



Editorial



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THE VALUE OF TRUE FRIENDSHIP

Friends are important to every person. Everyone needs good friends to live life to the fullest. Making friends is one thing, but maintaining a good friendship is a matter of great importance. Friendship is based on the simple values of trust and understanding and is like planting a seed and nurturing it to see it blossom.

Having and maintaining a good friendship will not only comfort you but will encourage you to bear the heat of life more easily.

A true friend is worth more than all the treasures of the world. Friendship is forever, and the most wonderful relationship is true friendship in life that every person can have. However, it does not come easily. This is the reason why we should appreciate divine relationships that are based on understanding and mutual trust.

Lasting friendship is a true blessing for people of all ages. We do not need to pretend to be someone else when we are in the company of true friends. Being considered a true friend is one of the most precious roles a person can have.

So, let us treasure good friendships for life

Chumthungo Patton
B.A. 6th Semester
Campus Ambassador

IQAC, MODERN COLLEGE ORGANISED FDP

A Faculty Development Programme on "Advanced Features & Shortcuts: PowerPoint" was successfully conducted on 20th May 2025, led by Mr. Sedevikho Keyho. The session provided valuable insights into advanced tools and efficient techniques to enhance presentation skills using Microsoft PowerPoint.



MODERN COLLEGE HOSTS LAUNCH OF MERAKI BY MANONG WANGSHU

Modern College hosted the launch of Meraki, a debut poetry collection by Assistant Professor Manong Wangshu (English Department) on 23rd May, 2025 at the Conference Hall published by Woods Publishers. The event was moderated by Mr.Keneingulie and began with an invocation by Ms.Grace Gonmei (B.A 2nd Semester).

Ms.Watimongla Imchen, Head of the English Department, reviewed the book calling it "a deeply sincere work that captures unspoken emotions through powerful verse." She praised Wangshu's ability to convey quiet strength through his poetry.

Mr.Wangshu shared his writing journey and the inspiration behind Meraki, describing poetry as "a mirror of the soul." He explained that the collection draws from his solitude, dreams, and reflections on society, exploring themes of love, hope, faith, nature, and the human experience. "This book is a part of my quiet world—once private-today,I open it to the readers," he concluded.

Principal Dr. Vitsou Yano officially released the book, commending the author's creative achievement and encouraging students to embrace reading and bold self-expression. A poem from the collection was recited by Ms. Rüülhouü Khawakhrie (B.A. 2nd Semester), and the event concluded with a book signing and light refreshments.





ECHOES OF THE PAST: LUCY'S JOURNEY THROUGH TIME

By Lhingneichin Gangte
B.A. 2nd Semester
Department of History

Many years ago, in the city of Athens, there lived a lady named Lucy Shin Jonas—a great historian. Since childhood, she loved listening to ancient stories told by her grandparents. These stories included folktales, traditions, and tales of gods and goddesses. As Lucy grew older, she began writing stories and conducting various historical researches.

She was the first girl in her family to become a historian. Lucy loved traveling and was a highly social person. In her writings, she explored human civilization and its many cultures. She researched how primitive and miserable life was during ancient times, and how it eventually transformed into something better over time.

Whenever Lucy tried to sleep, she could hear the whispers of the past—voices that seemed to echo into the future. One day, she thought, "Why can't I share this with my people?" So, the next morning, she gathered the community and began sharing her thoughts. She spoke about how our ancestors lived, and her words had a positive impact, especially on the elderly who remembered their own pasts. Many agreed with her that the past influences the present generation. Lucy believed that by sharing the past, people could create change for the future.

Though some were against her views, she persevered. She continued to tell her stories, using her unique gift to inspire both young and old. She aimed to shape minds and preserve traditions so that they could be passed down to future generations. For Lucy, the past was the bridge connecting the present and the future. She believed that in order to truly fit into today's society, one must understand the past—because it is the past that echoes in the present.

Lucy emphasized in her research that whether it's a village, town, or city, understanding its roots requires knowledge of its history. Many unresolved issues today, she argued, stem from the past. Young people, she insisted, must learn history for a better tomorrow.

In the end, Lucy said that dealing with the past is like preparing for the future. She believed that storytelling and lectures could enhance understanding and become a beacon of hope.

She often reflected on how today's generation may never experience the lives their grandparents once lived. Yet, through stories and writing, they can still understand it. And in doing so, they can spark change in society and let the entire world hear the echoes of the past ringing into the present.

THE WEAVER'S SON**By Haotinlun Singson****B.A. 4th Semester****Department of Sociology**

My name is Haotinlun Singson. I grew up in a small village called Songjang, nestled in the rolling hills of Medziphema. As a young boy, I would sit beside my father at his loom, listening to the stories he shared about our ancestors and how they lived in the old days. My father was deeply skilled in crafts and weaving—his talent helped sustain our livelihood.

I would often carry my traditional bag, the Paipheh, and wander into the forest, searching for wildflowers and plants. I could spend hours surrounded by nature. As I ventured deeper into the forest and explored the world of plants, I realized how important it was to understand the past in order to truly study the natural world.

My father had a wish for me to follow in his footsteps and eventually take his place. But my passion laid elsewhere—in Botany. I loved searching for wild fruits and medicinal plants. One day, I visited my father's loom again and listened to his familiar stories. As always, he spoke of our forefathers and how they survived in times when there was no development. One thing that stayed with me was the importance of knowing the past.

Understanding our roots helped me recognize the value of the plants I discovered. Some leaves were edible and even more energizing than market vegetables. My father had learned many things and was instructed to pass them down. Our ancestors believed in teaching their children the values and ways of life they had preserved.

Life wasn't easy for them, but they endured—and in doing so, they showed us how to live. I was the only hope my father had, and he wished I would set an example for others by doing something meaningful and helpful. His teachings were passed down from generation to generation.

My father, aside from being a gifted craftsman with a melodious voice that once impressed many village girls, had one weakness—local rice beer, known as Anthom. At times, it clouded his judgement. But as the years passed, he devoted himself to serving God's ministry, turning away from bitterness and choosing peace. Though my parents did not achieve all their dreams, they were content with what they had. Despite his dedication to his craft, my father always showed us love and care.

Later, I moved in with my aunt to pursue better education. I completed my HSLC and eventually decided to return home and help my parents. Even after spending time in town, I quickly readapted to the beauty of nature. I once again roamed the forests, searching for plants and flowers.

I still remember my father's words: life remains the same, regardless of how developed the world becomes. While others chased wealth and fame, we had health and happiness. Family quarrels were common, but life was richer with love and togetherness.

My father continued weaving and telling stories, and I kept listening, absorbing every lesson. Sometimes, I wondered why he repeated the same stories. Then one day, he told me again: "It's important to know the past in order to become a better version of yourself." His goal was for me to learn from the echoes of the past and become the voice of the present. I agree with him. It is essential.

Still, while honoring tradition, we must also adapt to our changing society and help bring about positive change. I continue to follow his instructions and try to set an example without hurting myself or others. I cherish the small moments in life.

This is a short account of my journey.

AN INTERVIEW WITH NUNGSHIMENLA

Ms. Nungshimenla is an alumnus of Modern College. She graduated from the college in the year 2018 and started her career in Hospitality under the Food & Beverage Service. We reached out to her with few questions about her career, her current job and her time at Modern College. She was kind enough to respond promptly despite her busy schedule. We hope you enjoy reading the interview and take away something from it.

Q: Can you introduce yourself?

A: My name is Nungshimenla, my colleagues call me Nung. I graduated from Modern College in 2018. After graduation, I learned about hospitality and tourism, and that's when I got excited and joined the institute for training. I was lucky enough to get employed in one of the most renowned hotel chains in the world, 'Hyatt'. I worked there as a hostess for about 10 months and got another offer from 'Accor' and placement in Maldives. Then, somehow, I continued with this brand. Currently, I am working as an Order Taker In F&B (Food & Beverage) Service; my job involves communication & Coordinating events as well as flight catering, taking orders from Inhouse guests, communicating with the chef, Island Host, Engineering, Housekeeping, IT etc.

Q: Where are you based?

A: I am based in Maldives

Q: How long have you been working at Accor?

A: I have been working at my current job for 2 years and in this industry for the past 4 years now.

Q: What kind of qualifications and requirements are essential to pursue in your field? Are there any certifications, workshops, or additional training you'd recommend for students aspiring to enter the Food & Beverage and hospitality industry?

A: One can take up Hotel Management or any other qualification but a diploma in hospitality is also fine. There are so many departments in this organisation like HR, Engineering, Marketing, Reservation, Sales, Reception, Island Host, Security, Gardening, Purchasing, Finance, etc. So actually, everyone has a chance to join this industry, but one needs to be flexible and hard working like in all other jobs.

And yes, we do have a lot of training institutes in Nagaland now, like Emporium in Dimapur where anyone can get their training for better opportunity.

Q: What are the essential skills one should develop to succeed in this field?

A: One should have good communication skills, learn special languages (Chinese, Russian, Arabic, French etc.), and have good knowledge about Food & Beverage.

Q: Can you briefly share your journey from college to your current role in the hospitality industry?

A: When I graduated, I never knew I would choose this industry; I wanted to travel and learn about the food and culture of different places, then one of my cousins recommended this training institute and suggested that we should both join together. That is when I got interested in this as it was related to all the things that I wanted to do. In this industry, you can never get bored since there are always new things to learn and new challenges to

overcome. So, I am very satisfied with my job, but that doesn't mean I don't aim for more; I do keep on challenging myself to learn more skills that will help me acquire better positions. College was only a stepping stone for my first employment. Once you get a job, you always have to keep on acquiring more skills.

Q: What motivated you to choose Food & Beverage Service as your career path?

A: I chose Food & Beverage Service because I'm passionate about ensuring guest satisfaction through my service.

Q: Were there any experiences during college that helped you shape your career?

A: My frequent involvement in college social activities, such as being a Campus Ambassador, College EU President and Social & Culture Secretary, made me more confident to strive for more.

Q: What's your fondest memory at Modern College?

A: Some of my fondest memories were sharing lunch with my friends, sunbathing outside the classroom during winter, the library and my lectures.

Q: Any message/advice you wish to pass on to the students at Modern College.

A: You might think of giving up sometimes. But I tell you, this is just the beginning of your journey; every step you take is important to build the foundation of your future. Success doesn't come from perfection; it comes from persistence. Mistakes aren't failures, they are lessons. Believe in your potential, Stay Curious, Ask Questions, And Never be afraid to dream big regardless of your background. Stand Firm with your decision, Trust your instinct and never forget who you are and where you came from. Be true to Yourself.

Thank you

APPRECIATION

The Alumni Association of Modern College, Piphema expresses our sincere gratitude to all the donors and in-charges towards the successful fund raise drive under the aegis of Modern College Alumni Association for the construction of Modern College Football Ground at Piphema. The fund raise has generated an amount of Rs. 1,26,758/- (One Lakh Twenty-Six Thousand Seven Hundred and Fifty-Eight Only).

Your extended cooperation has been an added source for the institution in furthering the cause of "True Education". This venture initiated by the Alumni Association has been very forthcoming. We look forward to your active and encouraging participation in the future also.

We assure the amount contributed will be effectively utilized.

Your Alma mater wishes you well!

Thank you.

Submitted by
S. Anthony
Convenor, Alumni Association

ECHOES OF W1

Ashila
B.A. 6th Semester
Department of Education

The rooms of W1 Hostel aren't just rooms; they hold tons of memories, like a big collection of happy times, late-night talks, and the feeling of being part of a temporary family. The air smelled like instant noodles that only hostels have. Late-night chats were a must-do, a special time to talk about our crushes and share secrets.

Then there were the love stories, the exciting and dramatic beginnings and the traumatic goodbyes. We cheered each other on and helped each other when things got tough. W1 was a place where we made strong connections that went beyond where we came from. It was a place where we learned to love, to lose, and to live, all in a cosy place that felt like home even when we were far away.

Looking back, the prank calls were perhaps not the most mature interactions, but they were certainly memorable. Have you ever been on the receiving end of one of our pranks?

The unsung hero of W1- Our hostel warden, Miss Pulo was a character. Her rules were strict, but we knew they came from a place of genuine care, always looking out for our safety and well-being, probably. Whether it was settling disputes or just lending an ear, she was a steady figure amidst the chaos of student life. Her door was always open, and her advice, though sometimes stern, was always given with a smile. She was more than just a warden; she was a mentor, a confidante, and a second mother to many of us.

Hostel life was a hilarious mess of shared rooms, questionable food, and friendships made in the chaos. We learned to survive on instant noodles, master the art of stealth, and maybe, just maybe, get some sleep. It's a wild ride of independence, weird roommates, and unforgettable memories. It was a place where we found our true selves. We made friends, we learned lessons, and we grew together. It is a bittersweet goodbye to a place that was our home, our family, and the memories of our time there will continue to make us laugh for years to come. The walls of W1 may no longer echo with our voices, but the spirit of companionship and adventure that defined our time there remains, a comforting reminder of a place that once felt like home.



The Unfinished Chapter

By Haotinlun Singson
B.A. 4th Semester
Department of Sociology

As I stepped onto the college campus, the familiar sight of students rushing to class filled me with a mix of emotions. The struggle to keep up with my studies had become a constant companion, and doubts often crept in like uninvited guests. But amidst the chaos, a gentle voice whispered in my ear, "You are capable, beta." It was my mother's voice echoing in my mind, reminding me of the sacrifices she and my father had made for me.

Their love and support were the anchors that held me steady even when the waves of uncertainty threatened to engulf me. Growing up in a middle-class family, I had witnessed firsthand the struggles my parents faced. Their unwavering dedication to providing for me had instilled in me a sense of responsibility, a desire to make them proud and to take care of them in return.

My dream was to become a successful person, someone who could make a difference in the lives of those I loved. The path ahead was uncertain but I was determined to work hard, to learn from my mistakes and to rise above the challenges that lay in wait. As I sat in class surrounded by the hum of activity, a surge of determination coursed through my veins. I knew that I still had a long way to go- that the journey ahead would be fraught with obstacles- but I was ready. For now, this chapter of my life remains unfinished, a work in progress. But I am eager to turn the page, to face the challenges that lie ahead and to write the next chapter of my story.

To be continued...

MY HALCYON DAYS OF ACADEMIA

Ricky Das

B.A. 6th Semester

Department of Political Science

I'm still amazed by how wild my college life was. Bus rides, bad jokes, and NCC classes that felt like an eternity – but we made it somehow. Bunking classes were our go-to move, and MCSU elections were always drama central. Sports and fests, were our time to shine.

Friends were the real MVPs though. They were my support system through all the ups and downs. And, of course I still remember admitting why I had 99% attendance.

Mornings were a struggle, but we pushed through. We learned to laugh at ourselves and not take life too seriously. College life was messy and imperfect, but those memories are priceless.

Looking back, nostalgia hits hard. It's a mix of laughter, tears, and memories that I'll always cherish. I'm grateful for the friendships, lessons and growth. I entered college clueless but I'm leaving slightly less clueless – still figuring things out, but with some amazing memories.

Congratulations to Rahul Khatri Chhetri, an ex- cadet and an alumni of Modern College for his selection in the 5th Gurkha rifles of the Indian Army. Modern College and the NCC club wish him all the best in his future endeavours.



Importance of mental health among youth

Mental health is not merely the absence of mental illness but also the ability to cope with the challenges of life. Mental health is equally important as physical health for all beings. Mental problems such as stress, anxiety, harassment and depression, etc, are prevalent among the youth as well as children. In this wake, some even more extreme measures include self-injuries and suicidal steps, which are increasing among youths.

A good mind is essential for leading a good life. Failure to detect youths' mental health problems may result in negative consequences such as risk of academic failure, social isolation, drug & alcohol abuse, unsafe sexual behaviour and suicide attempts. A recent report says that the rising rates of mental and emotional problems among children and youngsters in the United States signal a crisis for the country.

Depression, anxiety, attention deficit, conduct disorders, suicidal thoughts and other psychological

problems are striking more in children and youths.

Conservative estimates say, one in every ten children and adolescents now suffers from severe mental illness enough to cause impairment. Unfortunately, even if detected early, many children and youth fail to receive the help needed as a result of poor mental health evaluation services.

There is a growing unmet need for mental health services for children and youth. Mental health is important for students' and youth's success. A sensitisation program on mental health helps in the early identification of any underlying problems. These programs, in addition, provide education on mental health issues, violence prevention, social skill training, harassment prevention, conflict resolution and screening for emotional and behavioural problems.

Lhingneichin Gangte
BA 2nd Semester, History
Department (Modern College)

Let your child grow their way—not someone else's

In today's achievement-focused world, many parents unintentionally compare their children to others—whether it's a classmate's grades, a cousin's talents, or a neighbour's behaviour. While the intention might be to motivate, constant comparison often does more harm than good.

Repeated comparisons send children the message that who they are isn't enough. Over time, this can

damage their confidence, create anxiety, and lead them to value themselves only through the lens of others' success.

One of the biggest mistakes is focusing only on academic achievement as the main marker of success. While education is important, it's not the only path to fulfilment. Many children who don't excel academically thrive in other areas—like sports, music,

art, communication, or problem-solving. These talents deserve just as much recognition and support. A child who struggles in math might be a brilliant athlete, a compassionate leader, or a creative thinker. Ignoring these strengths in favour of grades alone can leave children feeling overlooked and misunderstood.

Worse, some children abandon their true passions to meet their parents' expectations.

A child who dreams of being an artist may give it up to study science, to earn approval. These quiet sacrifices can lead to a deep sense of regret and a loss of identity. When praise is tied only to high marks or perfect behaviour, children begin to associate love with achievement. They may become afraid to fail, stop trying new things, or feel emotionally disconnected from their parents.

The constant push for "more" can leave children emotionally drained. A good score followed by "Why not an A+?" or a win followed by "Next time, do better" teaches them that their best is never enough. Every child has unique strengths and a different journey. Instead of comparing, parents should focus on understanding and supporting. Recognising effort, offering encouragement, and showing uncon-

ditional love help children grow with confidence and emotional strength.

Rather than asking, "Why can't you be like them?" ask, "How can I support you?". A small shift in words can make a big difference in a child's life.

**Rüülhouü
Khawakhric
B.A. 2nd Semester, Department of English
Modern College,
PipHEMA**

RESPONDENT DEMOGRAPHICS

Respondents :120 in total

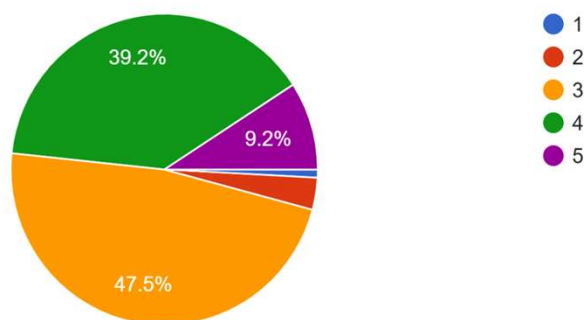
- 2nd Semester : 57 students (47%)
- 4th Semester : 31 students (26%)
- 6th Semester : 32 students (27%)

Male : 65

Female : 55

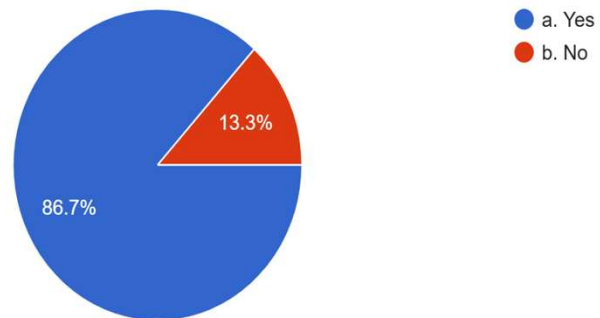
1. On learning perspective, how would you rank the Classroom learning? (5 being the highest and 1 being the lowest)

120 responses



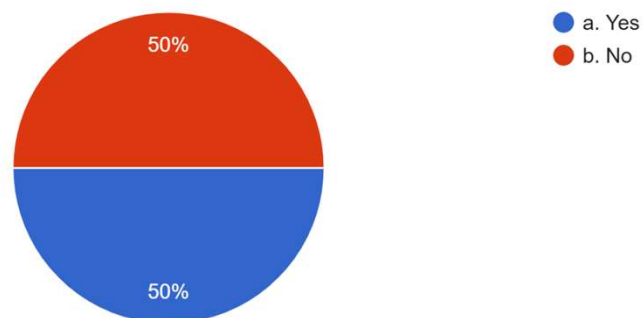
2. Are you satisfied with the internal evaluation system of the institute?

120 responses



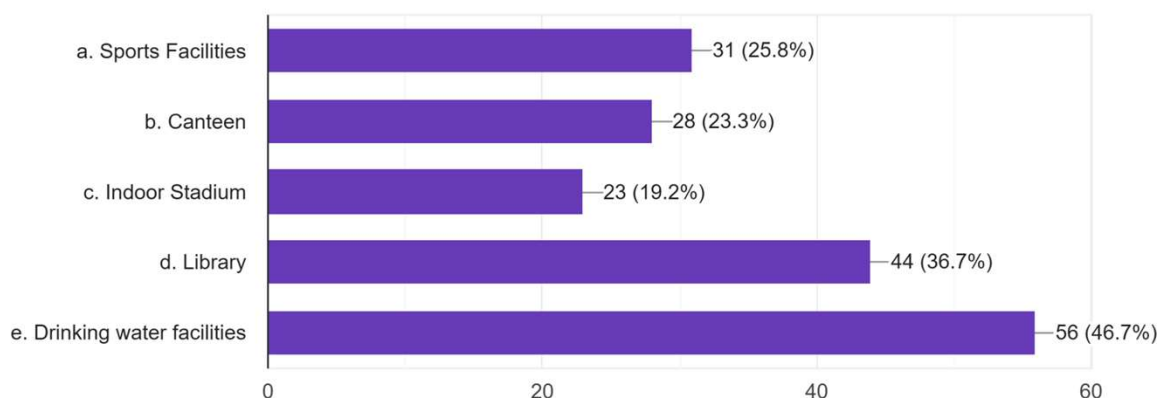
3. Are you satisfied with the Attendance Review System of the Institution?

120 responses



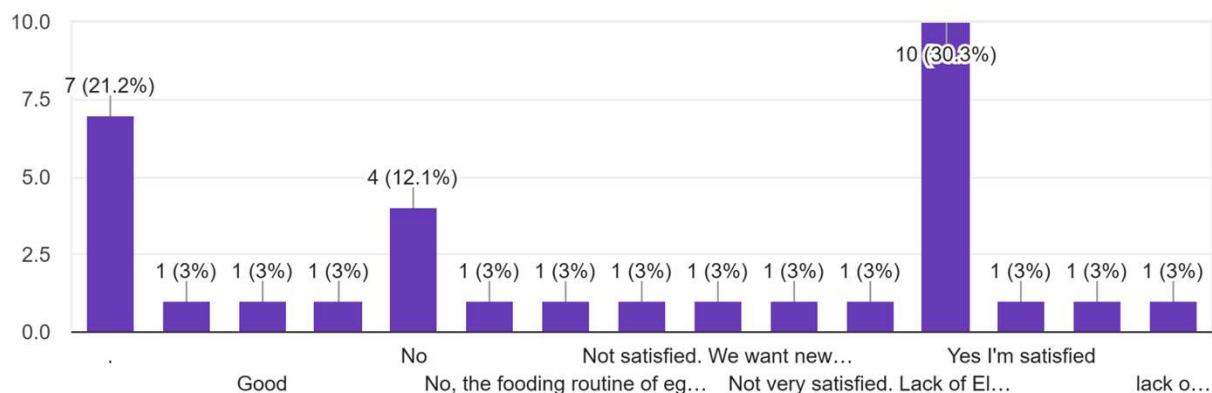
4. Are you satisfied with the following facility provided in the college? Tick the ones you are satisfied with.

120 responses



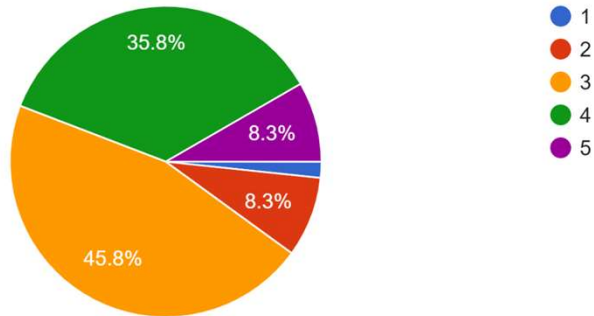
5. Are you satisfied with the Hostel facilities provided by the institute? (Applicable only for the hostellers).

33 responses



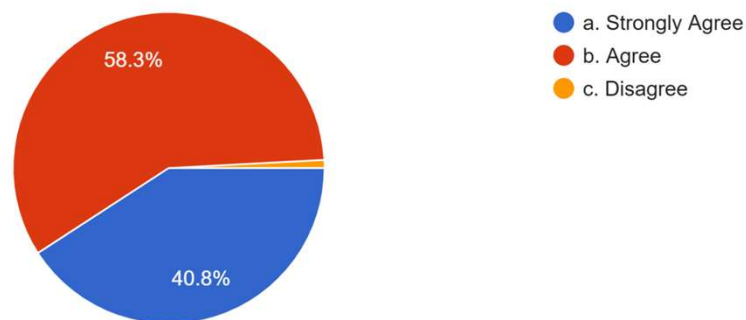
6. How helpful were the Seminars, Career guidance programmes, workshop and other activities (arranged by the college) that you attended or part...k where 5 being the highest and 1 being the lowest)

120 responses



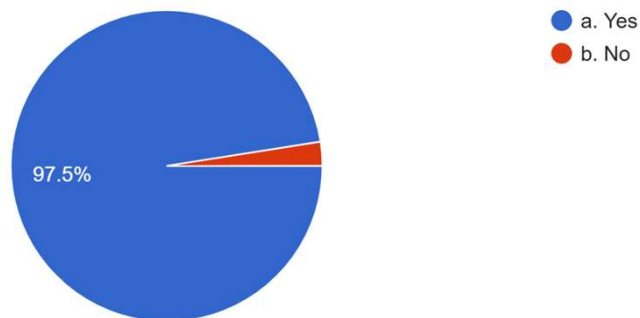
7. Will you agree that the student-teacher relation is good in your college?

120 responses



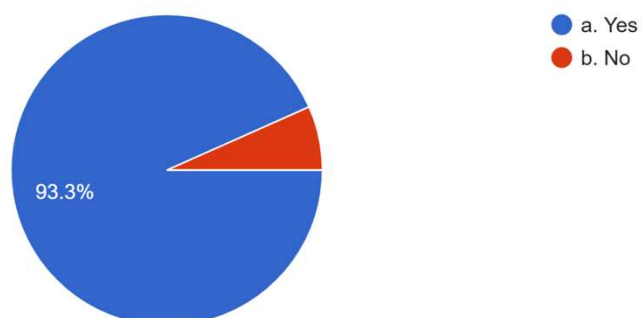
8. Do your teachers encourage you to participate in co-curricular and extra co-curricular activities?

120 responses



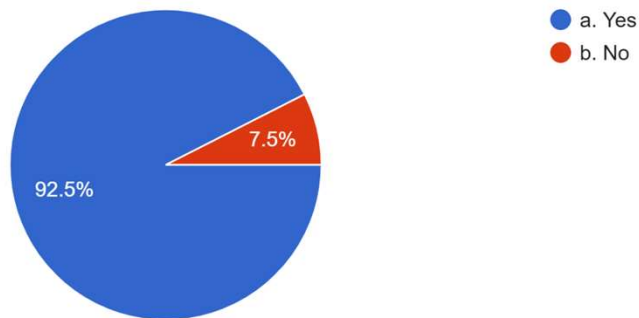
9. Do you think non-teaching staff in your college is helpful (related to payment of fees, scholarship application etc..)?

120 responses



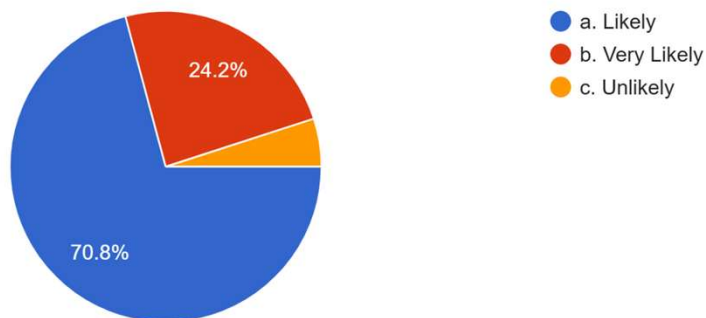
10. Do you think the Students' Care system in the college facilitates in your intellectual, social and emotional growth?

120 responses



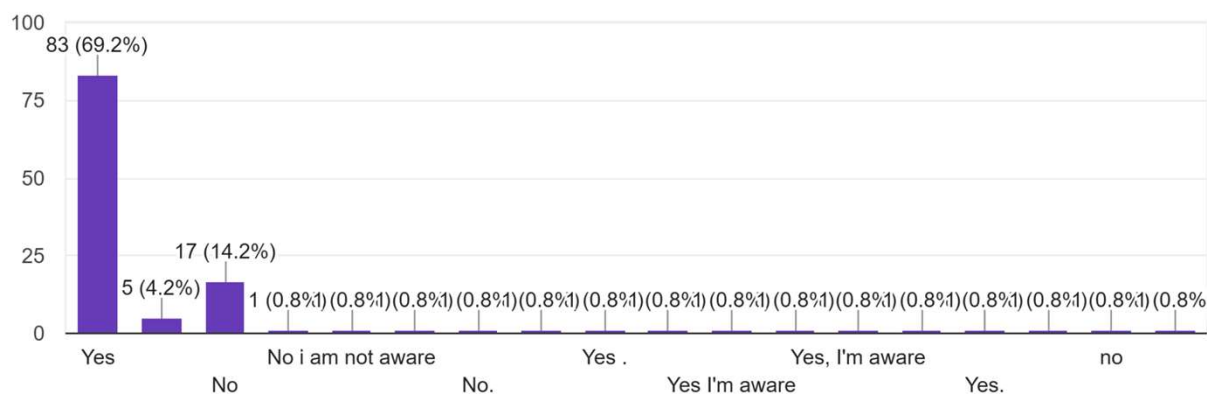
11. How likely are you to recommend this college to others?

120 responses



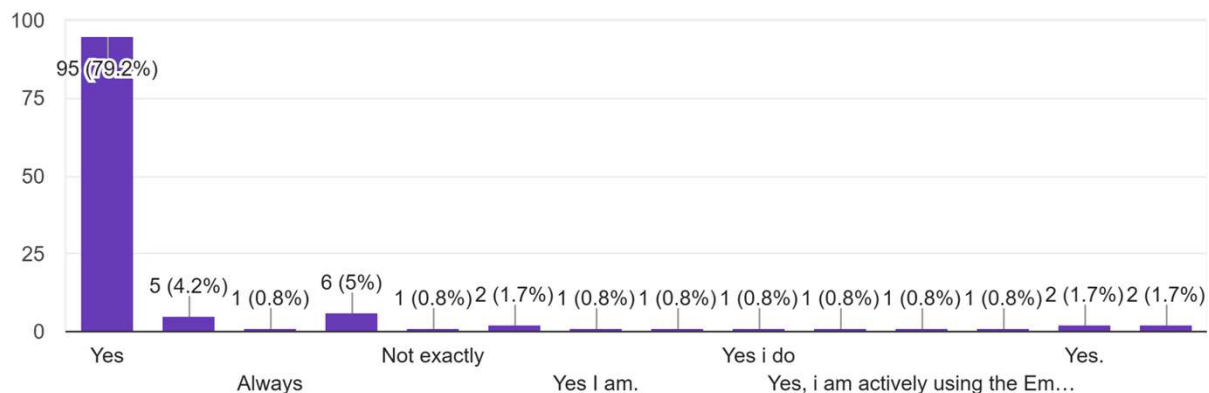
12. Are you aware that the college has an IQAC (Internal Quality Assurance Cell) which is responsible to oversee the quality performance of ...d performance or suggestions anytime of the year?

120 responses



13. Are you actively using the email created by your institute? (moderncollege.edu.in)

120 responses



HIGHLIGHTS OF THE MONTH

5 th May	:Positive Link
5 th – 31 st May	:End Semester Examination
7 th May	:IQAC Meeting
16 th May	:International AIDS Candle light Day(i/c Red Ribbon Club)
20 th May	:Faculty Development Program(i/c IQAC)
27 th May	:Management and Administration Meeting
30 th May	:Finalization of Academic Calendar 2025-26/ Submission of Monthly Report: IPR, IQAC, HoDs and Hostel Wardens

TO LOOK AHEAD

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3 rd June	:	HoD Meeting
5 th June	:	Positive Link/ world Environment Day (i/c Eco Green Club)
10 th June	:	Management and Administration Meeting
11 th June	:	IQAC Meeting
Last Working day	:	Submission of Monthly Report: IPR, IQAC, HoDs & Hostel Wardens
14 th June to 1 st July	:	Semester Break
30 th June	:	Reporting of Wardens, Cooks & Administration
1 st July	:	Reporting of Staff & Hostellers
2 nd July	:	Reopening and starting of class for all