for my studies. This hasn't always been easy because I had to spend this time alone. Although I had friends, they couldn't fill the void. We celebrate festivals both with our friends and family, but we have real pleasure of celebrating festivals with our family and the blessing it brings.

This pandemic has brought upon a great deal of mental stress upon every individual and I must say this festival was a good excuse to let go of that stress. We were not able to visit our relatives and friends house because of the lockdown and even if there was a little relief in the lockdown, we were not able to visit each other because of the stigma that was brought upon by Corona Virus. However, despite all this we were all able to enjoy the festival to the extent that we didn't want it to end.

Every family has its own traditions, which we honor and follow over the generations. There are a number of practices that are very meaningful and I must say, it's very interesting, one of which is dining together. Unfortunately, the way of life today does not allow our family to gather all together, which I think most people face because of school, office, meeting and other unwelcomed schedule. But no matter how busy we get on the way there is always a time for gathering and this Mongmong was one of such.

We had a gathering this festival and I met my cousins who I had not seen for a while. During this short and fast hour, we as a young adult sat and discussed upon life as we saw and what might come, encouraged one another, while our parents sitting around the table loudly laughing and telling stories. We had dinner together and had lots of fun, which we never had imagined that this most unpredicted pandemic would bring us so close together.

The pandemic has changed the manner of celebrating festivals all over the world, including our own Nagaland. The excitement and enthusiasm for festivals seem to have been subdued owing to the global pandemic, tests, rising corona cases and identification of hotspots, especially spring and summer season kept the residents in seclusion, taking away the festival mood, which our diverse culture is known for.

Despite the situation, I learnt many things on how life filled the place overwhelmingly. Over the two decades that I have spent Mongmong, this year was the best. It made my heart feel complete unlike other year; this year too we had same food, people, meat etc... but then this year it was different, I learned how to unite with people and fellow beings to come together for the sole purpose of celebrating and happiness which served the purpose of "togetherness of Mongmong". Moreover, festivals spark joy and give us something to look for and help break the monotony of life. So, during this festival and over the pandemic I have learned that we can celebrate any festival with full of pleasure if we are with our family.

In addition to that, I learnt that festivals fill our lives with joy and enthusiasm, in a new way. It brings us closer and eliminates any feelings of communal hatred. Further, it strengthened the bonds and removes the malice from people's hearts. Therefore, festivals are quite important and must be celebrated with passion.

in most taxed ners feel pinch

Petrol at Rs 100: PM Modi blames previous govts for not cutting import dependence

NEW DELHI, FEBRUARY 17 (PTI) On a day when petrol crossed the Rs 100 mark, Prime Minister Narendra Modi on Wednesday said the middle-class would not have been burdened if the previous governments had focussed on reducing India's energy import dependence.

Without referring to the relentless increase in retail fuel prices, which are linked to international rates, he said India imported over 85 per cent of its oil needs in the 2019-20 financial year and 53 per cent of its gas requirement.

"Can a diverse and talented nation like ours be so energy import dependent?" he asked, addressing an online event to inaugurate oil and gas projects in poll-bound Jammu-Nadla.

"I do not want to criticise anyone but I want to say (that) had we focused on this subject much earlier, our middle-class would not be burdened," he said.

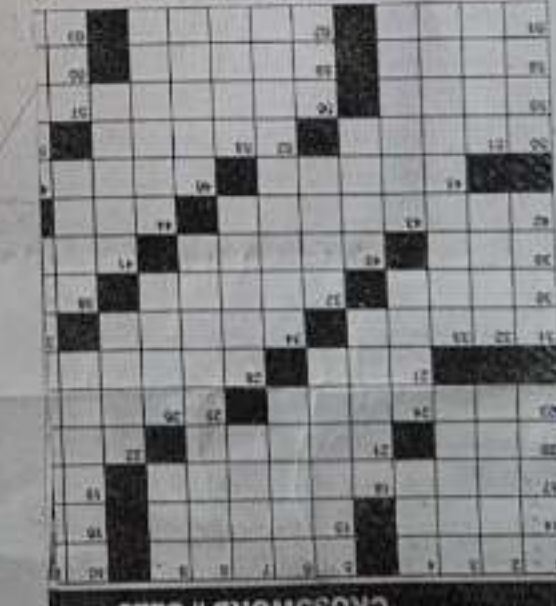
Price of petrol crossed the Rs 100 per litre mark in Rajasthan after fuel rates were hiked for the ninth day in a row. Since India imports the majority of its oil needs, retail rates are benchmarked to international prices, which have spiralled in recent weeks.



ANSWERS TO CROSSWORD

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- 2. HAWAIIAN ISLANDS
- 3. HONG KONG
- 4. A STATE IN INDIA
- 5. DENVER
- 6. TALL PINE TREES
- 7. THUNDER
- 8. CHAIRMAN
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Vikas
Principal
Modern College
Kohima

Know What You Are Good At



By ESN
Updated: May 22, 2021 10:42 pm

A | A | A



Life is not divided into semesters. You don't get summers and winters off and there are very few who are interested in helping you find yourself. There is so much adventure in life to know what you are good at, infact it is actually a daring adventure, and the sooner we realise that, the quicker we will be able to design life. If you want to know life and what you are good at, you need to love many things. You cannot say that you don't like potato when you have never tasted it.

From my life, I have learnt that if I want something, I have to make some noise and take chances in every opportunity that comes. To know what I am good at and to know myself I chose the path to take a chance as life is all about chance, like it is said opportunity comes only once, if you don't take it than you will fall into someone else's plan which won't be much. If you don't get up every morning with a burning desire to do things how would you learn and accomplish your plan for the day? And how would you enjoy your life when you don't know what you are good at and what makes you feel good. With the process of learning and experiencing there is so much to understand one's desire in life. And if you are bored with life then you don't have enough goals. It is said that the unexamined life is not worth living. When we examine our life and try to find out what is one's destiny and then do it with the courage to take risks than there is nothing one cannot accomplish in life.

I have always wondered what I am good at, and never knew myself. I kept dreaming of becoming someone successful in life and I believe everyone wants the same but I never really know how. Though I had that one dream to achieve my many goals but it was just a dream. But it was only then I started to take chances and get involved in the adventure of life, since then I came to know myself better and now I am proud of myself. I went through every type of pain, family issues, trust issues, heartbreak, insecurities, depression, etc. I went through it all alone but never gave up. Learning is a never ending process but it is only when we get involved and experience it our self that's the time when knowledge and realisation is gained about what is good and bad, making life easier in taking decisions. My life was in such a way that it didn't please me, so I decided to create my life.

It is never easy to know our self as we are not born with all the knowledge and wisdom of the world until we have lived learning and making mistakes and enjoying the values. Don't be too timid and delicate about your actions, by making mistakes we learn and learning is an experiment itself and the more one experiments, the better. Of course, not everyone learns from their mistakes but those who do are the ones who are precise in their thoughts and have a decision in life.

My dear grandmother would say that we are given a life and it is up to us whether we want a happy, good life or a sad, broken life because it is your life and the decision is yours. I was enlightened and took the courage to look at the optimistic side of life though I know that life is a complex matter. Imagine what life would be if we had no courage to attempt anything. Dare to live the life you have dreamed for yourself, dare to be free, dare to go as far as your thoughts lead, and do dare to carry that out in your life. I am not talking about being a spectator of life, I am talking about involvement. I am talking about involving yourself with life in such a way that you dissolve into it and find who you are, what you are good at and what's right for you, even if it hurts some people you love.

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There are many who are never willing to take the chance as they fear to take the risk. But when we don't have the courage to take risk and face it how can a decision be made to move forward? Even a seed goes through tremendous struggle of losing itself - losing its safety and integrity and becoming vulnerable to every outside force that's around. But without that vulnerability, without the breaking, without the shedding of the shell, life won't spring up. We are very fond of judging others which is human's nature - Yes, I know I am not perfect- and I don't live to be, but remember, before you start pointing fingers make sure your hands are clean enough.

Every individual is created differently; no two persons are the same. Similarly what you are good at will differ from every person but every man's life ends the same way. So, the only way to know what you are good at and who you are depends on how you lived and is living. Only you know the best of you. Never judge someone outwardly; we never know what's inside.

Never stop dreaming, go forward, know the best of yourself, and make your dreams come true by facing the reality by knowing what you are good at and start the race. Create the best version of your life by having the confidence to take chances, courage to take risk, willingness to learn, experience and make decisions, get involved and strive for the crown and you'll definitely sit on the throne. When you know what you are good at, you know what you want. And when you know what you want and want it bad enough, you will find a way to get it. As Knowledge is Power; Information is a Tool; Behaviour is Action; and Change is a Process.

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Insight to life

Wabungtenzen Tzudir

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This life we live is so chaotic and at the same time harmonic. We are told to dream of this fairy tale land in our imagination and that, one day we'll get to live it. We are fed daily by the ways of life, our character moulds itself by whatever we witness and decide to follow, consciously or subconsciously.

Our nature is to adapt like all living beings around us, trying to survive for a better day. All that we become is through our own mind that decides to either see the beauty in things or to see its flaws. We innocently follow the ones that lead and protect us and their nature in



Pixabay Image. (For representational purpose only)

us is always intact and forever imprinted in our minds.

As we try to understand the worlds around us, we find pleasure in doing certain things. Some they go and turn that into

a talent while others keep looking for something else entirely, eventually finding it. Through the course of time we begin to cope with our surrounding and we learn to witness others like

us with whom we share knowledge, time, emotions and moments in our lives we can never relive again.

Through them, we begin to see the world as it is a blend of sweet, sour and bitter moments. In a certain part of our life we realize that we are being taught to become something and that everything has a deeper meaning than we foresee. We are put into a routine of do's and don'ts while all around us is a competition to reach the top. Numbers, letters and colours begins to differentiate us from each other signifying what level we are in. Some they fail to be at the speed of others and some just keep on moving without stopping. We begin to understand the working of society around

us and every little aspect of molecule and matter.

Then when we understand all that was around us, there comes a time to dive into understanding ourselves a little more, giving in to passion, desires, emotions, interests, goals, etc. This is often the time when most begin to get lost. What started out as being fun and games slowly turns in something more serious holding a far greater purpose. Overwhelmed by the thing they begin to realise, they knowingly or unknowingly divert from the path they initially set out on following into disruptive behaviour, addiction and depressions while trying to make good of all the bad and to hide from the reality that will eventually consume them.

Minds can snap at times like this and it's always important to know that what was once is always what is for it is intact. To get them back from the hole they have fallen into lies mostly upon the one who begins digging the hole in the first place. Turn them not into the individual they fear the have become and neither remind them of what they are not. Only show that you believe in them and let them not feel alone though they may wish for solitude. Even though they may seem to be out of hope, don't let them lose faith. Because nothing is truly lost until we decide to stop looking. For the world is a blend of good and bad, and it is upon us to decide where we choose to dwell in.

The Morning Express "Public Space" is to provide space for diverse opinions to be expressed and heard. The opinions in the "Public Space" do not reflect the views and position

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part of compensatory planting and also at locations sensitive to air pollution like schools, hospitals etc., which are very near to the highway

The road itself is not important than human life.

Rokosieno Meyase
Medziphema town

into concrete actions. The pandemic has become a cautious reminder for world to rethink and

challenging task before increasing for concrete organisations

Managing Director and CEO, Tech Mahindra
(The views expressed are personal)

Migration and Unemployment post Covid pandemic

The global pandemic COVID-19 has spared none and brought much chaos, disruptions, and tragedy across the globe. Powerful nations with the best of health-care infrastructure and with the most elite health/ medical research teams on the planet have faced inexplicable loss of lives. While the threat of the pandemic COVID-19 is global and it knows no boundaries of class, caste, gender, religions, regions and languages, the poor and migrants are made most vulnerable, facing the threat of the virulent virus as well as the perils of unemployment and consequent hunger, even survival. The grim reality of COVID-19 and its impact on the poor was poignantly captured in the statement, "hunger may kill us before corona virus" by a migrant in north India.

Covid-19 and it's

impact on Naga's are observable at many levels. These disruptions invite reflections, where Naga's migrants apparently bear the most devastating impact of covid-19 and the measures of lockdown. The main reason behind migration is due to lack of unemployment in Nagaland and too much of corrupted politician who are literally selfish and works for their own personal benefits. Fifty-six years after statehood, Nagaland is facing the highest unemployment rate in India at 21.4 percent. Numerous determining factors contribute to the growth of unemployment in the state. Factors like the lack of transparency in job allocations, an imbalance between education and employment, shortage of quality education, etc., are considerable aspects leading to this crisis.

The surprise na-

tionwide lockdown announced by the government at the end of March 2020, left many migrants stranded in urban areas. Migrants trekking on the highways walking back to their villages are vividly distressing images. Others are taking the solitary route of cycling the distance between their city of work and home. On an emotional level, these stories of migrants setting off towards their homes in villages, knowing that home do not mean economic security, reiterate powerfully the call of home when life is uncertain amidst the raging dangers of a death-dealing virus.

At this point of time, the state government seems to be struggling to find an appropriate mechanism to tackle the economic crisis created by the COVID-19 pandemic. What is really the best option? And how do we

ensure that, once the pandemic is over. However, policy suggest that effective and holistic approach of macroeconomic stability measures in the short run such as strengthening MGNREGA (Mahatma Gandhi National Rural Employment Guarantee Act) programme in rural sector for longer period, supplying of free ration to poor rural-urban households through the public distribution system, large scale direct cash transfer using the Jan Dhan account, provide soft loans to households that lose wage days, Rescheduling bank loan repayment cycles for Self Help Groups (SHGs) and individual agricultural debtors, direct financial assistance to self-employed workers, small business house and young start up entrepreneur.

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Reader's Post

iced auto fares

Reading posts about certain auto drivers amount of money from passengers on the and fuel hikes. And it was very appalling authorities are not paying any heed towards the public. The lack of vigilance on the part encourages the drivers to charge randomly, up with such occurrences on a daily basis

Yesterday I took an auto from firing area to to driver demanded a hefty amount. When n of the exorbitant hike of 150 rupees, he r with a 'Petrol daam utishay'. With that y mind, I enquired other autos too and the n one driver to another. Some are honestly riate amount without any expectation or sad to note that most drivers who charge pen to be our own people. No wonder, ut only for non-Naga drivers. If we need i people, then those drivers need to be as cal.

ng the price rates fixed by the RTA, many ght robbery by smoothly mooching off the mon men. Therefore, I earnestly request to please do the needful and intervene ngla Sangtam, Dimapur.

Viteoi
Principal
Modern College
Kohima

Reader's note: Articles or letters published in any of the columns do not reflect the view or that of the Editor in any manner

THE MORUNG EXPRESS

Memes in our lives today

<https://morungexpress.com/memes-in-our-lives-today>

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PUBLIC SPACE
11th March 2021

Dablu

Modern College Kohima

Life as you know is full of uncertainty, it brings out all the good and worst experiences, situation or events. It is "memes" that makes people laugh and happy. For most of the teenagers and even adults, memes are a way to lighten their stress and moods. Through memes people unite online in a good way, by sharing and making memes.

Meme making is an art which comes from within. A desire to make people happy without any greed, and especially for young youths who are depressed, I have seen such people who finds memes as a therapy, it may sound cliché but it is. Through memes, people relate to each other and share happy, jolly vibes on internet. Just by sharing or tagging a relatable meme to one friend, it makes his day. Isn't it funny yet a mesmerizing feeling? It is a very easy way to make someone happy. It feels good deep down.

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In today's life meme has become the fastest means of communication and information. Isn't it funny that without watching any news or reading news articles people knows what is happening and trending in the world. I hardly watch or read news articles however I know all the trending news, it is because of the memes that are circulated all over the internet.

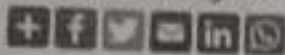
Now, instead of spreading ideas, concepts, and behaviours through television, printed media, or word of mouth, we use websites. We make videos. We compose graphics. We have upgraded our environment to that of the technological world, and have consequently proceeded to reproduce our culture there, and memes have made all these information media a secondary subject. Meme comes first, people get more and fast knowledge from memes posts on internet. Memes, in its name it means lot of things, just like a movie or film or a piece of literary work memes have genres too- Comedy, Trolling: which comes under satire, Information, and lot more.

Internet memes are a somewhat difficult concept to grasp. Ranging from jokes about cats with poor spelling, to bad music videos produced by talentless 13-year olds, to graphics making social comments masked in parody, their genres are indeterminable, and one can never predict what form they will take next.

Behind every meme, there is a story with its own plot and twist by the individual making it. In a productive manner through meme many people has grown their own business, it is entrepreneurship. Meme making from just a mere hobby can become the mode of earning or being independent if you have the talent, because here there are no politics, there is only competition, if you got the skills you can make a business out of it.

THE MORUNG EXPRESS

Mother, my role model: A tribute



Ms. Bonglih P Konyak

B.A 6th Semester, Modern College Kohima

"Mothers don't sleep; they just worry with their eyes close"

The person whom I look up to, the person who understand me even in silence, the person who constantly prays for me, the person whom I can rely on in any situation, the person who inspires me, the person don't judge me, the person who is my best friend at all time, is my mother who is also my role model. My mother is a person who sets a good example for me and I get inspired by her. Each one of us has a role model who is a determined person, caring and loving, etc.

My mother is my role model as she has inspired me the most in all sphere of my life. She is the captain who handles all the activities and who is in charge of the house. She is a home maker. From dawn till night fall, she worries and thinks best for her family. Starting from the kitchen, she makes the most delicious food and make sure that all her children and husband are content from her cooking skills. She is the nurse for my family. She makes sure that she is available in keeping her family in good health. I can say, after all mothers are a representative of God on earth.

My mother is the first teacher of my life. She may be not that educated and literate like many mothers but, she is our first teacher who teaches us the first basic ways of life. As dedicated as she is, she also very hardworking. From maintaining the kitchen to teaching us how to live and also work at home, she has been tirelessly working smilingly. My mother gets up at dawn and her daily routine starts before we get up from our bed. My mother can be called the manager of our family. She manages each and everything in our family. She is the back bone and a strong pillar of my family. She is the one who continuously prays for her family.

Viteai
Principal
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I am glad my mother is always there to share and listen to me when I failed to do my chores. She is the best advisor who also considers my choices. She tried to make me strong person with independent mind. She has given me everything to make my life easier. I sometimes wonder how she can balance between working and raising a family. Being a homemaker, she feels that it is her responsibility to make sure her family is stable, strong and in good health. Even in sickness, she still would still prepare meals for us.

Indeed mothers are God on earth. It is because of my mother that I could at least be where I am today. It is because of her prayers and support that my family is happily living together and smiling. I wish we continue to know the unimaginable works of our mothers. A mother always thinks and worries about her family and their well being. I thank God for giving me my mother. May our Almighty God grant good lives to all our wonderful mothers. May they live long and happy and see all their great grandchildren. I love you so much Mother.