



Editorial



The Power of Learning Beyond the Classroom

"The beautiful thing about learning is that no one can take it away from you."

– B.B. King

Education is not confined to textbooks, lectures, or exam scores. True learning happens when we step beyond the four walls of a classroom and immerse ourselves in experiences that shape our perspectives, skills, and character.

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Information:

For more college updates

follow us on:

Instagram:

@modern_college_official

Website:

www.moderncollege.edu.in

Email: admin@moderncollege.edu.in

At our college, every student has the opportunity to go beyond academics—whether through internships, research projects, community service, cultural exchanges, or extracurricular activities. These experiences teach us invaluable lessons about leadership, teamwork, adaptability, and problem-solving—qualities that no textbook alone can instill.

Participation in clubs, student organizations, and events fosters creativity and collaboration. Volunteering for social causes builds empathy and a sense of responsibility. Engaging in sports and arts nurtures discipline and self-expression. Every moment spent outside the classroom contributes to our personal and professional growth, preparing us for the real world.

As students, let's embrace these opportunities with an open mind and a willingness to explore. The knowledge gained outside the classroom is just as crucial as what we learn inside it. After all, education is not just about acquiring information—it's about applying it, evolving through it, and making a difference.

Let's make the most of our journey, inside and outside the classroom!

MR. CHINAZOU THOLITUOMAI
B.A. 6th SEMESTER
ANSCU REPRESENTATIVE

MODERN COLLEGE HOST OPEN 10K MINI MARATHON

Modern College successfully hosted the Open 10K Mini Marathon as part of Modern Week 2025 under the motto “Run for Good Health,” the event witnessed enthusiastic participation from the community, students and faculty members. It featured two race categories: 10KM for men and 6KM for women. A total of 76 participants took part in the Mini Marathon Race. Mr. RV Philip, Second-in-Command, 78 BN CRPF, graced the event as the Special Guest. Winners were awarded cash prizes for their outstanding performances. In the Men’s 10 km category, Mr. Thotngacheirin secured first place and received ₹15,000, followed by Mr. Shiangjiu T. Khiamniungam in second place with ₹10,000, and Mr. H Ngaopulon in third place with ₹5,000. In the Women’s 6 km category, Ms. Songmo P claimed first place and won ₹10,000, with Ms. Niansi T finishing second and receiving ₹7,000, while Ms. Peiheiteilie secured third place with ₹5,000. Panasonic Life Solutions Pvt Ltd, Nilkamal Furnitures, Saricom, Nagaland Electrical and Housing, and Kapfo Stores were the event sponsors.



MODERN WEEK 2025

Modern College successfully held Modern Week 2025 from 11th - 15th February, marking a week-long celebration of literature, culture and sports along with the much-anticipated 10K Open Mini Marathon on 11th February. Under the theme “Echoes of the Past, Voices of the Present,” the event showcased the spirit of camaraderie, talent, and tradition among students and faculty.

The Literary Day highlighted creativity through story writing, poetry slam, quiz competitions, and painting, fostering an appreciation for literary and artistic expression. The Cultural Day revived indigenous traditions with folk songs, traditional fire saw, go-cart races, war cry performances, and other engaging activities, showcasing the college's deep cultural students excelling in football, volleyball, basketball, javelin throw, badminton, board games and track events.

In this year's edition Blue House emerged as the overall Champion with 1500 points, followed by Yellow House with 1140 Points, Green with 1130 points and Red with 970 points respectively.



MODERN COLLEGE TOOK PART IN THE NATIONAL INTEGRATION TOUR

The NIT tour, organised by the 13th Assam Rifle, was a 14-day programme from 4th -18th February, 2025. Participants were from four institutions i.e., Modern College Piphema, Government Polytechnic Kohima, Students from Kohima Orphanage and destitute home and Mount Olive College Kohima. The itinerary included visits to Mumbai, Pune, and Goa. 5 students along with a faculty were selected from Modern College to take part in the tour.





MCEU HELD ITS WEEKLY FELLOWSHIP

MCEU held its second weekly fellowship for the year of 2025 on 19th February. The speaker for the fellowship was Brother Matthew, UESI Staff Nagaland.



MODERN COLLEGE ATTENDED THE LITERATURE FESTIVAL AND BOOK FAIR

On 17th February, the Department of English, Modern College, participated in the Literature Festival and Book Fair 2025, organized by The White Owl in collaboration with Penguin India at Zone Niathu By The Park, Chumukedima.



MODERN WEEK SPORTS MEET PRIZE DISTRIBUTION

The prize distribution ceremony for Modern Week Sports Meet was held on February 20th at the Indoor Stadium, celebrating the outstanding achievements of the participants.



IQAC ORGANISED A TALK

IQAC, Modern College organised a talk on “Youth, Family and Mental health” in collaboration with Shalom Bible Seminary on 21st February, 2025. Dr. Buno Iralu Professor of SBS was the main speaker.

Dr. Buno shared that through her talk, she hopes to provide guidance to students to promote healthier families. Through biblical perspective, she stressed on the important role of parents in providing love, care and security to their children. However this trend is now changing leading to fragmentation of families which in turn affects the mental health of children. She also placed importance on families to spend quality time together, and the need for forgiveness and prayer . She ended with a note saying, “No family is perfect, it’s just the way they resolve their problem”.

The talk was followed by testimony sharing from two M.Div. students of SBS, Mr. Avi and Miss Seyiekrono, a mesmerising choreography and a melodious song from SBS students.



MCSU AND MCEU PICNIC

The Modern College Students' Union and Evangelical Union enjoyed a refreshing picnic at Thekrejuma. They shared that the experience was both meaningful and enriching, emphasizing the importance of relaxation and personal growth alongside academic life.



IQAC ORGANISED FDP

On 24th February 2025, IQAC Modern College organised a Faculty Development Programme on “Advance features and shortcuts : PowerPoint & Excel”. The Resource Person was Mr. Sedevikho Keyho, IT Instructor, NITI. The session helped the attendees to learn how to use Excel and PowerPoint tools better and more effectively. It was a fruitful session for everyone who attended the programme.



IQAC ORGANISED A CLEANLINESS DRIVE IN THE CAMPUS

The NSS, NCC and RRC unit of Modern College actively took part in a cleanliness drive organized by the IQAC at the college campus on 27 February, 2025. This drive not only helped keep the campus clean but also instilled a sense of responsibility in the students towards their college and society.



AWARENESS PROGRAMME

Anti-Sexual Harassment, Prevention and Women Cell organised an Awareness programme in collaboration with Gender Champion Club and B.A./B.VOC 6th semester on 28 February 2025 at Indoor Stadium.

A powerful drama was performed on the theme of anti-sexual harassment presented by students from the B.A. 6th semester. The drama portrayed real life scenario of sexual harassment and the consequences it can have on individuals and society as a whole.



ALUMNI SUCCESS STORY

An Alumni of Modern College, Mr. Mitro Roy, visited his alma mater on 6th of February, 2025 to share his success with his former teachers and mentors. He is currently working as a Territorial Sales Incharge at JK Umang Dairies.



ALUMNI SUCCESS STORY

Another Alumni, Mr. Athishu Chakre, from 2018 batch opened a cafe by the name "Umai" at Tadubi, National Highway Junction of Ukhrul and Imphal.



UPDATE OF FOOTBALL GROUND

Recent update on the progress of the Football Ground :
Happy to announce that 80% of the work has been completed.



FIRST POSITION

The Night Sun Rise.

In the vast sea, she could clearly see the beautiful sunset in a way like no one ever did. The vast horizon depicted as though the sun was being devoured by the unending sea. However, as she stood at the edge of the window, its panel seemed to have been rusting due to the heavy breeze from the west wind. She stood there with her eyes filled with tears, which perfectly reflected the golden rays of the setting sun. She stood this questioning herself if at all she was ready to do it.

As she stood at the edge questioning herself, the breeze became heavier as compared to the other days; all of a sudden, she heard the family album fall on the ground, which created a loud noise and diverted her attention for now. She closed the window and picked up the family album, which was yellowish in color, and the photos were fading out of its prints, while the last one completely had no prints on them; it appeared to her that someone might have intentionally tried to erase some faces from some of them. She cleaned the album, freeing it from its ages-old dust and webs, placed herself by the chair which belonged to her grandfather, and never shifted its position. As she flipped through the first photo which was fading due to the moisture she found out that it was a photo of her grandparents when they first moved to the city, the background of the photo had hills and green forest, and he looked out of the window to find that the sea expanded so much that it had devoured the hills and the green forest became a long unending highway and tall building. As she kept flipping through the album, she found some fading photos of her great-grandparents as well who migrated from their native village to make the tables turn. One photo showed her mom holding her and cooking dishes for a festival, while in another one, her dad teaching her how to ride a bicycle and a lot more. Her teary eyes filled with joy, and she started smiling at the sunset, recollecting all her childhood memories and how she grew up from being an innocent child to a busy city girl. She questioned her existence and asked herself what made her come so far. As she sat holding the album, she seemed to have noticed that the chair that she sat on was handmade by her grandfather. She recollected all the memories she had collected while growing up and how her founding pillars made it happen for

themselves in this harsh city. Yes, the city was being harsh to her; it kept pushing her every day, with never-ending work Emails and no weekends. Therefore, she called the city harsh.

Gazing at the birds outside, she recalled how vigilant and determined her grandparents were. They stood against all odds, kept working hard, and never did they allow these troubles to deny them their triumphs. All of a sudden, recollecting their memories, she remembered how she went through the day against all odds, completed her work on time and went in quest for the next. She laughed at herself because she now remembered her grandmother telling her, "My child, all you have to do is work and work", and to date, she unintentionally was doing the same. It reminded her how her grandfather would work at the clock tower for the entire day, come back in the evening and go to the station to sell newspapers to make ends meet. This thought motivated her to promise herself to do a little bit more for herself. All of a sudden she was no longer tired and was not complaining about all the pending work that she had to do tomorrow.

She barely remembered anything about her parents, because both of them passed away due to a bus accident while returning from work. Therefore, all she knew about them was in a script which her grandparents narrated to her every evening. She recalled how her grandmother would tell her about her father, who relentlessly worked day and night to make a saving, and her mother worked at a hotel nearby, where now stood a shopping mall. She was recollecting all the difficult times that her founding pillars had to go through; she found out that she had the determination of her grandfather, the courage of her grandmother and the never giving up attitude of her dead parents. All this brought her to think that it was through those stories and hardships around which she grew up with, that fuelled her to go on every day.

All of a sudden she gave a bright smile to the buzzing city outside her window, challenging it to bring it on, that girl that stood at the edge to finish everything that day, was standing at the edge now to change everything go her way, soon the large city clock rang and it was 6:00pm already she made herself a cup of coffee, cleaned her room wrote an everyday note to herself reminding her to visit all her childhood places again relive all her memories.

In the end, we get to know that a girl who was ready to finish everything for herself came back stronger and more courageous than ever before, thanking the stories and hardships that shaped her present and motivated her for the future. That particular evening, she experienced a new sunrise within herself...

Moral: Living through our past echoes makes us stronger, only when we accept them.

RICKY DAS

B.A. 6th SEMESTER

Department of Political Science

SECOND POSITION

"THE SOUVENIR"

Rummaging through the dusty store room in the attic, I found a peculiar set of necklaces neatly wrapped in a piece of white cloth, and it instantly caught my attention; little did I know this small finding would take me off on a whole new journey.

Being born and raised in mainland India, i.e., Maharashtra, I had little to no knowledge about the unique piece of jewellery I discovered, and the question of how it ended up in my attic had me scratching my head. The necklace was made up of ivory, glass beads and carnelians, all connected with a cloth string and showed no signs of corruption. Both my parents were away for a business trip then, and so I didn't want to trouble them with a silly call, so I took it up upon myself to find out about the necklace and its connection with my family. I took a picture of it and searched it on Google and the results shocked me; the necklace was from Nagaland, and it was not just a necklace but a tribal necklace exclusive to the Naga people. Although I have found out the origin of the necklace, I just couldn't seem to connect the dots because neither my parents nor my grandparents had Naga blood.

After two days, my parents returned, and "Good God" knows how much that got me excited, not that I missed them, but I had a hell of a lot of questions!!.. I took my time and let them finish their unpacking and tea, I had served them in the most polite manner, and now it was time for the question round. I seated them in the living room and showed them the necklace, to which my father replied that it belonged to my great-grandfather. My father narrated that he was a soldier during his time, and he had been posted in Nagaland during the 1940s, and on his return, he brought along the necklace as a souvenir.

That night, I took deeper research into that necklace because there wasn't anything I was doing useful after graduation anyway. I learnt that these necklaces and jewellery, in general, were worn as a display of wealth and status; there were different types of

necklaces and jewellery that were exclusive to each Naga tribe. The necklaces were made of stones, glasses, teeth, bones, ivory, etc. Job tears were also used in the necklaces as it is also used for its medicinal properties among its people. Stones such as Jasper and carnelians were used as well because it was a belief among the people that it has healing properties. Such stones were usually imported from mainland India. Wooden beads were also carved into intriguing designs and used. The necklaces with all the combined objects made up stunning unique pieces.

Now, this information alone didn't suffice me, and I had to get down to business. After a little research, I decided to take a trip to Nagaland. On reaching Nagaland, I was awestruck at the natural beauty therein; even the air around me seemed purer and cooler. While Maharashtra's sun dried up my body fluids, Nagaland's sun seemed to radiate warmth and energy. My purpose in Nagaland now was to dive deeper into their culture and traditions, and my focus was fixated on their jewellery. Nagaland is known for its colourful display of festivals and array of jewellery. I had decided to travel to Mon district to advance my research as the description of its people intrigued me. They were called the 'warriors' among the tribals. It was there that I found out that the ornaments and jewellery actually had different stories to tell. Among the Konyaks, I learnt that the jewellery showcases their bravery. Their necklaces were a combination of metal, boar tusks, ivory and cowries; a sight of which pulls strings of curiosity to tourists like me. These necklaces symbolised the status of its owner in the society. In the past boar tusks and ivory were added to every head the person conquered. Along my journey, I also had the privilege to witness the making of traditional necklaces. Women lined up in an open area; cotton strings were rolled and twisted and were adorned with wooden beads, cowries, carnelians and claws of animals, with every piece holding a significance of its very own and were worn with traditional clothing, adding to its authenticity.

Researching and staying with the Naga people filled my bosom with satisfaction, it seemed to have scratched an itch on my back. The peculiar piece of necklace inside my dusty attic opened a whole new

destination for me, and somehow, I am here sitting on my porch sipping a bitter black tea, which has now become an appetizer for me. It's my third year staying in Nagaland and home has never felt warmer. I am now dedicated to learning more about the people and their culture, a culture that needs the speculation of the world, a culture with its unique story.

MS. ROTHRONGRU SANGTAM

B.A. 6th SEMESTER

Department of English

THIRD POSITION

The Unspoken Echoes

The air crackled with a familiar mixture of excitement and nostalgia as Mimi entered the grand old campus of her higher secondary but this time not as a student but as an alumni.

Ten years had passed since she last entered the campus. As she entered the school gate, memories came flooding back - the laughter echoing in the classroom, the nervous anticipation of exams, the thrill of first crushes. The school gate had opened the portal of the past. The hall, corridors where the student always runs around, the basketball court where the students sit during breaks in groups and gossip, the benches under the tree that hold thousands of secrets and at the right corner of the school building, there's Aunty Chamela's canteen where there's always a huge rush of students especially during the break, everything still remains the same.

As Mimi was wandering through the building, she entered a classroom that was located at the right corner of the ground floor, which was named R-2; as she entered the room, the memories of her higher secondary days flashed back in her eyes. She remembered the first day of her higher secondary, she imagined herself sitting on the second bench of the first row, shy, and scared, she felt nostalgic for the journey of becoming a bold, confident and outstanding student from an introverted, shy and average had just flashed back in her eyes, as Mimi was thinking about her higher secondary days, she suddenly remembered about Miss Gloria, she was her class teacher, she played a very significant role in Mimi's higher secondary life, she was the mentor of Mimi and she always inspired, motivated and guided her. As Mimi was thinking, recalling the memories, she saw something at the left corner of the wall; it was her name, along with her best friends, Alice, Lucy, Rose and Vienie. She remembered the forehead fight, those silly gossip and those serious talks about the future, those who always used to be together now hardly even meet.

The classroom that was once filled with the laughter of the batch of 2014 is now completely silent. Now, the school isn't as noisy as it used to be back in the past as the batch of 2014 which was considered to be the fish market had already graduated, now the ground floor is not that noisy as the new batch is full of introvert students, while back in the past the batch of 2014 was a mixture of an introvert, and extroverts, their batch was the most talkative but also the talented ones. As the clock reached 2 pm the bell rang and as the bell rang Mimi remembered about the last bell that rang on her last day, when the batch of 2014 sang songs together for the last time and made promises to be in touch as the clock reached 2:30 pm it was the time for the school to be closed, as Mimi was walking through the corridor she felt a profound sense of gratitude towards DBHS as it has not just been a place of learning - it had been a place for forging friendship, nurturing dreams and shaping the person she is today. As she was leaving the campus, Mimi carried a treasure trove of memories with her; the visit was poignant as she remembered the enduring power of education and the impact and importance of teachers and mentors in one's life. Room R-2 is now occupied by a new batch, and they are creating memories and histories of their own without knowing the histories of the other batches. This legacy will be continued, and the walls and the desks and benches of R-2 hold the stories and secrets of many batches which remain unspoken.

MAHIMA RAI
BA 4th Semester
Department of Political Science

FIRST POSITION

DAUGHTER OF HER PAIN

I saw granny quickening her feet
 Seeing trucks in fleet.
 "Army trucks" she said,
 "Army trucks" she feared.
 "They'll harm us, oh dear!"
 Granny cried out of tear.
 "They shoot" she cried.
 "They kill" she warned.
 Her reaction made me sad, They were oppressed too bad.
 It took me back to the stories she told
 Of the conflicts, now cold.
 The fight against Indian armies
 Which tore apart families;
 It let to violent uproar, Became the 'undeclared war
 "They were captured" Granny sighed,
 "They were tortured" Granny grieved.
 Women were raped at gun point,
 The uncanny crimes against the innocent.
 Granny was a child then
 But she's still scared of them.
 The sound and sight of armies Make her curse and despise.
 The echoes of their agony
 I shall spread it to many, I shall love my alma mater, The
 blood spilled shall matter.

Rothrongru Sangtam
 B.A 6th Semester
 Department of English

SECOND POSITION

Threads of Time

Past and present, an opposite spectrum?
Interwoven and orchestrated by Him;
Patterns shift, yey still entwined.

Lore and ethos from bygone era,
Still chaperone me and you;
To lead us to greater heights.

So, checkered past? Lest we forget,
For it edifies the present stance;
Under its wings of timeless wisdom.

Visino Chüsi
BA 4th Semester
Dept. of Sociology

THIRD POSITION

Echoes of our Past

We often say
 "Past is past, gone is gone
 Yesterday will never come back."
 A tragic truth we all believe in,
 'tis so true we cannot change.

We often say
 "Past is past, gone is gone
 Let it go, just move on."
 An incident you need to accept,
 'tis so true we cannot change.

We often speak much about the past
 That we should let it go,
 Knowing not it still lingers in our hearts.
 That we should move forward, abandon the past,
 Knowing not it still echoes in our minds.

We often forget who we are,
 What we are, how we are...
 If we do, it'll haunt us less,
 For it is the echoes of our past
 That sustain our very breadth.

It is our past that shapes who we are today.
 It is our past's decisions that explain why we are here today.
 It is our past battles that make us brave today.
 It is our past traumas that make us kinder today.
 It is the echoes of our past that voice every one of us.

Rüülhouü Khawakhrie
 BA 2nd semester,
 Department of English

MORUNG EXPRESS

PUBLIC SPACE 18th February 2025

Moalong Imchen

Modern College, Piphema

All the people belong to the same species yet they are not alike, everyone is uniquely characterized by their personality and experiences. However, they are first judged based on their gender, appearance, religion, race, or background. The individuality of a person is not recognized. We are living in a world where we fight for our gender, our religion, our community, our pride. While it is not wrong, but can we fight for our fellow humans that suffered injustice? We act only when it concerns us and not when it concerns a human or a particular community that is not ours.

Human values are overshadowed by the need to dominate and a superiority complex. We are living in a world where qualities to be a human are not emphasized but only the consequence of not being human is emphasized. We live by the rules made by our hands and limit ourselves to truly see, feel and understand our own people making us incapable of offering our empathy, kindness and understanding. Our first reaction towards a victim is to judge- their situation or their actions rather than responding with empathy. For example, rape, the most prevalent violence to a human's dignity, we first check what the victim had been wearing or whether they were out late at night and often tend to forget about the invasion of space. A man or a woman could be walking naked and yet no one should have the right to invade their space because that is what it means to be a human- "Respecting the space of a fellow human." Do we have improper thoughts about our own family members when they are "being indecent" or do we avert our eyes or try to protect them? Our respect and empathy should not extend only till our family or friends but to everyone around us. Why do we struggle to even get along with our own species? Animals are far better in terms of unity.

It is a generally accepted fact that men are physically stronger and females are emotionally stronger. Although it is true, these traits are not tied to a particular gender. This can vary among individuals regardless of gender. Stereotyping is one of the main reasons why people do not see individuality. It is also one of the reasons why gender problems are not solved like Men do not get abused or do not need help and Women are not progressive and are dependent. The world is progressing in terms of "artificial humans" that mimics human intelligence, behavior and even emotions and yet we ourselves have regressed in terms of "being human." We are wrapped in our own bubble and perspective which limits both our emotions and thinking capability, failing to see the world with empathy and open mindedness. Grow a heart to be emphatic and a brain to have a broader thinking.

WHAT IS LOVE?

According to me love is a deep affection that transcends words.

Mr Asik

BA 4th semester



Love is growing together.

Ms. Menguseno

BA 4th semester



Love means putting the other person's happiness before you without expecting anything in return.

Mr Moalong Imchen

BA 4th semester



For me, love is understanding someone's feelings or emotions.

Mr Rokozetuo kuotsu

B.A 2nd semester



Love is a deep feeling of care, affection, and connection toward someone or something. It can make you happy, bring people closer, and create strong bonds.

Mr Rokosalie Kuotsu

BA 4th semester



Love to me is prioritizing the needs and happiness of loved ones over mine.

Mr Akash Chettri

BA 4th semester



Love is unconditional.

Love bears everything,

Believes everything

Endures everything.

Mr Roshan Chettri

BA 4th Semester



Love is commitment

MS. VEDULÜ LOHE

2nd semester



Love is a deep connection
where you care, trust and feel safe
with someone

MS. DZIESENEINUO

2nd semester



Love is looking beyond the flaws, embracing the imperfections of a person, and committing to stay with them forever.

Mr. Odibendang A Jamir
B.A. 6TH Semester



Love is a shared silence that feels comfortable and what makes us feel alive, connected, and human.

Ms. Wati Imchen
Asst. Professor, Dept. of English



Love is to be seen, and to be heard. To be loved is to be worth the inconvenience. It is "you are problematic but I'm glad you're my problem".

Mr. Keneingulie
Asst. Professor, Dept. of English



Love is kind and
passion, Love is generous.
Mr. Manong
Asst. Professor, Dept. of English



Love is family.
Ms. Mongsenchila
Asst. Professor, Dept. of History



You know you have
truly understood love when you
comprehend that love is not
about ownership but rather
affirmation and admiration.
Ms. Cilule
Asst. Professor, Dept. of
Education



Love according to me is a deep emotional connection, something that is indescribable and love according to me is also forgiveness because you love and so you forgive.

Neizeno kuotsu
B.A 4th semester



L.O.V.E

Love, a word said by many- to me, Love is the ultimate expression of kindness, affection & grace towards someone. It is priceless and so, should be treasured.

Ms. Neilhoukhonuo Nipu
Department of History



"Love isn't something that weak people do. Being a romantic takes a hell of a lot of hope. I think what they mean is when you find somebody that you love, it feels like hope" –

Andrew Scott, Fleabag
Ms. Sentila Longkumer
Asst. Professor, Dept. of English



Book Review of Kurhungolu Ritse's *Tempest of Tranquility*

About the Author:

Kurhungolu Ritse is a promising writer, pursuing her B.A. at Capital College, Kohima majoring in English Literature. Her book, *Tempest of Tranquility* was published in 2024. Through her collection of poems, she expresses her emotions, inner struggles, and longing of freedom as an individual. Her poems acts as a window to her soul, inviting readers to connect, reflect, and find meaning within themselves.

Review:

When I first received *Tempest of Tranquility* by Kurhungolu Ritse, I didn't know what to expect. I felt nervous because this would be my first time writing a book review. It felt like a big task, as if I had to compete with great writers like William Shakespeare. But as I started reading, I felt like I was looking into a mirror. The poems spoke to me in ways I didn't expect. They reflected emotions I have felt but never expressed.

Kurhungolu Ritse's words are more than just poetry- they are the voice of many people who struggle with pain, identity, and hidden emotion. As I read through the collection, I felt like she was telling not just her story but mine too. Through her poems, she shares feelings that many of us kept buried, turning them into something beautiful and powerful. This collection of poems speaks directly to the heart, uncovering emotions that many of us keep hidden. The poet writes about struggles that many of us have faced- feeling lost, wondering if we are good enough, carrying pain from the past, and hoping to heal. In "The Weary Soul" and "Two Decades Down", she expresses the deep tiredness that comes from simply trying to get through life every day. It's the kind of exhaustion that isn't just physical but also emotional and mental. In "Endless Time", she talks about memories that don't fade, no matter how much time passes. Some moments from the past still feel fresh, as if they just happened yesterday. Reading those poems reminded me of times in my own life when I felt stuck like everything around me was moving forward, but I was standing still, unable to escape my thoughts and feelings.

One of the things I love most about this collection is how real it feels. The words are simple, but they hold so much meaning. It's not just about sadness- it's about surviving, finding yourself, and understanding the emotions that shape us. In "Poisoned and Healed", she shows that

even in darkness, there is a cure. In "Beyond Masculinity Mask", she reveals the silent pain that many carry because of society's expectations. Some are forced to hide their struggles, believing they must always be strong. The poem reveals how this pressure can make it hard for people to express their true feelings and ask for help. These themes are not just words on a page, they reflect real struggles faced by many in today's society. People, especially men, are often told to suppress their emotions, fearing they will be seen as weak. This makes it difficult for them to seek support, leading to silent suffering. The poet sheds light on these hidden battles, reminding us that vulnerability is not a weakness but a part of being human.

Throughout *Tempest of Tranquility*, Kurhungolu Ritse explores deep and emotional themes that many adults and teenagers can relate to. She writes about struggles with identity, the weight of the past, mental and emotional pain, and the desire for healing. In poems like "The Weary Soul" and "Two Decades Down", she captures the exhaustion of simply existing. "Endless June" brings out the pain of memories that refuse to fade, while "Divided Heart" speaks of longing for a sense of belonging. Many of her poems deal with self-doubt, hidden grief, and the pressure of society, yet they also offer a sense of reflection and understanding.

Tempest Tranquility is more than just a collection of poems. It is a voice for emotions that often go unheard. Kurhungolu Ritse beautifully captures the struggles and hidden thoughts of many people, including myself. Though I do not know the author personally, her poetry speaks as if she knows the weight of my thoughts, the memories I have yet to let go of, and the self-forgiveness I need to embrace. This book is not just about sorrow but also about growth, reflection, and finding peace within oneself. If you have ever felt lost, burdened, or trapped in your own emotions, I would highly recommend this book. It is a reminder that we are not alone in our struggles and that even in pain, there is beauty, strength, and the possibility of healing.

"HEAL, LITTLE BROKEN SOUL
GOD OR HUMAN, FIND YOUR LIGHT
BE FREE, LIKE A BIRD
BLOOM, LIKE A WILDFLOWER"
- The Well of Tears

Ms. Kikrunei-ü Chalie-u
B.A. 6th Semester
Department of English

Phil's last call

Little Phil is on the pill again,
Says, he feels better in the head.
Educated with Opioid, all finger tips,
Some kid lost deep in their head.

You still have time to find a way out,
You know it's not the right path.
The pill has hooked its claws deep,
One day you'll run out of luck.

Mom still calls, but he's too numb,
Come home while you still can.
Step away before what's left,
You know it won't get better.

MR. Odibendang A Jamir
B.A. 6TH SEM
Department of Education

RESEARCH EXCELLENCE

Hearty Congratulations to Mr. Teisovi Domeh, Assistant Professor from the Department of Sociology, on the publication of his latest research paper, "Life Cycle Rituals and Traditions of the Poumai Nagas: A Study of Laii Circle in Senapati District of Manipur", in a UGC Recognised Journal.



CELEBRATING RESEARCH EXCELLENCE



**CONGRATULATIONS TO MR. TEISOVI DOMEH
ASSISTANT PROFESSOR DEPT. OF SOCIOLOGY**

Paper Title: Life Cycle Rituals and Traditions of the Poumai Nagas: A Study of Laii Circle in Senapati District of Manipur

Published in a UGC Recognised Journal

www.moderncollege.edu.in

WINNER DECLARATION OF REEL MAKING COMPETITION

Congratulation to Mr. Rakuyio Kadete of B.A. 6th Sem, from the Economics Dept. for winning in the Modern Week Reel making Competition organised by Modern College.





HIGHLIGHTS OF THE MONTH

3 rd February	:HoD Meeting
4 th February	:Staff Meeting
5 th February	:Positive Link /IQAC Meeting
7 th February	:Students' Care/PTA Meeting (i/c PTA Association)
11 th -15 th February	:Modern Week
18 th February	:Faculty Development Program (i/c IQAC)
21 st February	:Students' Care/ Career Guidance (i/c Training & Placement Cell)
24 th February	:1 st Weekly Test
25 th February	:Management and Administration Meeting
28 th February	:Assembly (B.A/ B. Voc 6 th Semester)/ Submission of Monthly Report: IPR, IQAC, HoDs & Hostel Wardens

TO LOOK AHEAD

1 st March	Activity (i/c Dept. of Education)
3 rd March	2 nd Weekly Test
4 th March	Staff Meeting
5 th March	Positive Link/ IQAC Meeting
6 th March	HoD Meeting
7 th March	Students' Care /Career Guidance (i/c Training & Placement Cell)
8 th March	International Women's Day (i/c Gender Champion Club)
10 th March	3 rd Weekly Test
17 th March	4 th Weekly Test
17 th -20 th March	B.Voc. Pre-Semester Exam
21 st March	Students' Care / Career Guidance (i/c Training & Placement Cell)
22 nd March	World Water Day (i/c Eco Green Club)
23 rd March	Martyr's Day (i/c NSS)
24 th March	5 th Weekly Test
25 th March	Management and Administration Meeting
28 th March	Assembly (i/c B.A 4 th Semester)
31 st March	Eid Al- Fitr/ Submission of Monthly Report: IPR, IQAC, HoDs& Hostel Wardens