

MODERN COLLEGE

POSITIVE LINK

A MONTHLY MODERN COLLEGE PUBLICATION

Editorial



As we reflect on the past month, we take pride in the active and vibrant atmosphere within our college. The month was filled with various academic, cultural, and awareness programs that contributed to the overall development of students. These activities provided opportunities to showcase talents, build confidence, and strengthen teamwork.

The awareness initiatives conducted during the month helped students understand important issues such as environmental protection, mental well-being, and responsible use of technology. At the same time, students balanced their academic responsibilities with enthusiasm and dedication.

The success of these events was made possible through the collective efforts of students and the continuous guidance of our faculty members. Their support encouraged participation and ensured that every program was meaningful and impactful.

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Information:

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Email: admin@moderncollege.edu.in

Overall, the past month has been a period of growth, learning, and unity. Through this edition of Positive Link, we celebrate these achievements and look forward to continuing the same spirit of positivity and cooperation in the days ahead.

Mr. Rokozetuo Kuotsu
Sports Secretary
MCSU

Modern College Observed International Women's Day

Modern college successfully celebrated International Women's Day 2026 on 7th March at the Academic Lawn under the theme "Give to gain". The program highlighted the importance of empowerment among women through inspiring speeches and Performances. The event served as a reminder of the strength and invaluable contributions of women in shaping society.



Modern College Successfully Hosted the AAA Peer Team Visit

Modern College, Piphema successfully hosted the Academic and Administrative Audit (AAA) peer team visit on 10th March 2026, conducted by the Directorate of Higher Education, Nagaland. The peer team was lead by Dr. Lily Sema, Retired Director of Higher Education, Nagaland (Convener), along with Dr. Elizabeth Walling, Principal, State College of Teacher Education (SCTE) and Dr. Fr. George Kedulhou, Principal, St. Joseph's College. The programme began with the principals presentation, followed by interactions with the IQAC, faculty members, departmental representatives, student leaders of the Modern College Students' Union (MCSU), PTA members, and alumni. The team also visited various campus facilities including the library, administrative offices, botanical Garden, dairy farm, sports courts, indoor stadium, hostels, and football ground. The visit concluded with an exit meeting, where the team shared valuable observations and suggestions for further strengthening Academic and administrative excellence. Modern College, Piphema expresses sincere gratitude to the visiting members for their guidance and support in the institution's pursuit of quality education.



Department of Economic Organised Annual EconoQuest 2026

The Department of Economics organized Annual EconoQuest 2026 on 11th March, 2026 at the Indoor Stadium with support of the Reserve Bank of India (RBI), Kohima, with the aim of promoting financial literacy and career awareness among students. The resource persons were Shri. Thanggoumang Hangsing, Manager, and Ms. Spongla, Assistant Manager from the Reserve Bank of India, Kohima. In this session, Shri. Thanggoumang Hangsing explained the functions and role of the Reserve Bank of India. He also highlighted the importance of saving, financial planning and awareness about investment scams, while encouraging students to develop responsible financial habits. Ms. Spongla spoke about career opportunities in the Reserve Bank of India, highlighted various posts such as Assistant Grade B Officer, Specialist Officer, and other professional roles. She also explained the benefits and welfare facilities provided to the RBI employees and encouraged students to explore career opportunities through the official RBI website. The program concluded with an interactive quiz session conducted by the resource persons, where students and faculty members actively participated and received gifts for correct responses.



Field Trip

B.A. 2nd Semester field trip to the Track, UBC Adventure Campsite, Kiruphema on March 12, 2026.

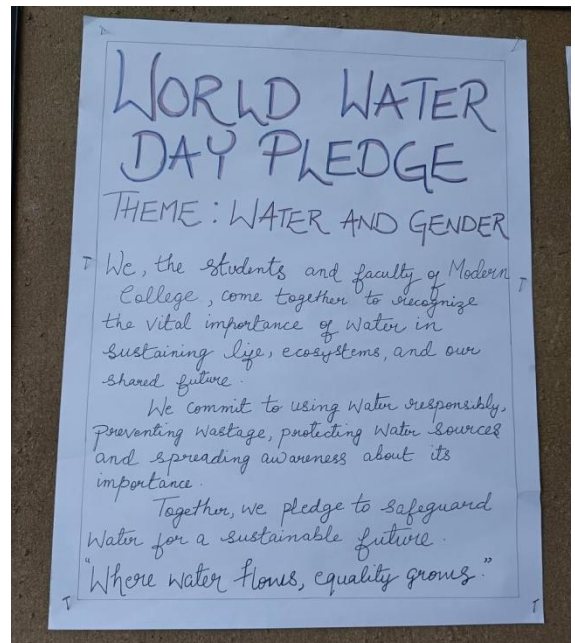


Assembly

On 13th March, 2026, the morning assembly was conducted by B.A. 4th semester at the Indoor Stadium.



Eco Green Club of Modern College Observed World Water Day



Career Counseling: BSSS Institute of Advance Studies

The BSSS Institute of Advanced Studies, through its MADP program, successfully hosted an inspiring Career Counseling session on "Connecting Career Dots". The session with students and management at Modern College, Piphema, Nagaland empowered students with practical tools, expert insights and interactive skill-based activities to navigate their career journeys with confidence and clarity.

Students were encouraged to dream big, along their aspirations with actionable goals, and unlock their true potential.

More than just a counseling session, it was a transformative experience focused on growth, leadership, and shaping the professionals of tomorrow.



MCEU: Consecration Program

The Modern College Evangelical Union (MCEU) Successfully Completed the Consecration Program on 26th March 2026. Mathew 4:19 "I will make you fishers of man. "



Morning Assembly

B.A 6th Semester conducted the morning assembly on 27th March 2026 at the Indoor Stadium.



Inspection team from Nagaland University for renewable of Permanent Affiliation on 30th March, 2026.



Field Trip

Department of English, Modern College, went for a field trip on 28th March at River Valley, Dhansaripar, Assam.



A one day hands on training was attended by 7 RRC members and 2 teacher in charges on ABHA generation drive on 26th March, 2026 led by IT Technical Team from Ayushman Bharat Digital Mission, Mr. Boto and Mr. Bodsu. And on 27th March the ABHA Registration drive was organized under the RRC on 27th March, for both the students and staffs of Modern College.



NCC Annual Rank Test

Modern College Piphema successfully conducted the Annual Rank Test for the tenure 2026-27 on 30th & 31st March 2026, with 20 dedicated cadets stepping forward to prove their capability and commitment. The first day consisted of the written examination, testing knowledge and understanding, while the second day focused on practical assessments including drill, DST, and viva, showcasing discipline, confidence, and leadership qualities. The entire test was successfully carried out under the supervision of SUO Haotinlun Singson, JUO Thangboi Haokip, and CSM Lokito Achumi, ensuring fairness, coordination, and high standards throughout. The results will be declared after a thorough evaluation. A true display of dedication, teamwork, and the spirit of NCC



Modern College, Piphema participated in the 18th intercollegiate Debate Competition on 20th March, 2026 hosted by Sazolie College on the theme "Nagaland is a Safe Place for Women. " With participation from 10 colleges from across the state, the event witnessed insightful discussions and perspectives. Representing the college, Miss Lhingmoichong Singson of BA 2nd semester, Department of History Delivered a compelling performance and secured the consolation Prize.



STUDENTS' ARTICLE IN LOCAL DAILIES



MS. NEILASENUO ZUMVÜ

MS. MENGUSENO

CONGRATULATIONS
6TH SEMESTER, DEPT. OF EDUCATION

Topic : Civic sense: The soul of a responsible state

Published in Local Dailies on 21st March 2026

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accepted firmness as our integral

Civic sense: The soul of a responsible state

A duty of every citizen's civic sense is the awareness and responsibility that individuals show towards society and public property. It includes simple yet essential habits such as maintaining cleanliness, following traffic rules, respecting public spaces, standing in queues, and obeying laws. Civic sense reflects a person's awareness of living harmoniously within a community. The importance of a civic sense cannot be overstated. A society where citizens act responsibly remains clean, safe, and peaceful. Roads become safer when traffic rules are followed, public places remain hygienic when people avoid littering, and community life becomes more organised when individuals respect one another. True development is not measured only by infrastructure, but also by the discipline of its people.

However, the lack of civic sense is visible in many aspects of life. Littering in markets and streets, damaging public property, and ignoring traffic rules are common concerns. Such behaviour not only harms the environment but also affects our state's image and progress. This decline often stems from a lack of awareness and moral education. When responsibility and respect are not instilled from an early age, people tend to neglect their duties. Weak Enforcement of laws and the tendency to blame others instead of taking personal responsibility further worsen the issue. Education and institutions play a vital role in nurturing civic awareness. Schools, colleges, churches and community organisations in Nagaland can actively promote responsible behaviour through awareness drives, cleanliness campaigns and value-based education.

When civic sense is neglected, the fabric of a functioning society begins to unravel, transforming shared spaces from communal assets into psychological battlefields, where visible disorder, such as litter or vandalism, signals a lack of accountability, encouraging further neglect and eventually leading to systemic decay. At a personal level, living in such an environment depletes a citizen's "mental bandwidth," as the constant stress of navigating chaotic traffic, noise pollution, and unhygienic streets leaves little psychological surplus for empathy.

The consequences extend deeply into public health and the economy, as improper waste disposal and poor hygiene facilitate the rapid spread of diseases like cholera and typhoid, while the state is forced to divert massive resources toward cleaning and repairing infrastructure that was intentionally mistreated. Socially, the disregard for unspoken norms fosters a "me-first" mentality that erodes community trust, often escalating into road rage, communal friction, or even violence when personal convenience is prioritised over the collective good.

Ultimately, this deficit tarnishes a nation's global reputation and economic future. International tourists and investors are often deterred by the visible lack of order, while professionals who fail to practice basic civic etiquette find their credibility undermined on the global stage.

Civic sense is the foundation of a disciplined and progressive society. The future of Nagaland depends not only on policies and governance but also on the everyday actions of its citizens. If each individual takes responsibility, positive change will surely follow.

**Menguseno & Neilasenuo Zumvü,
BA 6th Semester
Department of Education,
Modern College**

STUDENTS' ARTICLE IN LOCAL DAILIES



**CONGRATULATIONS TO MS. KIMNEINENG SITHOU
4TH SEMESTER, DEPT. OF ECONOMICS**

Topic : Navigating the Mind Field: Mental Health in the Digital Age

Published in Local Dailies on 31st March 2026

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? **Navigating the Mind Field:
Mental Health in the Digital Age**

Kimneineng Sithou
Modern College Piphema

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In the present age, our lives are intrinsically linked to the digital realm. From the moment we wake to our smart alarms to the AI companions that manage our schedules, technology promises efficiency and connection. Yet, this omnipresent digital landscape has profoundly reshaped our mental well-being, presenting both unprecedented challenges and powerful new solutions. We are truly navigating a "mind field", a digital terrain where mental health can thrive or falter depending on our digital literacy and the tools we choose to employ.

The Double-Edged Sword of Connection
Social media, once hailed as a connector, remains a significant contributor to mental health challenges for many.
"Highlight Reel" Anxiety: The constant exposure to curated, idealised lives on platforms (now often AI-enhanced to appear even more perfect) continues to fuel feelings of inadequacy, fear of missing out, and social comparison, particularly among younger demographics. However, the same digital tools also offer lifelines:
Community and Support: Niche online communities and mental health forums provide vital peer support for individuals with rare conditions or those feeling isolated, connecting them with understanding individuals globally.
Breaking Down Stigma: Digital campaigns and influencers are effectively destigmatising mental health discussions, making it easier for people to seek help.

AI as a Therapeutic Ally
In the present age, AI has become a significant player in mental health support. AI Companions and advanced AI chatbots offer accessible, anonymous support, providing cognitive behavioural therapy exercises, mindfulness prompts, and a non-judgmental ear for those hesitant to seek traditional therapy.
Data Privacy: The highly sensitive nature of mental health data means robust security and ethical guidelines are critical for AI platforms.
Human Connection Gap: While AI offers support, it cannot fully replace the nuanced empathy and relational depth of human therapy. Over-reliance on AI could lead to a deficit in genuine human connection.

Digital Wellness and Literacy
Navigating the mental health landscape of the digital age requires a proactive approach. Digital Boundaries and implementing digital detox, scheduled screen-free times, and strict notification management are becoming essential self-care practices. Education now focuses on teaching individuals, especially youth, how to critically evaluate online content, understand algorithmic biases and cultivate a healthy relationship with technology.
In 2026, true digital fluency isn't just about knowing how to use technology but how to master it in a way that nurtures our minds rather than diminishing them.
The digital age has fundamentally altered our mental terrain. The challenge and the opportunity lie in harnessing technology's power to foster resilience, connection, and well-being, rather than succumbing to its potential pitfalls.

HIGHLIGHT OF THE MONTH:

Date	Activities
3 rd March	Holi
6 th March	Students' Care
7 th March	Celebration of International Women's Day i/c Gender Champion club & Dept. of Eng
10 th march	Academic and Administrative Audit Peer Team visit
13 th March	Assembly i/c B.A 4 th Sem
16 th – 23 rd March	Pre-Semester Exam
24 th March	University Exam Form Fill up, Management & Administration meeting/ Photo Session for College Magazine Apprise
26 th March	Remedial class review
27 th March	Assembly i/c B.A 6 th Sem./ Alumni activity i/c MCAA
31 st March	Release of College prospectus, Submission of monthly reports
25 th March	Career guidance

TO LOOK AHEAD:

Date	Activities
3 rd – 5 th April	Easter Break
10 th – 12 th April	NSS Field Trip
15 th April	Parting Social
21 st April	Management and Administration Meeting
20 th April	Commencement of End-Semester Exam for 6 th Semester
24 th April	Library Committee Meeting/Assembly (i/c Modern College Student' Union)
30 th April	Submission of Monthly Report: IPR, IQAC, HoD, Hostel Wardens, etc.