# MODERN C O L L E G E



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# **POSITIVE LINK**

A MONTHLY MODERN COLLEGE PUBLICATION

### **Editorial**



#### TO DREAM IS TO BLEED A LITTLE

We all have dreams. Some are loud and ambitious, others are quiet and tucked away where no one can reach them. We daydream about who we could become, the life we wish we had, or a future that feels just a little out of reach. At night, those dreams return, sometimes as wild fantasies. nightmares, sometimes as sometimes they don't show up at all. Just empty time, like silence in motion. But even when they're hard to explain, dreams are powerful. They pull us forward. They tell us, "Maybe things could be different." And that's where it begins, that little spark in the soul.

But the truth is, dreaming comes with a cost. Not always upfront, but always real. Because when we dream, we start to care. And when we care, we start to take risks. We risk disappointment, we risk loss, we risk facing a reality that doesn't match what we hoped for.

And when that reality hits, it doesn't always tap us on the shoulder. Sometimes it breaks in like a storm. Quiet plans fall apart. People disappear. The things we wanted crack under pressure. And suddenly, the dream feels like it betrayed us.

But maybe that's the price. Just like love can lead to grief, maybe dreaming leads us to the edge of reality, where the beautiful parts and the painful parts live side by side. To dream is to bleed a little. But it is also to feel, to try, to live, and that's what matters in the end, not whether the dream was perfect, but that we had one, that we dared to believe in something more. That we kept going even when it hurt.

We won't always win. We won't always get what we pictured, but we'll grow. And somewhere along the way, we'll understand - it's not just about dreaming, and it's not just about surviving. It is about bringing the two together - to dream boldly, to live bravely. That is where healing begins. That is where strength is found.

Mr. Lhüvoto Veswüh B.A. 5<sup>th</sup> semester General Secretary Modern College Students' Union

#### INDUCTION CUM ASSEMBLY PROGRAMME

Modern College warmly welcomed its students with the Students' Induction cum Assembly Programme held on 2<sup>nd</sup> July 2025 at the Indoor Stadium. The event, led by Mr. Athikho, Asst. Prof. of Economics, featured invocation, Bible reading, special number, and insightful briefing on academics, library, IQAC, clubs and committee. Dr. Vitsou Yano, Principal officially welcomed and introduced the new academic session and briefed about the college to the freshers. The Principal also extended her warm wishes to all students and faculty for a successful, enriching, and fulfilling semester ahead. The programme concluded with the College Anthem and the Lord's Prayer.









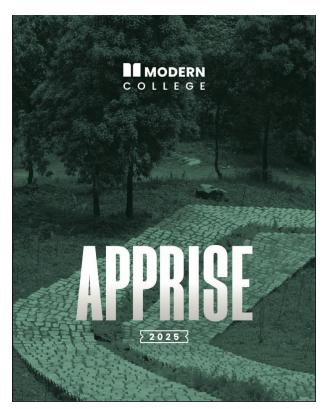




#### MODERN COLLEGE ANNUAL MAGAZINE "APPRISE 2025" RELEASED

Modern College released the Annual Magazine "Apprise 2025" on 2<sup>nd</sup> July 2025. Dr. Vitsou Yano, Principal, officially released the college magazine during the Induction cum Assembly programme. The magazine celebrates the creativity, achievements, and voices of the students and faculty of Modern College family





#### NCC CATC-44 CAMP

5 SD Cadets of Modern College NCC successfully attended the CATC-44 Camp at Wokha From 24<sup>th</sup> June-3<sup>th</sup> July. Haotinlun Singson (SUO) Tingngam Y Konyak (JUO) Lumtsali (LCPL) Yamuki (LCPL) Bikram (LCPL) took part in the camp.







#### **CAMPUS VISITATION**

The Principals of Immanuel College (Dimapur), Salesian College (Dimapur), St. Xavier's College (Jalukie), Unity College (Dimapur), and Yemhi Memorial College (Dimapur) visited Modern College Campus on 10<sup>th</sup> July and took a tour to the Academic Block and Botanical Garden.







#### WORLD POPULATION DAY OBSERVED

World Population Day is observed annually on 11<sup>th</sup> July to raise awareness on global population issue. Dedicating World Population Day, the Eco Green Club held a discourse on the year's theme, "Empowering young people to create the families they want in a fair and hopeful world". The programme was addressed by Ms. Vikeduonuo Kire, Assistant Professor, Department of Political Science on 14<sup>th</sup> July, 2025. A total of 31 club members participated commemorating the day.



#### PLATFORM SPEECH OF MCSU ELECTION

On 15<sup>th</sup> July 2025, the college hosted the Platform Speech for the various posts of the Modern College Students' Union Election at the Indoor Stadium.



























#### MODERN COLLEGE STUDENTS' UNION ELECTION HELD

The Modern College Students' Union Election was held on 16<sup>th</sup> July 2025.









# INDUCTION PROGRAMME OF MODERN COLLEGE STUDENTS' UNION

Modern College conducted the Induction Programme for the newly elected members of the Modern College Students' Union (MCSU) 2025 on 17<sup>th</sup> July at the Indoor Stadium. The programme included a formal induction of office bearers, blessings and exhortation from Mr. John Besü, Administrator, where he encouraged the new elected MCSU members to work as a team and set good example in academics as well as extracurricular activities. He emphasised that good leadership is a need for any kind of progress and wished the best to the new elected members. A special song performance, and the symbolic file handover from outgoing union members was followed. It was a meaningful and reflective occasion aimed at encouraging student leadership, responsibility, and service to the college community.







#### INTER-DEPARTMENTAL TALENT HUNT

The Inter-Departmental Talent Hunt, organised by the Department of History and Sociology, was held on 19th July at the Indoor Stadium. The event brought together 22 students from different departments, showcasing talents in singing, dancing, art, and photography. The event kicked off with an invocation by Ms. Bensin and featured a lively line-up of performances. Mr. Jianloungam Issaac, Department of Sociology took home the top prize, followed by Mr. Kedovoto, Department of Economics. All participants were recognised with certificates for their effort. The event was compered by Mr. Maolong Imchen and Ms.Vedülu Lohe, with Ms. Visino Chüsi and Mr. Saaochuben Chang keeping records. A vote of thanks was delivered by Ms. Niepuvino Rhitso. Thanks to the organisers' hard work, the event was a fun and memorable celebration of student talent.











#### **6TH GRADUATION DAY CELEBRATED**

Modern College, Piphema, celebrated its 6<sup>th</sup> Graduation Day on 22<sup>nd</sup> July 2025 at the Indoor Stadium, honouring 51 graduates, including four university Rank 1 holders from the Department of Economics, Education, English, and Political Science and two rank holders from the Department of Education.

Special Guest, Dr. Premila Swamy D, Regional Director, IGNOU, delivered an inspiring address urging graduates to pursue their dreams, embrace challenges, and explore diverse career paths beyond government jobs. The event featured speeches, performances, and blessings, concluding with a mass prayer and refreshments. Modern College congratulates all its graduates and rank holders on their remarkable achievements.

































#### FRESHERS' DAY CELEBRATED

Modern College joyfully welcomed its newest batch of students on 25<sup>th</sup> July 2025 with a Freshers' Day celebration held at the College Indoor Stadium. The day began with a solemn invocation and the College Anthem, followed by heartfelt words of welcome, songs, and speeches.

The highlight of the event was the presence of Special Guest, Dr. Keneilhoulie Medom- Anesthesiologist and MD of KOHIMAS Hospital-who inspired students with stories from his own life, emphasizing honesty, hard work, consistency, and the courage to begin now. His words, "If not now, then when?" reminds everyone of the power of purpose and timely action.

The much-awaited Mr. & Ms. Fresher 2025 contest brought energy and enthusiasm, as participants dazzled the stage through three rounds. The programme concluded with the final round of the contest and the declaration of results, where Mr. Jianloungam Issaac Pamei and Ms. Lhingmoichong Singson were crowned as Mr. and Ms. Fresher of Modern College 2025. While Mr. and Ms. Multimedia were Mr. Rheibeituo Seyie and Ms. Lhingmoichong Singson respectively. Mr. and Ms. Personality were Mr. Mhonjan Kithan and Ms. Diezengu-ü Vimerha. Finally, benediction was delivered by Ms. Neizeno Kuotsu, Evangelism Secretary, EU, Modern College, wishing blessings upon the students' new beginnings.

The programme was compered by Ms. Mahima Rai and Mr. Khriekhotuo Khawakhrie.













































#### MASS CLEANLINESS DRIVE

A mass cleanliness drive was conducted on 29<sup>th</sup> July, 2025 in the College premises. This was carried out under the initiative of the Eco Green Club. Faculty and students all took part in this initiative. The areas cleaned included- National Highway to the Administrative Building, Stepping Stones, Football, Basketball and Volleyball ground, Indoor Stadium.











#### MODERN COLLEGE EVANGELICAL UNION SERVICE

With hearts aligned in faith, the EU Fellowship conducted its weekly service on 30<sup>th</sup> July, dedicated to drawing closer to Christ through worship, the Word, and fellowship. The gathering served as a moment of spiritual renewal, where students came together to reflect, praise, and grow in unity as a community rooted in Christ.

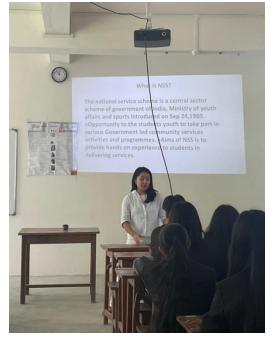




#### NSS ORIENTATION PROGRAMME

NSS unit Modern College conducted its NSS Orientation Programme for freshers on 31<sup>st</sup> July 2025 with Mr. Pelevizo as the moderator. Ms. Vedülü Lohe shared her enriching NSS experience, inspiring the new volunteers. Ms. Mongsenchila, Programme Officer Unit I, gave the official orientation, highlighting the goals and activities of NSS. Mr. Wetshote Thopi, Programme Officer Unit II, delivered the vote of thanks. The event concluded with a blessing by Ms. Vikeduonuo Kire.







## OPEN MIC ON $9^{\text{TH}}$ , $16^{\text{TH}}$ & $30^{\text{TH}}$ JULY 2025



























#### **INNER VOICE**

In tranquil seclusion, serenity's nest,
Within hostel walls, my soul finds rest.
Free from life's toxins, I'm reborn anew,
Charting my course, with dreams shining through.

Distant echoes of joy, from loved ones' delight, A bittersweet refrain, on this solitary night. Yet in stillness, I discover my might, Weaving a life, where aspirations take flight.

Moonlit hours, with books as gentle friends, Knowledge's ember, that in my heart ascends. Long-held yearnings, now within grasping sight, I'm authoring my tale, with each passing light.

In this quietude, my heart finds its voice, A purpose unfolding, with each heartfelt choice. I'm sculpting my life, with every conscious stride, In this peaceful refuge, I'm finding my inner tide.

> Mr. Mhonjan Kithan B.A. 1<sup>st</sup> Semester Department of Political Science

#### **BETWEEN DARKNESS AND DAWN**

Life's brilliance shrouded in shadows, a void within, unseen by all. Yet, amidst the darkness, lessons unfold, guiding us towards the sun's embrace. Uncertainty, the essence of life's journey, where smiles and tears intertwine.

> Mr. Lhüvoto Veswüh BA 5<sup>th</sup> semester Department of Economics



#### STUDENTS' ARTICLE IN LOCAL DAILIES



CONGRATULATIONS TO MS. NIEPUVINUO RHITSO
5TH SEMESTER, DEPT. OF SOCIOLOGY

Topic : The Pressure to 'Have It All Together': A Myth Every Student Lives With

Published in Nagaland Post on 2nd July 2025

www.moderncollege.edu.in

# The pressure to 'have it all together': A myth every student lives with

s a student, I have often felt an invisible pressure to have my entire life planned out, to know exactly which career path I'm heading toward, to maintain a vibrant social life, to be emotionally strong, and to appear confident and composed. From conversations with family to casual remarks from peers and even social media posts, the message is clear: by a certain age, you should have it all together.

But here's the truth that many of us hesitate to admit - no one really has it all together. Life is messy, unpredictable, and full of twists and turns that no one can fully prepare us for. Yet, this pressure to appear perfect and certain remains a myth that traps many young people in anxiety and self-doubt. We are told to be productive every moment, to excel academically, to build strong networks, and to maintain a positive mental health balance all at the same time. But the reality is different. Life doesn't hand out a clear, easy roadmap. Growth is not linear. Sometimes we take one step forward and two steps back. Sometimes we get lost, and sometimes we find new paths we never imagined. And that's not only okay, it's normal.

Through my ongoing study in sociology, I have come to understand that our paths are shaped not only by our choices but also by the social and cultural forces around us. Expectations from family, tra-

ditions, economic situations, and peer influence all play a part in how we see ourselves and our futures. This awareness has helped me to be kinder to myself and others, knowing that everyone's journey is unique and often complicated. It's okay to pause and not know what comes next. It's okay to ask for help, to explore different interests, and to change directions. It's okay to be vulnerable and admit when we don't feel confident. In fact, these moments of uncertainty can be some of the most powerful. They push us to question what truly matters, to reflect deeply on who we want to become, and to grow in ways that certainty never could.

As students, we are not lost, we are explorers navigating a complex world. Each step, each mistake, each moment of doubt is part of the journey toward becoming the person we are meant to be.

So, to every fellow student who feels pressured to have a fixed plan, remember this: life is not a race or a test. It is a journey filled with learning, discovery, and endless possibilities. Allow yourself the grace to be human, and you might find that not having it all together is where the real growth begins.

Niepuvinuo Rhitso, BA 5th Semester Department of Sociology, Modern College, Piphema

P



## **Preparing oneself for a visionary future** is A beautiful world can be tal connectivity distracts doing their own part to be ing attained when society con- us, often unconsciously, a favourable "incubator" impact on our communicationary Farebook for students to grow. This nity. From Technical Skills chance to shape the future

The future not something we enter, but Shoemaker

As students, we are often asked what we want to be when we grow up. Most of us say Doctors, Engineers, Scientists etc. Coming from a lower-middle-class family, respect is often the ultimate goal, which is understandable. But in pursuit of respect, we may chase the profession we don't truly have passion for, leading to personal dissatisfac-tion. Rarely are we asked, "What kind of world do we want to grow up in?".
Growing up, I have envisioned a society that is respectful, sustainable and successful. However, I know the complexity of achieving this vision. achieving this vision. I accept it is not that simple but we can still create one.

siders respect regardless of one's profession. We all know the phrase "Give respect and take respect", this should be our motto as citizens. It's time for us to take ownership of our future and envision a world that is just, equitable, and sustainable.

In the past, acquiring knowledge relied heavily on mentors. Today, infor-mation and knowledge are at our fingertips. Our future is heading into a diverse, unknown landscape. verse, unknown landscape.
We must prepare for this
uncertainty. By imagining
a-better future, let's identify challenges faced by our
generation amidst the 4th
industrial revolution, harnessing Al's vast potential.
However, every positive However, every positive outcome comes with a negative impact, which is distraction. Constant digitaliance of the control of th

on Instagram, Facebook, Telegram, WhatsApp, etc.

To counter this, every sense of community in youth and student should consider part-time jobs many students cite societal and side hustles, reducing dependence on parents for growth. basic needs. Ironically, parents often discourage and suppose it to be a handicap for academics, but I believe we can diversify our time and invest in activities that could be odd but fruitful.

With the AI advanc-ing rapidly, there's a risk to careers. Let us be vigilant in choosing what we are preparing for. Some may think the Al replacement will take time. But if we look decades ago, sendpreparing for. Some may think the Al replacement to be uncomfortable, you are not ready to grow. It is not ready to grow the grow to grow. It is n

is imprinting a permanent like Artificial Intelligence sense of community in

The fact is that society's nature won't change but we can. All we do is build a strong mindset to ignore ignorance. There is no glory, no story out of comfort. Fear is what keeps us tied inside a hard shell. Fear of failing, fear of not becoming the one we have imagined. Fear of prejudices, fear of observa-tion. If you are not ready

(Al) and Machine Learning (ML), Cybersecurity,
Blockchain Technology, D ask ourselves: "What role
Printing, etc., to soft Skills
will 1 play in society as like Creativity and In-novation, Critical Think-ing and Problem-Solving, Emotional Intelligence, Leadership, Time Man-agement, Productivity etc. with a motive for Sustainability, Social Respon-sibility, Mental Health, Social Impact, Innovation, Entrepreneurship etc. By building these skills, we emphasise a sustainable future, draw inspiration

a provider or recipient, producer or consumer?" We must learn to see failure as an opportunity for growth, rather than a setback. With advanced learning, overcoming fear and embracing failure as a learning process can have a transformative effect on both our personal growth and our community.

Let us be an inspiration for future genera-tions. Remember, "Think big, start small, and don't quit

Linovi Kinimi, B.A. 3rd Semester Deptt of Education, Modern College, Piphema

ran still create one. distraction. Pre-Piphema
Reader's note: Articles or letters published in any of the columns do not reflect the view of this newspaper nor that of the Editor in any manner.

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#### STUDENTS' ARTICLE IN LOCAL DAILIES



CONGRATULATIONS TO MS. P. LEROYIA.

Topic : Hustle Culture Forgot We're Human

Published in Nagaland Post on 31st July 2025

www.moderncollege.edu.in

# Hustle culture forgot we're hi

feels like failure, and where "busy" has become the new status symbol. It's as if we've been conditioned to believe that our value lies solely in how much we can produce, how fast we can move, and how long we can keep going without burning out. In this culture of constant hustle, we're told to do more, be more, prove more - always chasing the next milestone, the next upgrade, the next version of ourselves. But jection of discipline or growth. somewhere in the middle of all this striving, we've quietly lost sight of something essential: we are not machines.

We are people - with limits, with needs, with messy thoughts, tired eyes and soft hearts that can only take so much. Not every hour of our day is meant to be op-, And it certainly doesn't wait timised. Not every interest needs for us to catch our breath. But

e live in a time where to become a side hustle. Not being human - fully, honestly, rest feels suspicious, every moment of rest requires and gently - might be the very an excuse. Sometimes, success doesn't look like a trophy or a promotion or a neatly colourcoded planner; sometimes, it looks like managing to get out of bed even when everything feels heavy. Sometimes it's laughing with a friend between responsibilities, or it's simply allowing yourself to do nothing, and not feeling guilty about it.

This isn't an argument against ambition, nor is it a re-It's a reminder that we are allowed to exist outside of our output- that our worth doesn't evaporate just because we paused. Hustle culture rarely makes space for humanity. It doesn't ask how we're feeling. It doesn't care if we're exhausted.

thing that keeps us grounded when the world demands too

As a student, I've felt this pressure firsthand - the kind that quietly tells you that taking a break means falling behind. There's this constant hum in the background saying, "You should be doing more." But the more I chase perfection, the more I lose the joy in learning, the meaning behind why I started in the first place. I'm learning-slowly - that it's okay to take breaks, to be tired, to not have it all figured out. I'm learning that being human is not a flaw in the system. And there you have it- the crux of the matter.

Ms. P. Leroyia, B.A. 5th Semester Department of English, Modern College, Piphema

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## MODERN COLLEGE

#### **CELEBRATING RESEARCH EXCELLENCE**



CONGRATULATIONS TO DR. DAILI KHOLIA
ASSISTANT PROFESSOR DEPT. OF EDUCATION

Paper Title: Indigenous Knowledge And Practices Of Bee Keeping With Apis Cerana In Mao Manipur

Paper Title: Pro-Environment Behavior In Daily Practice Of Undergraduate Students Of Kohima, Nagaland

Published in a UGC Recognised Journals

www.moderncollege.edu.in





General Secretary Mr. Lhuvoto Veswuh 5<sup>th</sup> Semester



Asst. General Secretary
Mr. Sagar Sharma
3<sup>rd</sup> Semester



Social and Cultural Secretary
Mr. Akash Chettri
5th Semester



Asst. Social and Cultural Secretary

Ms. Vedulu Lohe

3<sup>rd</sup> Semester



Literary Secretary
Ms. Mahima Rai
5<sup>th</sup> Semester



MODERN COLLEGE

Asst. Literary Secretary
Ms. Fita Pfinyu
3rd Semester



Games and Sports Secretary
Mr. Rokozetuo Koutsu
3<sup>rd</sup> Semester



Asst. Games and Sports Secretary
Mr. Roshan Chettri
5th Semester



ANCSU Representative Mr. Haotinlun Singson 5<sup>th</sup> Semester



Women Coordinator
Ms. Keleseno
3<sup>rd</sup> Semester



#### **UNIVERSITY TOPPERS**



MR. VIHOSÜL LTU RANK 1 (CGPA 8.80) ECONOMICS



MS. ASHILA RANK 1 (CGPA 9.1) EDUCATION



MS. ROTHRONGRU SANGTAM RANK 1 (CGPA 9.01) ENGLISH



MR. RICKY DAS RANK 1 (CGPA 9.28) POLITICAL SCIENCE



MR. ODIBENDANG A JAMIR RANK 3 (CGPA 8.72) EDUCATION



MR. SURALO Y KHIPHURU RANK 9 (CGPA 8.46) EDUCATION

We congratulate our University Toppers and all the Successful Students in the Under Graduate Examination of Nagaland University, 2025.

#### **HIGHLIGHTS OF THE MONTH:**

Date	Activities
1 <sup>st</sup> July	Joining Report of Staff & Hostellers/ Departmental Meeting/ Staff Meeting
2 <sup>nd</sup> July	Starting of Classes/ Induction Cum Assembly/ Release of Annual College Magazine "Apprise"
3 <sup>rd</sup> July	Orientation for all Clubs and Extension Services
4 <sup>th</sup> July	HOD monthly meeting/ Students' Care
5 <sup>th</sup> July	Release of Positive Link
8 <sup>th</sup> July	IQAC Meeting
10 <sup>th</sup> July	Registration/Renewal of Sports clubs, Extra Co- Curricular Clubs and Extension Services
11 <sup>th</sup> July	World Population Day
16 <sup>th</sup> July	MCSU Election/ Fund Raise Committee Meeting
18 <sup>th</sup> July	Students' Care
19 <sup>th</sup> July	Departmental Activity I/c Department of History & Sociology
22 <sup>nd</sup> July	6 <sup>th</sup> Graduation Day
25 <sup>th</sup> July	Freshers' Day
28 <sup>th</sup> July	1st Weekly Test/ World Nature Conservation Day I/c Eco Green Club
31 <sup>st</sup> July	Submission of Monthly Report: IPR, IQAC, HOD, Hostel Wardens

#### TO LOOK AHEAD:

1 <sup>st</sup> August	Students' Care/ Staff Meeting
2 <sup>nd</sup> August	Departmental Activity I/c Department of Economics and Education
4 <sup>th</sup> August	2 <sup>nd</sup> Weekly Test
5 <sup>th</sup> August	HOD meeting/ IQAC meeting/ Release of Positive Link
6 <sup>th</sup> August	Faculty Development Program I/c IQAC
7 <sup>th</sup> August	Debate 1st Round I/c Department of English
8 <sup>th</sup> August	Assembly I/c B.A. 5 <sup>th</sup> semester
11 <sup>th</sup> August	3 <sup>rd</sup> Weekly Test
12 <sup>th</sup> August	International Youth Day I/c NSS
15 <sup>th</sup> August	Independence Day I/c NCC & NSS
18 <sup>th</sup> August	4 <sup>th</sup> Weekly Test
21st August	Debate 2 <sup>nd</sup> Round I/c Department of English
22 <sup>nd</sup> August	Assembly I/c B.A. 3 <sup>rd</sup> semester/ Awareness Programme I/c Anti Sexual Harrassment, Prevention & Women Cell
25 <sup>th</sup> August	5 <sup>th</sup> Weekly Test
26 <sup>th</sup> August	Management and Administration Meeting
29 <sup>th</sup> August	Students' Care
31st August	Submission of Monthly Report: IPR, IQAC, HOD, Hostel Wardens