

Editorial



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Reframing stress in pursuit of excellence

Stress has become an unwelcome companion for many individuals in today's society. Stress, a double edged sword is a powerful concept. Chronic stress can have devastating consequences on physical and mental health. Paradoxically, stress can also be beneficial, it can heighten focus and enhance performance. We often hear people say 'I'm so stressed' but what if we reframe our mindset? What if instead of viewing pressure as a burden, we saw it as a chance to grow and excel.

'Pressure is a privilege, it comes to those who earned it.'
-Billie Jean King

Pressure is not the problem, it's how we respond to it. Think about it, when was the last time you felt pressure? Was it before a big presentation? Was it before a major deadline? That pressure you felt wasn't a curse, it was a blessing. It meant that you were on the cusp of something great. Don't run from it. Instead, use the sense of urgency to fuel your drive. Without pressure we risk complacency, we risk mediocrity. When there is pressure, we act, we grow, and we get things done. It is a catalyst for success. No matter how hard it gets we need to remember to keep moving forward. By embracing pressure as privilege, we transform obstacles into opportunities.

So, the next time you feel pressure, remember that it's a privilege.

You are privileged to have the opportunity to rise.

You are privileged to have a platform to make a difference.

You are privileged to have a goal worth fighting for.

You are uniquely positioned for success.

Change your mindset-

From 'I'm overwhelmed and stressed'.

To 'I'm challenged and motivated'.

Don't let pressure break you, let it make you. Let's shift our perspective. Let's rise to challenges and make the most out of every opportunity.

Ms. Grace Gonmei

B.A 1st Semester

Assistant Literary Secretary

N.S.S. COLLABORATES WITH R.C.C. FOR EXTENSION SERVICE

The NSS Unit of Modern College in collaboration with the Red Ribbon Club (RRC) organised an extension service by visiting the nearby Lower Primary Government School at Peduchaon 1st October and conducted a cleanliness drive. The volunteers were accompanied by two Programme Officers and two faculty members incharge of the RRC.

74 volunteers in total participated in this service. They were divided to cater to different classrooms, interact and have recreational activities with the students of the school, side by side, certain volunteers also took up the initiative of cleaning the surroundings and compound of the school, thus meeting the goals set for the visitation. The programme was a harmonious collaboration between the NSS and RRC, and it concluded on a high note.



M.C.S.U. REPRESENTATIVES ATTENDS A.N.C.S.U. 1ST PRESIDENTIAL MEETING

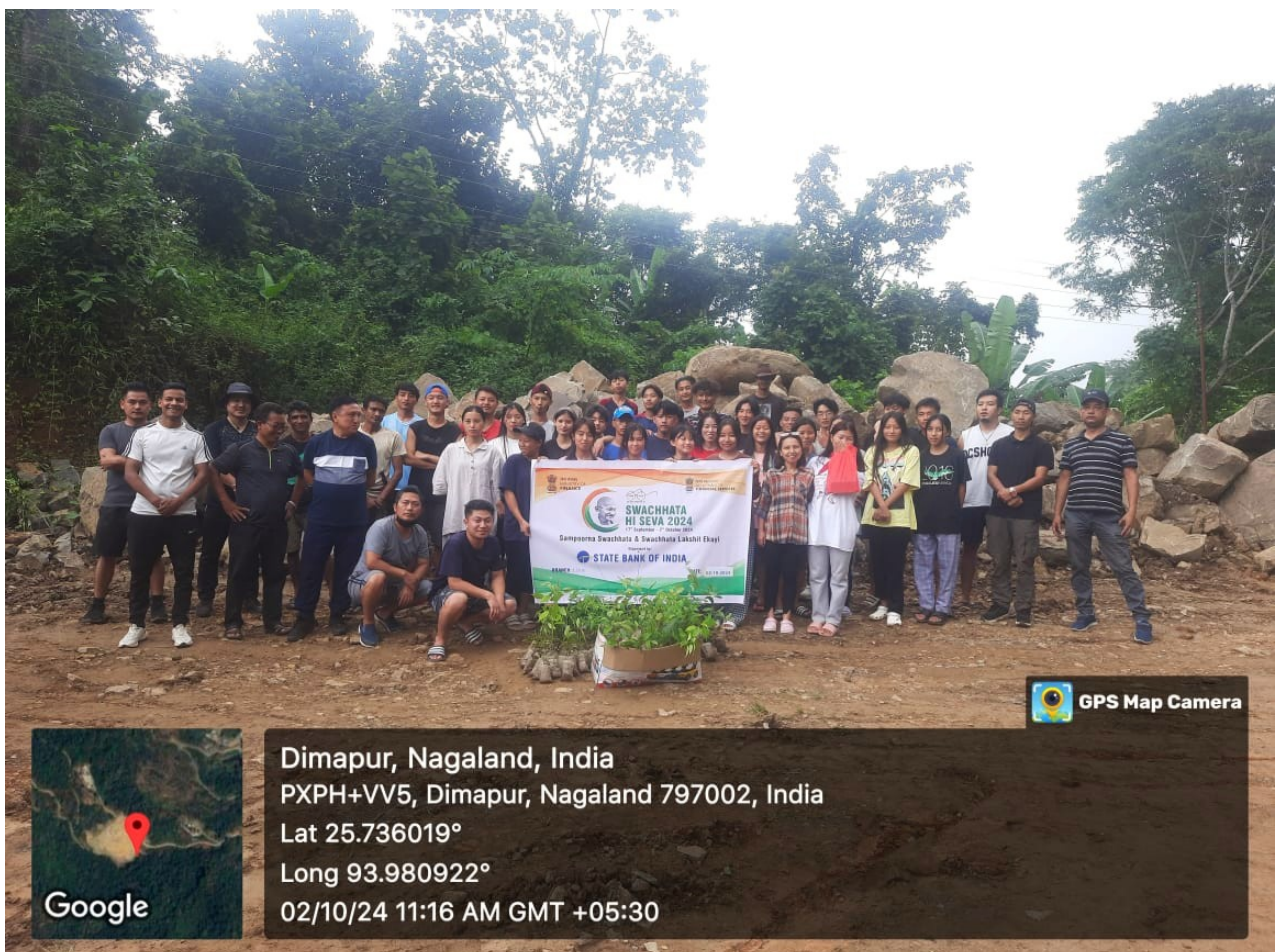
Mr Ricky Das, General Secretary of MCSU and Mr Chinazou Tholituomai, ANCSU Representative, met the President of ANCSU Mr Tenyesinlo Bukh and attended the 1st Presidential Meeting for the tenure 2023-2025 on 2nd October, 2024 at ANCSU Office Naga Solidarity Park, Kohima.



CLEANLINESS DRIVE AT MODERN COLLEGE CONDUCTED UNDER SWACHHATA HI SEVA

On 2nd October, 2024 a cleanliness drive was initiated at Modern College Campus under the scheme Swachhata Hi Seva sponsored by SBI Kohima Branch. Mr David Haokip, Chief Manager of SBI Kohima Branch, visited the College Campus along with his team to assist in cleaning and planting of 200 Cherry Saplings.

Women's and Men's Hostellers with the Support Staff of Modern College worked alongside the team in achieving the desired goal.



1 DAY F.D.P. HELD AT SAZOLIE COLLEGE

Ms Vikeduonuo Kire, Asst. Professor from the dept. of Political Science of Modern College, attended One day Faculty Development Programme on 'Enhancing Teaching, Learning & Research' organised by Sazolie College, Jotsoma on 3rd October, 2024.

Resource persons were from the United Board for Christian Higher Education in Asia. Faculty members from 10 colleges were a part of it.



W.A.B.N.K.KIDS OLYMPIC HELD AT MODERN COLLEGE

Western Angami Baptist Nhicuko Krotho held Kids Olympic for Primary Class on 2nd October, 2024 at Modern College.



MODERN COLLEGE PARTICIPATES IN THE DR. SYAMA PRASAD MOOKERJEE RESEARCH FOUNDATION

Modern College participated in the Dr. Syama Prasad Mookerjee Research Foundation & KYRO India's Visionary Conclave – Shaping the Future of Viksit Bharat @2047 at Dr. Imkongliba Hall, Raj Bhavan on 5th October, 2024. 6 students along with teacher incharge Mr. L Athikho, Asst. professor, attended the programme.

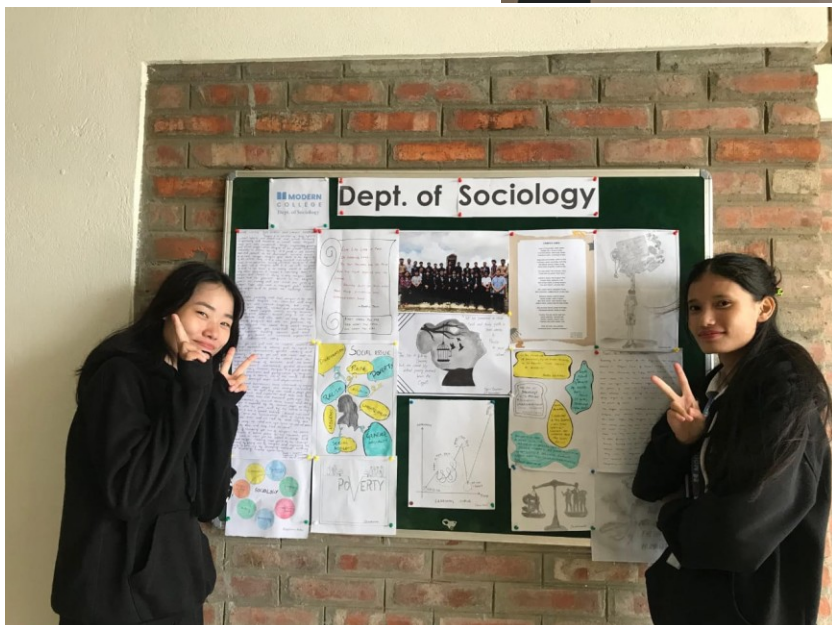
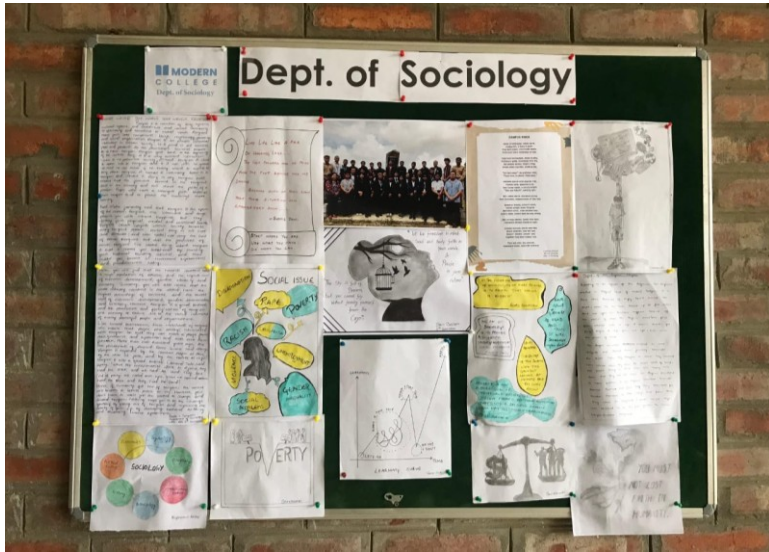


DEPT. OF SOCIOLOGY INAUGURATES DEPARTMENT'S NOTICE BOARD

The department of Sociology Modern College, inaugurated its Department's Notice Board on 4th October, 2024. Dr Vitsou Yano, Principal of Modern College, was the special guest for the inaugural programme.

The main aim and vision of the board is to create a space for the students to explore their ideas, creativity and to showcase their talent.





ACKNOWLEDGEMENT

We congratulate our Football Coach Diethozotuo Sechii of Modern College Football Team who is also a professional Head Coach for Sechü Zubza Football Club. He holds AIFF D-License and AFC C-Diploma.

Under his coaching and guidance Sechü Zubza Football Club won the 24th NSF Martyrs' Memorial Trophy 2024.



APPRECIATION

The Modern College would like to thank the Western Angami Baptist Nhicuko Krotho (WABNK) for donating sports equipments.



MODERN COLLEGE HOLDS ITS 2ND OPEN MIC

The second edition of Open Mic held on 9th Oct ended with great success. We encourage all the students to take up this opportunity and participate with enthusiasm in the coming days too.



MODERN COLLEGE KICKS OFF 3 DAY HOSTEL WEEK

Day 1 of Modern College Hostel Week 2024 kicked off on 10th Oct at college Indoor Stadium filled with various activities and events aimed at fostering community spirit and showcasing the talents of the hostellers. It was celebrated with great enthusiasm and creativity centred around the theme "COMING TOGETHER IS A BEGINNING AND WORKING TOGETHER IS A SUCCESS". The guest of honour was Mr Lal Bahadur Chettri, parent of one of our students. He encouraged everyone to identify the talents that one possesses and to choose the right path. He emphasised that whatever we do, we should do it with passion. In conclusion he encouraged all the students to participate actively and wished well. His presence added prestige to the event and his insight left a lasting impression on everyone.

The Inaugural programme for Hostel Week was a vibrant event led by Miss Mhabeni Tsopoe. Sir Sedevikho keyho invoked God's blessings. The opening ceremony featured a special no. performed by Mr Vileto and friends. An oath taking ceremony was initiated by Mr Pashan, where all the participants pledge to uphold the values of unity, sportsmanship, respect and collaboration throughout the hostel week.

First event was War Cry by the M-1 hostellers at the volleyball court followed by a variety of exciting events organised to showcase talents and skills. The events included:

1. Volleyball for both men and women.
2. Table tennis for both men and women
3. Carrom board doubles for both men and women.
3. Arm wrestling for both men and women.
4. Badminton for both men and women and mixed doubles.
5. Five stones for women.

To conclude Day 1 Mhabeni Tsopoe announced the points of each team and highlighted events for Day 2.

For Day 1, Team B is leading the score with 100 points and Team A with 90 points.





Day 2 of Hostel Week was an action-packed day filled with fun. The day kicked off with Naga wrestling, where participants showcased their strength and skills. Following the wrestling, tug of war was played, which really brought out the competitive spirit among the teams.

The highlight of the day was the penalty shootout for women, which added an exhilarating element to the day. After which a thrilling game of football was played, where teams battled it out on the field. The energy was high, and everyone enjoyed the teamwork and sportsmanship displayed. To wrap up the day, a blindfold penalty shootout was played that added surprise and laughter amongst the audience, making it a perfect end to an exciting day.

Overall, Day 2 was a fantastic blend of physical challenges fostering a sense of unity and enjoyment among all participants.

Final day of Hostel Week was a blast! The day started with an exciting basketball tournament where teams competed fiercely. Students also showcased their talents in the extempore speech, essay and painting competition.





The closing ceremony of the hostel week was a grand affair with the theme “Prom night” which added a touch of elegance and glamour to the event. The leader was Miss Neangmai with a special performance by Mr. Mhasi. This was followed by a talent hunt, which showcased the diverse skills of students.

At the end of the day prizes were distributed to the winners for their hard work and dedication. A heartfelt vote of thanks was given by Mr. Pfücüte, expressing gratitude to everyone who contributed to the success of Hostel Week. Followed by a delicious dinner served for everyone to partake together. It was a perfect way to wrap up an unforgettable week filled with fun, friendship, and creativity!

Hostel Week was an incredible success, showcasing the talents and teamwork of the hostellers. Group A (Team of Lohe) emerged as the overall champion with an impressive total of 265 points, while Group B (Team of Shüya) followed with a commendable 145 points.

Overall, Hostel Week not only highlighted the talents of the students but also strengthened the bonds of friendship and teamwork among everyone involved. It was a memorable experience that will be cherished by all.





IQAC ORGANISES 1 DAY FDP ON RESEARCH PAPER WRITING

The IQAC Modern College, organised a One-Day Faculty Development Programme on “Research Paper Writing: Essential Components” on 17th October, 2024. The resource person for the programme was Dr Rukulu Kezo Asst. Professor, Dept of English at Capital College of Higher Education, and Chief Instructor of CUE Academy. During the session, she raised questions like what is research and why do we need to research? She emphasised that research is looking at the same thing in different ways, answering questions and identifying gaps in knowledge. Nagaland, she states, has a lot of research potential and she encouraged everyone to grab the opportunity. She shared that a proper introduction, literature review, methodology, results, discussion and references are some of the key important components of Research Paper Writing.

Ms Vini Achumi, IQAC Co-ordinator of Modern College, moderated the programme. To commence the programme, Dr Vitsou Yano, Principal of Modern College, warmly welcomed the resource person and the audience. The programme concluded with a Vote of thanks by Sir Anthony, HoD, Dept of Political Science. All the teaching faculty attended the session. Overall the programme was a successful and a huge learning experience for all.





INTERNSHIP PROGRAMME CONDUCTED FOR B.A. 5th SEM.

As a part of the Internship Programme, the students of B.A 5th semester had an Internship workshop on “Basket Weaving” with Instructors from ‘Mene and Moku’ Self Help Group, Kohima on 18th October 2024.



NCC CADETS OF MODERN COLLEGE ATTENDS THE C.A.T.C. CAMP

From 11th to 20th of October, 3 NCC cadets from Modern College, Chinazou Tholituomai and Tsurenthong L of BA 5thSem and Haotinlun Singson of BA 3rdSem attended the CATC camp.

The Combined Annual Training Camp (CATC) is a gateway of opportunity for NCC cadets to develop their skills and character. CATC 72 Punglwa (conducted by Sainik school Peren) provided ample opportunity for students to experience things which they have never done before like horse riding and experience a military lifestyle.

The students learnt valuable skills such as weapon training, map reading, and battle craft. It also promoted fitness as the camp included physical training, sports, and games to keep cadets fit and healthy. Cadets were given an opportunity to participate in cultural activities, showcasing their talents and learning about different cultures. The camp provided opportunities for cadets to develop leadership skills and teamwork. On the 8th day, the Drill Selection Test (DST) was conducted for all the cadets.

Cadets were divided into companies and engaged in various activities, including sports, drill, and cultural events. The camp ended with a bonfire and cultural programme.

Charlie company led by company senior JUO Chinazou Tholituomai and Assistant Company senior JUO Tsurenthong L was awarded the champion trophy!



BOOK LAUNCH AT MODERN COLLEGE

Book titled "History, Culture and Traditions of Nagas: A Student's Perspective" was launched on 25th Oct 2024 at Modern College. The book is a collection of selected papers from the Students' Seminar 2022 organised by the Dept. of History, Modern College. The collection was edited by Dr Vitsou Yano, Principal of Modern College, and it was officially launched by Ms Chanini Lokho, Executive Director of Modern College. During the programme, Dr Vitsou Yano, the editor of the book, exhorted the gathering on the intention and the summary of the book. She further encouraged the students to work on research papers of their interest and broaden their minds.



ESPORTS MLBB TOURNAMENT HELD UNDER 2ND AUTUMN FIESTA

The Esports *MLBB tournament* of the 2nd Autumn Fiesta held on October 24 & 25 successfully culminated. 29 teams took part in the event and finally two teams "Team Maaf" clinched the 1st position taking away cash prize of Rs 8000/- while "Team Last Moment" was the 1st Runner Up cash prize of Rs 4000/- and certificates respectively. Congratulations to both the winners and all the teams for their enthusiastic participation.



MODERN COLLEGE ORGANISES THE GRAND 2ND AUTUMN FIESTA

Modern College, organised its much anticipated 2nd Edition Autumn Fiesta on 26th October 2024 in collaboration with Youth Resources and Sports, Govt. of Nagaland. The event was sponsored by Forest Kitchen, KCS Kitchen, NITI and Elite Fabrics. The inaugural formal programme commenced at 10:00 am in the college Indoor Stadium led by Mr Tingngam Y Konyak. Ms Ketouseno Vielie invoked God's blessing and Dr Vitsou Yano, the Principal of Modern College, delivered a warm welcome note to the gathering. A special number was presented by Mr Lamgousang, captivating the audience with his performance. This was followed by an exhortation from Mr Asekho Talie, the District Sports Officer and Nodal Officer, at the Department of Youth Resource and Sports. The formal session came to an end with a vote of thanks from Ms Pulovili Lohe, Convenor of Autumn Fiesta, expressing gratitude to all participants and organisers. The official inauguration included a ribbon-cutting ceremony, marking the start of the Autumn Fiesta.

The schedule for the day included various activities like Cosplay Campus, Stall, Cosplay Competition, Archery Exhibition, Talent Hunt, and declaration of E-sports results. For the Cosplay competition, 7 students participated wherein Ms Pisala V Sangtam and Ms Grace Gonmei secured the first and second positions respectively. It was followed by a talent hunt, Mr Angam from GHSS Medziphema won the talent hunt competition against 11 competitors. The winner of E-sports was Team Maaf and Team The Last Moment securing the second position. The day concluded with a DJ evening providing a lively atmosphere for all attendees to enjoy.

Overall, the 2nd Autumn Fiesta was a successful celebration, fostering community spirit and showcasing talent.





STUDENTS OF MODERN COLLEGE GEARS UP FOR THE A.N.C.S.U. COLLEGIATE MEET 2024

We wish our participants the best of luck for the ANCSU Collegiate Meet 2024.

Make us proud.



MODERN COLLEGE FOOTBALL TEAM BEATS SALT CHRISTIAN COLLEGE IN THE 1ST MATCH OF A.N.C.S.U. COLLEGIATE MEET

Modern College Football team (men) won 4-0 against Salt Christian College today at ANCSU Collegiate Meet 2024.

The next match will be against Peren Government College.



MODERN COLLEGE CONGRATULATES ALBERT EZUNG FOR HIS SELECTION TO REPRESENT NAGALAND UNIVERSITY

Albert Ezung of BA 1st semester from the Dept. of Political Science got selected in the TAEKWONDO trial which was held on 23rd Oct 2024 at IG Stadium, Kohima. He is selected to represent Nagaland University in All University Games which is going to be held in Amritsar, Punjab from 6th to 9th November 2024.

We congratulate him on his selection and wish him the best for the upcoming match.



Youth Trend

Millennials and Gen-Z are defining themselves with unique traits, behaviours, and interests, experiencing major technological, economic, and sociological transformation amidst critical global changes. Currently, there are more than 1.2 billion young people between the ages of 15 and 24 living on the earth and the number is expected to grow to nearly 1.3 billion by 2030. The first generation of truly digital natives is quickly gaining around and making their presence felt in today's economy. Being woke social media users, youth are harbingers of the latest trends that define today's culture.

Nurturing Mindful Disconnect Through "Digital Detox Retreats"

In 2024, Digital Detox Retreats are expected to become a notable trend among the youth, due to the advent of the current scenarios accelerating these changes and trends. With the constant connectivity facilitated by electronic devices and social media, people tend to find themselves burned out and overwhelmed. Studies have also linked prolonged digital exposure to anxiety, depression, and sleep disorders. Thus, as mental health becomes a more prominent concern, individuals are proactively seeking ways to disconnect and rejuvenate.

To their benefit, these retreats provide a respite from the ubiquitous presence of screens and the demands of technology. Tailored to address the growing concerns of digital burnout, participants in these retreats engage in activities that encourage a profound disconnection from electronic devices. Set in serene natural environments, these retreats often incorporate mindfulness practices, outdoor activities, and workshops on maintaining a healthy balance between the digital and physical realms. Participants are encouraged to immerse themselves in offline experiences, fostering a renewed appreciation for face-to-face interaction. Digital Detox Retreats not only offer a temporary escape from the pressures of the online world but also serve as an opportunity for young individuals to recalibrate their relationship with technology, promoting overall well-being and a mindful approach to digital consumption. As a response to the challenges posed by constant connectivity, these retreats empower the youth to prioritise mental health, find inner balance, and rediscover a sense of presence in the offline moments of their lives.

Meli Kronu
B.Voc 5th Semester
Modern College,
Piphema.

thus activities, regardless of intent or negligence. The principle
nting "res ipsa loquitur" (the thing speaks for itself) applies here.

Tip: Walking Without Fear: A Call to Action for Women's Safety

In today's world, every woman deserves the right to walk without fear, whether she's heading to work, meeting friends, or simply enjoying a peaceful evening stroll. Yet, for countless women, safety remains an elusive comfort. Anxiety and vigilance have become a part of their daily routine. Women's safety isn't just a matter of public policy; it is deeply personal, affecting lives, families, and futures.

The Silent Burden: From an early age, women are often taught to be cautious—to avoid certain places at certain times, to carry keys between their fingers, or to stay on the phone when walking alone. This "silent burden" is one of the unseen weights women carry, like invisible armour against the unpredictability of violence or harassment. It's a reality that robs them of freedom, joy, and peace of mind. For many, the fear doesn't always come from a known threat. It's the possibility, the uncertainty that something could happen. A woman walking home after dark might quicken her pace, lower her eyes, or change her route. She's not just managing her time or navigating city streets; she's calculating risk, choosing safety over spontaneity.

The Human Cost of Insecurity: Beyond the obvious physical threat, women's safety has a far-reaching psychological impact. The fear of harassment or violence can shape life decisions in profound ways. What time they leave for work, where they choose to live, or whether they pursue certain jobs—all are influenced by the need to feel safe. Think of the women who decline promotions or opportu-

nities that require late-night shifts or travel to unsafe areas. Think of the countless dreams quietly surrendered because of hidden dangers. Every woman who faces these choices is a person with hopes, ambitions, and a future that could have been brighter in a world where safety wasn't an issue. This is not just a "women's issue". It is a societal issue, affecting communities, families, and economies. Women's potential to thrive and contribute is limited when they don't feel safe. And that should matter to everyone.

Even in the harshest circumstances, stories of bravery and resilience emerge. Women who advocate for change, raise awareness and stand up to a system that often looks away are shining examples of courage. They are mothers, daughters, sisters, and friends who refuse to accept a world where they are treated as second-class citizens in terms of safety. Consider the countless women-led movements worldwide, such as #MeToo (a movement against sexual harassment and assault, initiated by Tarana Burke in 2006) which highlighted the prevalence of harassment and abuse. It sparked global conversations about consent, respect, and accountability. Every woman who shared her story became a voice for millions who had lived in silence.

The path to ensuring women's safety starts with awareness and continues with action. It's not enough to raise the issue; we must actively work to reshape the environment that allows insecurity to thrive. We must strengthen laws, enforce strict consequences

for harassment and violence, and ensure that public spaces are designed with women's needs in mind.

Safety initiatives must be multi-dimensional: from better street lighting to accessible public transportation and more visible law enforcement in areas prone to violence. Workplaces must foster cultures of respect and accountability, ensuring women feel protected, both physically and emotionally. But the most important shift is cultural. How society views women and the standards it holds regarding their treatment must change. We need to raise boys and men to respect women as equals, to reject violence in all forms, and to understand the weight of their actions. When we normalize safety and respect, we create a world where fear no longer dictates choices.

A Future Without Fear

The vision for women's safety is clear—one where women can walk, work, and live without the shadow of fear looming over them. It's a future where freedom is not just a right, but a lived reality for women everywhere. But to get there, it requires collective will, societal change, and relentless action.

Let's build a world where women can walk without fear, a world where every woman, no matter where she is, feels safe, respected, and valued. We owe it not just to women, but to ourselves as a society that believes in the power of humanity and equality.

Dev Kumar Bisukarma
(5th Semester)
Dept. of Education, Modern
College, Piphema

Articles in this page do not necessarily reflect the Editorial view or policy of the paper.

HIGHLIGHTS OF THE MONTH:

1 st to 31 st October	: B. Voc. Internship
2 nd October	: Gandhi Jayanti (i/c NCC & NSS)
4 th October	: Students' Care /Staff Meeting/ Career Guidance (i/c Training & Placement Cell)
5 th October	: Positive Link
7 th -9 th October	:Academic Performance Meeting with the departmental students (i/c HoD)
8 th October	: HoD Meeting
9 th October	: IQAC Meeting
10 th -11 th October	: Puja Break/ Hostel Week
14 th October	: Submission of Report of the Departmental Meeting with the Students
17 th October	: Faculty Development Program (i/c IQAC)
18 th October	: Students' Care / Internship Programme for BA 5 th Semester
24 th October	: Management and Administration Meeting
25 th October	: Assembly (i/c Evangelical Union).
26 th October	: Autumn Fiesta (i/c HoDs)
30 th October	:Submission of Monthly Report: IPR, IQAC, HoDs & Hostel Wardens
31 st October	: Diwali

TO LOOK AHEAD:

1 st November	:Students' Care / Library Committee Meeting
2 nd November	:Staff Picnic
5 th November	:Positive Link /Basketball Internal Tournament
6 th November	:HoD Meeting/IQAC Meeting with External members
8 th November	:Assembly (i/c NSS)
11 th November	:National Education Day (i/c Dept. of Edn & IQAC)
12 th November	: VAC End Term Exam for BA 5 th Semester
15 th November	:Faculty Development Program/ Workshop (i/c IQAC)
16 th Nov – 9 th December	: End Semester Exam
27 th November	Management and Administration Meeting
29 th November	:Submission of Monthly Report: IPR, IQAC, HoDs& Hostel Wardens