

Editorial



THE POWER OF POSITIVITY

Positivity is a powerful force. It can uplift our spirits, improve our well-being and inspire others. It's all about having a positive mindset, thinking and focusing on the good things in life. Spread positivity and watch how it can make a difference. If you want to be happy, start with you wanting to feel happy. Make sure you're spending time every single day, be it 20-30 minutes or even an hour or more, take time to allow your mind to separate from the stresses of your day because if you expect to fail you will fail and if you expect to win you will win.

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admin@moderncollege.edu.in

Create your own inner happiness because you are responsible for your own happiness. Happiness is usually the by product of you thinking sad thoughts, having negative feelings, having resentment towards others and just having an overall negative outlook in life. So, if you think only of those things, what do you think is going to happen? You have to force yourself to not think about negative thoughts but force yourself to do something productive. For me, I go and hang out with friends that are going to make me laugh, I put on upbeat music. It's tough at first and it might not even feel right. You will feel like you're forcing it because you're forcing it but eventually it will start to make you happy. Just know that there are miracles happening all around you.

Open your eyes and look. Can you see the sun shining? Can you see the beauty of the nature? Can you hear the birds chirping? There are simple beauties all around us. So if you want to feel happy, start with you wanting to feel happy. Short circuit those negative thoughts and when you start to feel bad, when you start to find yourself gossiping, feeling guilty, feeling angry or any kind of negative thoughts, turn that around and force yourself to think positively, do positive things, and when it doesn't feel right at first, keep going- you're on the right path. Start by focusing on positive things, start focusing on how things can go right and guess what? When things go wrong, say "Hmm! there's a lesson in that for me because life doesn't happen to me, it happens for me. So everything that's happening is to teach me a lesson. I'm going to learn from it. I'm going to get better." Even Doctors and Psychologists agree that worrying actually does shorten your life and it does damage your body. We need to clear our thoughts before we go to sleep and we need to imagine our worries flowing out of our body like water out of a glass. When you're walking in nature, take time to think in nature and allow your mind to flow and separate yourself from the stresses, the anxieties, the business of the day. Allow your mind to think of solutions.

You should start listening to yourself. It might take time and even your patience and maturity for you to realize what you're great at. So instead of dwelling on past mistakes, focus on what you've learned from them and grow out of it. When faced with setbacks, see it as an opportunity to find a new solution or approaches rather than comparing yourself to others. Celebrate your own progress and unique qualities, replace negative self talk with positive affirmations and words of encouragement. Remember positive thinking and positive mindset can empower you to face any situation through life's ups and downs with resilience and optimism.

Ms. B. Victoria
Women Co-ordinator
MCSU

VOTING AWARENESS CAMPAIGN

NSS Modern College organized a voting awareness campaign on 5th March, 2024 in the Indoor Stadium with the theme 'MERA PEHLA VOTE DESH KE LIYE'. NSS volunteers and two POs took part in the campaign. The students actively participated and gave presentations about the importance of voting and the responsibility of a voter, which was followed by a voter pledge.



INTERNATIONAL WOMEN'S DAY

Modern College celebrated International Women's Day on 8th March, 2024, with the theme 'Invest in Women: Accelerate Progress'. The event was organised by the Gender Champion Club and sponsored by IDBI Bank. The resource person was Dr. Kekonino Zhunyu, Head of the Department of Teacher Education at Mount Mary College, Chumoukedima.





DEPT. OF POLITICAL SCIENCE FIELD TRIP TO SENDENYU

The Department of Political Science went on a field trip to Sendenyu Community Biodiversity & Parashen in Tseminyu district, Nagaland on 16th March, 2024.



NATURE CAMP

A total of 54 students of Eco Green Club and NSS Modern College, along with 2 teachers and 4 Officers(NPCB) went for camping at Gwizan Resource Center, Khonoma which was organized and funded by Nagaland Pollution Control Board (NPCB). The Nature Camp cohort took off from the College Campus on 14th March, 2024. As part of camping activities, an introductory session was held in the camp Conference Hall where all campers did self introduction. The session also had a very productive presentation from the Programme Officer, Ms. Khriehu Rutsa on "Waste Management in Nagaland". Ms. Rutsa, in her presentation explained to campers the important waste concepts such as the process of waste management which starts from collection till proper disposal, waste classification, categories of plastics, sources of wastes, etc. The campers also learned about different waste related laws that are under operation such as Biomedical Waste Management Rules, E-waste Management Rules, Hazardous Waste Management Rules, Construction and Demolition Waste Management Rules, etc. Talking about Waste Management in Nagaland, she mentioned the use of paper bags in Phek town where carry bags are being produced by unemployed youths generating income whilst contributing to eco-friendly economic activities. In the later part of the introductory session, Mr. Mego Mere briefed the campers about some basic information necessary for trekking which will take place the following day.

On the final day i.e., on 15th March, 2024 the campers took on a rigorous trekking on an interestingly challenging trail (a trail leading to Dzükou Valley) with very steep slopes. As a nature walk activity, the participants got to see rich biodiversity along the trail. The forest was very densely filled with big evergreen trees, flowers, birds, etc. Post the intensive trekking, the campers proceeded to the sheep farm in Poilwa, Peren, where they had a pretty good time witnessing the place. It was a learning experience as students got to see how people are making livelihood by making the best use of the good natural resources and environment.







CONSUMER RIGHTS DAY

Modern College observed World Consumer Rights Day organised by the Dept. of Political Science on 15th March, 2024. The programme focused on spreading Legal Awareness under the theme 'Cyber Law' and 'Consumer Rights' with Ms. Chongliu and Mr. Laknyei Phom, both advocates of Gauhati High Court, Kohima Bench as resource persons. The programme was attended by the students and faculty of Modern College.



PRIZE DISTRIBUTION CEREMONY

Prizes, Medals and Certificates were distributed to outstanding students during Modern Week Sports on 8th March, 2024.





INSPECTION FROM NAGALAND UNIVERSITY

A team from Nagaland University conducted an inspection of the campus and engaged with the faculty on 11th March, 2024.



DEPT. OF VOCATION EXPOSURE TRIP TO GUWAHATI

The Department of Vocation in Retail Management and Information Technology of Modern College organized a student exposure trip to Guwahati, Assam, from 16th to 19th March, 2024. They visited the Assam State Zoo, Botanical Garden, Accoland, and the Ropeway Guwahati.





EVANGELICAL UNION SALES DAY

Modern College Evangelical Union conducted its Sales Day on 9th March, 2024, at PHQ Junction in Kohima. The sales day was organized in aid of Evangelistic Camp, which was scheduled to take place from 28th to 31st March, 2024.

The sales day was a success and many kind customers came to the stall. Ms. Aseno Vili Ayemi, a well-known Influencer, paid a surprise visit, adding to the day's excitement.





DRINKING WATER FACILITY ESTABLISHED BY CANARA BANK, KOHIMA

Canara Bank, Kohima, as part of their Corporate Social Responsibility (CSR) gave assistance to Modern College by establishing a drinking water facility in the Academic Block on 27th March, 2024.



1ST EVANGELICAL UNION CAMP

The 1st Evangelistic Camp of Modern College was held from 28th – 31st March, 2024 on a high note, full of joy and thanksgiving to God. It was a wonderful and thrilling voyage that led to new friendships and an eye-opening experience. Altogether, there were 62 attendees.











TO SEE WARMISH

TIAJUNGLA
B.A. 6TH SEMESTER
Dept. of education

It poured and poured. The sound of heavy rain pitter patter on my window always had a way of keeping me awake. "BenjOng, there is a whole spectrum of colours of noises and the colour of rain is pink, the noise, I mean. Isn't it so fascinating?" This piece of information from my childhood best friend always lingered on my mind. Hennyukonlen Malcholee was 5'6, a head taller than me and a sweetheart. She always made sure to make time for us after her classes, always.

At last dawned the dreadful day my parents decided that we were better off re-locating to Kohima. The environment was strange, to me especially. But Mr. Imnatemsu Aier and Mrs. Meteviseno Viswentso being the social butterfly they were had no trouble adapting to the society. Aunt Thejavinuo, one of her younger siblings was 21 and comparatively two years older. Surprisingly, she was skilled in making Angami traditional necklaces. The surface and shape of the beads felt different on the tip of my fingers. Curious, I questioned why the structure of the beads felt different in comparison to the Ao necklace which we called Azuk or Alik. "Benjong, every tribe has its own distinct items that they use for making such."

Two months into re-locating from Dimapur to Kohima, I developed an interest in the Naga traditional necklaces and learned a great deal about the beads, brass trumpets, shells and ivory which were used in making the neck pieces.

Pitter patter pitter patter. It was 10:00 P.M. or was it 4:00 A.M.? Figuring it out was as impossible as figuring the colour of the necklaces. Why? Because I lived in a world where colours ceased to exist. "Benjongmongla tetsu, how is your daughter coping with her new friends and her braille learning?" "She is doing just fine. My daughter is visually impaired but she is a fighter." I overheard similar conversations a number of times since I was little. Nothingness. The world I lived in was not dark, not black nor was it bright or white. If it was anything, it was just nothingness. Sounds reached me, but the sounds never. As the thoughts began to swallow me up, the door creaked open and a gentle voice said, "Get up love, you cannot be sleeping without praying." After the prayer, just because my mom closed the door of my room, she said, "I hope you see that you are surrounded by colours" leaving me baffled.

There was a light rain accompanied by the rustling of the leaves which reminded me of the pink noise. A tear slipped down my eye as I tried to fondly remember the voice of my best friend from childhood. That was when it happened. With tears falling down my eyes, the realisation dawned on me that the world I lived in was never once of solitude and colourless. The people around me and the sum total of everything- people, feelings, touch and experience had always been adding colours- painting my life with vibrant colours.

Colours were introduced into my life by my parents with their love. It was **Red**. The number of times Hennyukonlen invited me to the famous Phom Monyu festival and her indifference towards me was **Yellow**. Feelings which aroused within me and the songs we sang together, it was Orange. Shifting to Kohima and developing interest in the variances of items used in making our rich traditional Mekhalas, with their variety added vibrant colours into my life.

My mother's prayers **White**, whilst my father's special curry- anishi with smoked pork, **Brown**.

In my nothingness, everything which surrounded me came rushing to save me from drowning. Sounds reached me and so did the feelings. Love reached me in different colours. Colour was just a concept to me until I began to view my life from a different perspective. As a child, I've always wanted to be able to see **Pink** noise, but, now I realise that I have always been able.

My name is Benjongmongla Aier, a visually impaired young adult and this was my story about how colours were introduced into my life by embracing and celebrating diverse culture, everyday.

WEAVERS WISDOM

ROTHRONGRU SANGTAM

B.A. 4TH SEMESTER

Dept. of English

“Ra Ra Rasputin,
Lover of the Russian Queen,
There was a cat that never was gone....”

I woke up to the sound of my neighbours playing ‘Rasputin’ by Boney M at 5 a.m. blasting the neighbourhood with their music. It is literally the 2nd week of January and ‘Christian Fever’ in our neighbourhood is not gone; matter of fact, the song isn’t even a Christmas song. Being unable to sleep anymore, I got down my bed, and washed up. My parents were already in the kitchen, warming themselves at the fireplace, slurping ‘Bikah’ with soft-boiled cassava listening to news podcast, I joined in. No matter how good western food were, it doesn’t beat our indigeneous food. Today is the day we go to my mom’s village for collecting grandma’s weaved clothings to showcase it at the festival tomorrow. Mom had finished packing the necessary stuffs for the journey already. It was 7 a.m. by the time we set off. The winter sun was finally showing up painting the sky orange with scattered clouds, birds chirping sitting on electric wires like they have ten lives. Overwhelmed by the beautiful scenery, I rolled down the windshield and I could feel the chilly morning breeze blowing against my cheeks and hair, threatening to frost my phlegm; I quickly rolled up the window. It’s been 7 long years since we visited mom’s village. Mom recalled that she had always wanted to visit the village yet couldn’t built up the courage due to the sad memories and the guilt it carried. Grandpa and Grandma both passed away simultaneously 7 years back due to tuberculosis. Mom refused to carry on the family’s tradition of weaving due to the hardwork and dedication it needed with less profit. She decided to pursue her career and was tempted by the comfort of urban lifestyle. During the process, she failed to attend to her parents and she still blames herself for their death.

The village name is Trongar and the journey was a bumpy and tiring one. The roads were poorly made and dusty, we felt like popcorn inside a cooker. All our nostalgia connected to our village faded and my mom turned into the ruling government's opposition party leader and blamed the corrupted government although it is the public electing them. We reached early and were warmly welcomed at our grandparents' residence by our uncle's family who were now the owners. There was no time to waste, as we had to head back home after collecting grandma's apparels. We had a brief discussion over a warm cup of tea. Grandma's belongings were still in its pristine form preserved by our relatives. We had reached back home by 5:30 p.m.

Arranging and cleaning up grandma's apparel, mom started reminiscing on grandma's wonderful styles. Tomorrow was the D-day. We were going to present grandma's work of art at the Annual Weavers Festival going to be held in our state for the first time known as 'Weavers Wisdom' to showcase art and appreciate the tradition of weaving in our society and further promote it. Mom was inspired to do this during one of our recent trip to Dzukou Valley. She was awestruck by the treeless yet unbelievable green vegetation, the hot weather and the cool spring, the rolls of the valley, the rare Dzukou Lily, the fauna etc.

She took note of all the details and the panaromic view of the valley and it reminded her of the times grandma would stroll out in nature with her and inspire herself to weave unique clothings in her loom. Despite being illiterate, grandma didn't stick to the traditional patterns and styles of weaving yet blended nature and her fantasy in her weaving; every weaved clothes had a story to tell according to her. Grandma would sit at her loom, move her fingers gently between the threads of the wrap, tying multi-colored strands of silk and cotton into knots, making intricate patterns with every stroke exclusive to her imagination and creating an individuality of its own with mistakes and addition of its own. She would create designs in her mind of the unique pattern of the branches of every tree, the pattern of leaves, the ripples in the water, the flower petals, the movement of grass as the breeze gently stroke it etc.

With it, she would weave out colourful, bright and amazing patterns and would create an apparel soothing to her imagination. Grandma said that weaving was an art every woman necessarily possessed to get married. She had received criticism for her works for not following the traditional code of patterns, yet she persisted but less appreciated. Tomorrow, Mom and I are going to display her weaved clothings all vibrant and full of nature inspired patterns and skills. Grandma with years of hard work had achieved her heights of elegance, giving her clothings a rich and beautiful tone. Grandma's work will be displayed at the festival to be studied, inspired and appreciated.

I went to bed later after all the work, my mind full of grandma's mesmerising apparels, her wild inspiration too good and unique to the society of her time, her timeless work of art capable of leaving a legacy to inspire young minds. Thinking about how much she would have been appreciated in today's society, the attention her unique work would draw at the festival tomorrow; there was a lot of possibilities and admiration for grandma's work in my mind but one thing was for sure, "Grandma gonna be proud".

THE PHASES OF LIFE

SOREIPHI JAJO
B.A. 6TH SEMESTER
Dept. of History

‘I woke up early in the morning, saw a prism through my window. It motivated me to get off the bed and go round the village. I took a small pot to fetch water in the lake, as I walk down in the river ride, buttercups covered the whole area and daffodils made the environment peaceful and calm”.

Hope was a little girl living in a village of hilly region called Autumnvale. She was the only child of her parents and was left by her dad at a very young age giving the name ‘Hope’. As her father left her with her mother early, she was pampered and cherished by her mother who did not let her feel like an orphan.

Hope was a jolly girl, loved by the whole villagers because of her politeness, kindness and honesty, she lived a very comfortable life not lacking anything. She received all love, care and opportunities more than any people in the village. Hope as a kid, she loved exploring around the village and meeting new people. She never stayed home and played around with her friends.

Hope and her mother loved each other very much and lived a life where everyone envied. However, Hope as a child did not like her name given by her daddy and complaint to her mother. “Mom, My friends used to tease me every time saying my name is always in their books, and I don’t like it”. Her mom replied, “My precious daughter, you know how much your mummy and daddy loves you and wants the best for you. Therefore, you should not worry of how people think about you and you will later realize the meaning of your name”.

Hope remained silent and went to her room. She could not understand her mom’s words because she was just a small girl.

It was in autumn, the wind blew roughly. Hope came home after playing the whole day. She was surprised as her mother prepared all her favorite dishes- roasted chicken, grilled beef, quail egg and rice were spread on the dining table. Hope was now in her puberty stage and was so excited when she saw the dishes on the table prepared by her mother. However, the environment was not like usual. It was all so quiet and calm. She asked her mom, "Mummy, What occasion is it today that you prepared so many dishes and you look quite sad with all these dishes on the table. Did something happen?" But her mom did not reply to what she asked but instead called her softly to have the meal when it was warm. Hope sat on the chair and was ready to eat. That day her mother said so many things to which she did not even listen carefully as she was busy eating her favorite dishes and expressed how delicious the food were. The day passed away.

After few weeks, her mother passed away when she was away for school. Her relatives came and called her from the school saying something happened and when she reached home, her house were all surrounded by the villagers. She was so shocked because she had no idea that her mother was ill. Her villagers told her, "Your mother was ill for a very long time but she hid it from her daughter trying to make her only daughter happy until she passed away". It was said that her mother died with the same sickness as her father i.e., leukemia. Hope was not able to react to the situation and started crying out very loudly. She never thought of any situation like this to happen because she was so comfortable with her life. This was the day which turned Hope's life upside down, it became totally opposite. She had to live all alone without parents in her early adolescence period.

The attitude of her friends, relatives and villagers started to change slowly as she grew up as an orphan. Now she had to work very hard to feed herself as well as to get her education. She was left out in the village and therefore she decided to leave the village and go to a neighboring village called Nyla. She went there and worked for a family as a helper. Initially, it was all well and she now had an income to survive and pay for her school fees. She worked really hard and as time passed by, the attitude of the house owner changed because Hope always did better in the school more than their daughter. She was later chased out by the mother of the house. Now Hope had nowhere to go so she went deep in the jungle walking down aimlessly and there she saw a small hut which was left by the village people.

Hope went and lived there alone eating only fruits and vegetables around her but she never stopped going to school which was 50 km away from her place. The school was set up by the Christian missionaries therefore she was given free education and in return she had to clean the school campus, look after the teachers and help the headmaster. In the board exam she was in the top so was given a scholarship by the missionaries and was sent to America for her higher education. Hope as an adult, she faced many struggles living far away from the people she knew and from the pressure of the society. However, Hope never forgot to thank the missionaries and worked hard until she became someone. She became the first doctor in her village and served her own people though she was left out by them during her worst times.

In the village, she was given a chance to give speech and motivate the younger generations. She stood on the stage with tears falling down her eyes and said, "I realized the meaning of my name given by my dad and I am sure this name has kept me going in my worst days as every morning, I woke up and hoped that my day will go well. This might be the reason why I could move on with resilience. She also said my dear fellows, life is not always about happiness but it is also about the ups and downs. Things cannot always go the way you like but you have to face all the phases of life with your own emotions, strength and never to lose hope because there are many reasons why you should live on and be happy not only for yourself but also for your loved ones. And I am sure today, my parents must be really happy and proud of me".

The whole crowd popped out in tears regretting their behaviour and attitude towards her. However, Hope did not hold any grudges towards them and lived happily ever after.

EMBRACING NATURE'S BEAUTY: MY EXPERIENCE ON NATURE CAMP AT GWIZAN RESOURCE CENTRE KHONOMA.

Participating in a Nature Camp at Khonoma Village was truly an immersive and culturally enriching experience. Khonoma, located in the Northeastern part of India, is known for its stunning natural beauty, rich biodiversity and vibrant tribal culture, and is also known as Asia's First Green Village.

Recently, I had the opportunity to embark on a journey to Khonoma Village for a Nature Camp that promised an immersive experience in the lap of Mother Nature. What followed was a truly unforgettable adventure that filled my soul with peace and wonder.

As I arrived at Khonoma Village, I was immediately struck by the pristine beauty that surrounded me. The village was enveloped by verdant forest and rolling hills and the air was filled with the sweet scent of wildflowers (especially the beauty of Rhododendron) and the chirping of birds provided a melodious soundtrack to our exploration.

Some of the best highlights of my stay at Khonoma Nature Camp which was organized and funded by the Nagaland Pollution Control Board was the sights and sounds of the wildlife, the aroma of wildflowers and the feelings of cool mountain breeze against my skin that left me in awe of the wonders of the Natural world

The food served at the Camp was a delightful blend of local Naga delicacies and international cuisines, prepared with fresh organic ingredients sourced from neighboring farms. Each meal was a culinary delight and the fresh sound of nature surrounding the dining hall added to the overall experience.

During my time at the Nature Camp, I had the opportunity to embark on a rigorous trek which was an interestingly challenging trail (a trail leading to Dzükou Valley) which brought me closer to nature, allowing me to witness the diverse flora and fauna that called this region home.

The best part of attending the Nature Camp was getting an opportunity to visit the Sheep Farm in Poilwa, Peren. The place was thoroughly mesmerizing and nevertheless the Captivating view of Dzüleke streams left an unweaving memory in my heart.

As my time at the Nature Camp to an end, I found myself filled with a profound sense of peace and gratitude. Disconnecting from the hustle and bustle of city life and at the same time the simplicity and beauty of nature had reminded me of the importance of slowing down, appreciating the world around us and embracing the present Moment.

Overall, my experience at the Nature Camp at Khonoma Village was truly transformative, I left Khonoma Village with a heart full of memories, a mind filled with inspiration and a soul nourished by the beauty of the Earth. This journey will forever hold a special place in my heart as a reminder of the serenity and wonder that can be found when we allow ourselves to be embraced by nature's beauty.

Lastly, I would like to express my heartfelt gratitude to Ms. Khriehu Rutsa and her team from Nagaland Pollution Control Board for giving us the opportunity to participate in this Nature Camp and never forgetting our two teachers incharge, Sir Verahu Neinu and Ms. Neilhoukhonuo Nipu for their tireless efforts throughout the camp.

Thank you.

Mr. Tingngam Y. Konyak
B.A. 4th Semester



Mr. Chemkai Y Konyak
B.A. 6th Semester



Mr. Ropfevielo Koza
B.A. 6th Semester



Mr. Anguvito S Awomi
B.A. 6th Semester

Generation-Z: The Generation in question

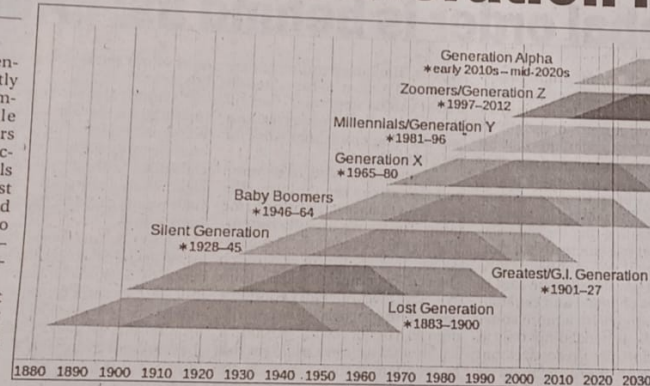
Vivek Patel

BA 6th Semester, Modern College

What is Generation Z? Generation Z, often shortly known as Gen Z or Zoomers, comprises people born between the years 1996 and 2010. Gen Z is currently the second youngest generation, with Millennials before and Generation Alpha after. The first GenZers were born when the internet had just achieved widespread use; they are also sometimes referred to as "digital natives" – the first generation to grow up with the internet as a part of daily life.

This generation's identity, what most would like to think, has been shaped by the digital age, climate anxiety, a shifting financial landscape and COVID-19. Now the real question strikes, is this Generation Z shaping, or has it shaped the structure of the society for the other newer generations to come? Or has it already disfigured the structure built by the older generations? The answer to this question may vary through the mixed perspective of the Millennials or even among the adults from this generation. Just like the two sides of the same coin, the idea of Gen Z is both something to look forward to and at the same time, some views are concerned about the ideology and values of the GenZers.

When we look at the brighter side of this generation, there is indeed an infinite number of opportunities and accessibility that the youth of this generation possess at the palm



Timeline of generations in the Western world. (Image Courtesy: Cmglee via Wikimedia Commons)

of their hands. The generation is not only capable of thinking outside the box but also can alter the box according to the situations and their preferences. There is no doubt that this generation has been named the "digital natives" for the reason of how exclusively they have harvested the use of social media and squeezed every bit of data which has shaped this generation profoundly.

You could be at your residence sitting on your comfortable couch and making millions. Was this possible during the 90s? The answer is crystal clear. People of this generation have the knowledge of the out-

side world at the tip of their finger which can be accessed with just one click. Teenagers now are starting up small and sustainable businesses and are self-employing themselves. An example that we can draw from Nagaland is the online thrift stores that are booming through Instagram and other social media platforms. Interested in music but can't afford music classes? This generation has seen youths who have been self-taught to do things that they were once not capable of just with the right use of the internet and its various platforms.

Here, an example of one of the most

influential platforms is YouTube. People create different types of channels to teach, entertain and influence people while earning simultaneously. This is not only bound to music as there is nothing that you cannot learn through the internet. There have been disputes made and disputes ended just with one single tweet.

This generation has built an empire for itself where they all are the kings of their own game. Streaming, coding, online marketing, hacking, content creation, etc. there is a list of accessible platforms that this generation has created to sustain themselves. If nothing else, this generation has definitely opened all paths of opportunities and that opportunity comes rumbling at their doorstep with a single click, which is something no other generation could have done. You can live for passion, and earn through your passion. However when there is gossip about the ideology and values that this generation holds, is it that we are losing our roots? Are we so caught up with our pace that we have lost our own cultural footprints?

The concerns about the social, cultural and religious ideologies of this generation can be a topic of debate and a question that this generation needs to ask themselves. But what can be said with a firm and bold stand is that this generation who likes to think outside the box has no limits or bounds to their thoughts and imagination. So if you as a GenZer have a passion for your field, then you should embrace this opportunity to live beyond the box and break the matrix.

Hope yourself when no one Hopes you: A guide to finding inner strength

In life, we all face moments when it seems like the odds are stacked against us and no one believes in our abilities. It is during these times that we may feel lost, discouraged, and even hopeless. But what if I told you that the most important person who should believe in you is yourself? In this article, we will explore the power of self-hope and how you can find it within yourself even when no one else does. Believe in your own capabilities.

The first step towards hopeful thinking is to acknowledge your own capabilities. You are more than capable of achieving great things, even when others doubt you. Remember all the challenges you have overcome in the past and the victories you have achieved. This is a testament to your inner strength and resilience. Believe in yourself and your abilities, and have faith that you can overcome any obstacle that comes your way.

Sound yourself with positive energy.

It is important to be mindful of the people you surround yourself with. Negative and pessimistic individuals can drain your energy and make it difficult to believe in yourself. Surround yourself with positive energy, whether it is through supportive friends and family or by seeking out motivational content. Remember, you are the company you keep, and being around positivity can help nurture and strengthen your own hopeful thoughts.

Embrace failure as a stepping stone. Failure is a natural part of life, and it's easy to feel defeated when things don't go as planned. But instead of letting failure bring you down, use it as a stepping stone towards evolving and self-improvement. Look at

it as a learning experience and a chance to return stronger. As Oprah Winfrey once said, "Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness."

Practice self-compassion.

It is important to be kind to yourself, especially when no one else is. We are often our own worst critics, and that can lead to negative self-talk and a lack of self-hope. Make a conscious effort to practice self-compassion, especially during tough times. Treat yourself with the same kindness and understanding that you would offer to a friend in need. This will help improve your self-esteem and allow you to see your own worth.

Set realistic goals and celebrate small wins.

Having goals can give you a sense of purpose and direction. However, it is important to set realistic goals for yourself, as setting unattainable expectations can lead to disappointment and feelings of hopelessness. Break down your goals into smaller, achievable tasks and celebrate each small win. By doing so, you are acknowledging your progress and keeping your hope alive.

In conclusion, remember that hope doesn't come from external sources, but from within. Believe in yourself, surround yourself with positivity, embrace failure and practice self-compassion. With these tools, you can find the strength to hope for yourself even when no one else does. As author Melody Beattie once said, "Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow". Have faith in yourself, and always keep hope alive.

Ngipao Konyak

**B. A. 6th semester, Department
of English, Modern College**

HIGHLIGHTS OF THE MONTH:

8 th March	: International Women's Day I/C Gender Champion Club
11 th March	: 5 th Weekly Test
18 th March	: 6 th Weekly Test
22 nd March	: Assembly I/C Hostellers/World Water Day(Eco Green Club)
25 th March	: Holi
26 th March	: 7 th Weekly Test / HoD Meeting/Management and Administration Meeting
21 st -27 th March	: B. Voc Pre-Semester Examination
28 th March-1 st April	: Easter Break
30 th March	: Issue of Admit Card for Pre-Semester Examination

TO LOOK AHEAD:

1 st – 30 th April	: BVOC internship
3 rd -12 th April	: Pre Semester Exam
11 th April	: Id Ul Fitr
16 th April	: Pre Semester Exam Result review meeting cum Staff meeting/ declaration of eligible candidate for end term examination.
19 th April	: Assembly (i/c 6 th Semester)
22 nd April	: Filling up of examination application forms for end term exam(tentative) / World Earth day (Eco Green club)
24 th April	: HoD meeting
25 th April	: Management and Administration meeting