



TAMENGLONG COLLEGE ANNUAL MAGAZINE 2024



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TAMENGLONG COLLEGE
ANNUAL MAGAZINE 2024

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NG Tuakeulung, Editor
Tamenglong College Magazine 2024

Dear all,

Welcome to the 2024 edition of Tamenglong College magazine.

Writing is an art, a craft and a skill which cannot be acquired overnight. To be a good writer one must consistently practice, be open to learning, read more and have a good touch of imagination to refine our writing. Martin Luther once said, “If you want to change the world, pick up your pen and write”. May this magazine serve its purpose of encouraging and producing better writers and readers.

I’m happy to be a part of the Editorial Team and to have witnessed an array of talents from many staff and students with so many different ideas and different perspectives, which led me to think how diverse we actually are and yet how effectively we can express that diversity in the form of writing.

The making of this magazine wouldn’t be possible without the guidance and suggestions of our Principal, the Advisory Board, the Editorial Team and the Students’ Union, who have helped me in one way or the other and worked diligently to complete the structuring, proof reading & editing, compilation and printing. I thank each one of them for their commitment.

I also express my heartfelt thanks to Shri Awangbow Newmai, Hon’ble Minister, Water Resources & Relief and Disaster Management, Shri Janghemlung Panmei, Hon’ble MLA, and Dr. L. Angshim Dangshawa, IAS, DC, Tamenglong, for encouraging us through their warm greetings.

The articles, poems, short stories, book review and other writings in this magazine are views and opinions of the writers and the Editor and Magazine Committee shall not be liable for any error, authenticity, plagiarism (if any).

May your reading be enriching!

“You may not write well every day, but you can always edit a bad page.”~ Jodi Picoult, US writer

AWANGBOW NEWMAI
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MESSAGE

Imphal, the 25th September, 2024

It gives me immense pleasure to learn that Tamenglong College is publishing an Annual Magazine for the year 2024

I wish this publication serve as a torch bearer, bringing out the quality articles and writings to all the readers and transform the student's fraternity in particular and present society as a whole.

I congratulate the college administration, the students' union, and the magazine committee for bringing out this magazine and wish them all success.


(Awangbow Newmai)

Janghmlung Panmei
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Manipur Legislative Assembly



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MESSAGE

Imphal
25th September, 2024

I am delighted to know that Tamenglong College is publishing its Annual Magazine for the year 2024.

I hope the Magazine will be a platform for students to showcase their creativity through their unique perspectives and also serve as a window into the diverse tapestry of talent and experiences within the walls of Tamenglong college. May all the readers that delve into the pages of the Magazine find inspiration and ignite a spark of creativity within oneself.

I congratulate the Magazine committee and wish the staff and students of Tamenglong college all the very best to accomplish their vision of becoming a centre of excellence in learning.

A handwritten signature in blue ink, consisting of a large, stylized initial 'J' followed by a horizontal line.

(JANGHEMLUNG PANMEI)

Dr. L. Angshim Dangshawa, IAS
DC/District Magistrate
Tamenglong District, Manipur-795141



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Ref. No. **11/11/DC(TML)MISC/2024**

Date: **1st October, 2024**

MESSAGE

It gives me great pleasure that the Magazine Committee of Tamenglong College is coming out with its publication of the Annual Magazine of Tamenglong College-2024.

I strongly believe that active and constructive participation of all students in the process of nation building plays a vital element in bringing about peace and development in the society as a whole. It is more so in a district like ours where the benefits of socio-economic growth have not permeated to the extent desired. I wish the magazine would benefit the readers in respect of the various works undertaken by the Students' Community and the patrons of the articles so as to cause changes keeping in pace with time which will as well promote uniqueness of the citizens.

On this occasion I wish the Tamenglong College Students all the very best in their efforts and endeavours that they undertake in the future.

Finally, I must congratulate the Tamenglong College Magazine Committee for having taken up this initiative.

Dr. L. Angshim Dangshawa



Colonel Aman Ahluwalia, Sena Medal
Commandant
Six Assam Rifles

1. I am delighted to know that Tamenglong College is coming out with 2024 edition of their annual magazine. My compliments to the editorial team, the staff and the students for this stupendous feat. I am sure that many would gain valuable knowledge about the college, as also about the latest events of the college through the magazine.
2. Tamenglong College has the distinction of being the only educational institution of higher learning in the district. With this comes the onerous responsibility of guiding the youth of the area towards a brighter future, which the college is carrying out with much professionalism. Established in 1986, it now boasts a strength of 284 students and 36 teaching and non-teaching staff. In my interactions with the staff and students of the college, I have been impressed with the zeal of the students towards learning, as also of the dedicated staff towards imparting knowledge and values.
3. Growing and imbibing knowledge goes beyond learning in a classroom. It is a core human value. It stems from curiosity to understand functioning of all there is, to delve deeper into subjects with logic and reasoning. As our former President, Dr APJ Abdul Kalam once said, 'learning gives creativity, creativity leads to thinking, thinking provides knowledge and knowledge makes you great'. So my message to the youth of Tamenglong at large, and the college specifically is, ignite in you the fire to learn and never let it burn out. One can never stop learning and the more you learn, the more you grow.
4. In this journey of knowledge, I want to assure the youth that the Assam Rifles fraternity stands with you. Youth development is one of our prime focus and through our various outreach programs, we are keen to partner with the youth in their growth. Through sports events, personality and skill development programs, national integration trips, recruitment training, as also interactive sessions on important topics, we want our youth to grow at par with students in any other part of the country. We believe it is only through learning and youth empowerment that we can usher in a new dawn of peace, tranquillity and sustainable development in the region. Assam Rifles will remain a trusted partner in this endeavour.
5. At the end, let me again congratulate Tamenglong College on the publishing of this highly informative annual magazine, and wish them greater success in all their future endeavours.

JAI HIND!

From the Desk of the Principal



Dr. Kinthuijinang Maremmei
Principal
Tamenglong College

“It is only the ignorant who despise education.” ~ Publilius Syrus

It gives me immense pleasure to address you as the Principal of this lone college in the District. Tamenglong College has now both Arts and Science streams with 284 students enrolled for the session 2024-25, and there are 26 faculty members in both the streams. The college provides opportunities to students to join NCC and NSS Units. It also has various cells and clubs such as Students’ Grievances Cell, Anti-Ragging Cell, Anti-Sexual Harassment Cell to meet the diverse needs of students and to promote holistic development of the students. The college also has IGNOU Study centre which offers BA , BA Honors and MA courses with total enrolment of 300 learners. The college envisions to equip students to be graduated with life skills, positive mindsets and qualities. It also emphasizes upon building the college a modern temple of learning through diligence, devotion, discipline and dedication. I am convinced that, with the support of all stake holders, staff and students, the college will continue to grow, prosper and reach new heights.

Education is not only to entitle government jobs, but to gain better future prospects with varied skills. The aim of the college is to produce skilled professionals ready to serve in any field with courage and dignity thereby contributing to the growth of the nation, the state and the district.

We have a dedicated team of faculty working tirelessly to impart quality education to students and equip them with latest knowledge including ICT facilities and life skills. We invite the best minds in the District and elsewhere to pursue higher education at the college as the college has well qualified and dedicated teachers and also the environment of the college is congenial and vibrant for academic exercises. I also welcome everyone for positive suggestion towards bringing about the development of the college, the society and better future generation.

Further, I express my profound gratitude to the Editorial Team, the Staff and the Students’ Union of this college for their tremendous efforts in publishing the Annual Magazine-2024. I wish such publication be made annually which will enhance the skills of writers and readers as well and highlight the academic progress of the college.

Wishing you all the very best.

Jai Hind!

Note from the Magazine Secretary

Poujianliu Kamei
Magazine Secretary

It is a matter of pleasure to note that, Tamenglong College, the only college in the whole District has been progressing in its academic and curricular activities. I, as the Magazine secretary, feel proud to have witnessed many contributors to the magazine. I truly believe the line from A.P.J Abdul Kalam which says, “Excellence is a continuous process and not an accident”.

With the publication of this magazine, I hope that students will be encouraged to pen down their thoughts and gradually the fear of writing be diminished among the student community and we all become great writers and readers in future. Let this be the beginning of excellence.

Through this magazine, I also wish farewell to this year in the form of a poem.

Farewell

The year now ends, it echoes clear,
Of lessons learned and moments dear.
The laughs, the tears, the stories told,
In every heart, they now take hold.

With gratitude, we say goodbye.
To all we've touched and learned to try,
The journey's done, but don't forget,
For every end is the new beginning.

ACKNOWLEDGEMENT

We express our profound gratitude to the Principal, Advisory Board, and teachers of Tamenglong College for their steadfast support and direction in realizing the 2024 edition of our magazine. We express our heartfelt gratitude to the students, whose lasting engagement and contributions persist in motivating us. To our exceptional contributors, your ingenuity and diligence have significantly enhanced the quality of the magazine. This publication embodies the dynamic essence and collaborative endeavours of the college community. We appreciate everyone for contributing to the success of our venture!

Editorial Board
Tamenglong College Magazine 2024

Tamenglong College: A Tale of Solitude, Serenity, and Struggle

Ngampingampou Gonmei

Assistant Professor, Department of History

Tamenglong College

Tamenglong College, the sole higher educational institution in the entire Tamenglong district of Manipur, is a place that inspires a mix of pride, frustration, hope, and more than a dash of humour. Founded as a private college in 1986, Tamenglong College transitioned to a government institution in 1995, and its journey has been characterized by overcoming significant challenges. Tamenglong, known for its scenic beauty and lush tropical forests, is among the most underdeveloped regions in India, and the college reflects both the charm and the struggles of the region.

In 2023, the college received NAAC (National Assessment and Accreditation Council) accreditation with a respectable B grade. A milestone to be celebrated? Absolutely. But as any student or teacher from the college will tell you, the road to this achievement—both metaphorically and literally—has been a bumpy one. Let's dive into the world of Tamenglong College, a place where the forest is more lush than the government funding and yet where hope somehow prevails.

The Road Less Travelled—Literally

To reach Tamenglong College, you must first brave the legendary road to the campus. The college is not far from the main road or from Tamenglong town, but the road that leads to it? Well, let's just say it's an adventure in itself. It's riddled with potholes and rocks, and it's less a road and more of a challenge designed by nature to test the patience of vehicles and drivers alike.

Perhaps the road is part of a secret government test to see if students and teachers have the determination to endure hardships. Because, truly, if you can conquer the journey to the college, you've already mastered the first lesson: perseverance. Vehicles tremble at the thought of driving down this path, but the students—true to their resilient nature—often arrive on foot. The one consolation? At least there are no landslides on this treacherous path.

A Campus in Nature's Lap

Nestled on the southern outskirts of Tamenglong town, the campus is surrounded by the rich green embrace of an evergreen tropical forest. On either side of the campus, two dry

streams carve out deep gorges, as though Mother Nature herself decided to give the college its very own natural defence system. To the far south, the mighty Barak River flows, providing a sense of grandeur and, perhaps, an escape route should anyone decide that they've had enough of the road.

The forest, once teeming with wildlife, is now eerily quiet. Thanks to a local fondness for hunting, the squirrels and birds have long since fled the scene. What remains is the incessant chirping of insects, whose cries seem to punctuate the quiet lectures held in the Spartan scholars' sanctuary like classroom. The teachers might not have state-of-the-art laboratories or ample teaching materials, but at least they have a live soundtrack of nature's ambiance.

Infrastructure Woes and the Classroom Chase

Speaking of classrooms, it's not an exaggeration to say that securing an empty one at Tamenglong College is akin to a treasure hunt. With inadequate infrastructure, there's always a scramble among teachers to claim a classroom before their peers. It's a bit like a campus version of musical chairs, except without the music—and the stakes are much higher. Imagine walking into your assigned classroom only to find another class already in session. What do you do? You politely retreat, hope for a miracle, or maybe just conduct your class under the nature's lecture hall under the benevolent chestnut tree that stands at the edge of the cliff.

Laboratories for science subjects? In your dreams, perhaps. The college currently has no functioning science labs, which presents a unique challenge for students trying to grasp the complexities of biology, chemistry, or physics. Imagine being a science teacher and trying to explain a chemical reaction with only a blue marker pen on a white board leaning against the wall. At Tamenglong College, we've perfected the art of 'theoretical hands-on learning.' Our students can describe experiments in vivid detail... they just haven't touched a single piece of equipment yet. Imaginary beakers? We've got them in abundance. Conducting practical experiments without a lab is like trying to cook a five-course meal without a kitchen. The recipe is clear, but the results? Well, let's just say our students' imaginations are doing all the heavy lifting.

Our students become experts at the 'Invisible Lab Technique' — where students hypothesize, visualize, and pray their mental experiment yields results. Who needs test tubes when you have a mind full of possibilities? Our science classes are a master class in improvisation. Picture this, we say as students pretend to handle equipment they've only

seen in textbooks. It's like doing a magic show, but all the tricks happen offstage.

The good news? Our students have developed incredibly strong mental faculties. The bad news? Their lab skills remain somewhere in the 'Coming Soon' section of the college catalogue. We're still waiting for those practical experiments to show up.

We're redefining practical science. Who needs actual labs when you can just pretend everything works? Our motto: 'Think it, and it might happen... eventually, if the budget allows.'

The Government's Gift of Neglect

Despite being the only college in the district, Tamenglong College has largely been overlooked by the government. The lack of adequate infrastructure, shortage of teachers (especially in the science department), and minimal resources are glaring problems that remain unaddressed. It's as if the college is an afterthought, a footnote in the grand scheme of educational development.

The locals, too, seem to share the government's indifference. In a district where survival often takes precedence over long-term investment, the community hasn't rallied behind the college in the way one might expect. Perhaps it's the remoteness of the place, or perhaps it's just the slow grind of progress. Whatever the reason, Tamenglong College stands alone, an island of education in a sea of apathy.

NAAC Accreditation: A Silver Lining

Despite the numerous challenges, Tamenglong College pulled off an impressive feat in 2023 by being accredited by NAAC with a B grade. This was no small achievement and stands as a testament to the dedication of the college's teachers and students. While the government may be slow in addressing the institution's needs, the teachers haven't let that deter them from doing their best with what little they have.

Students, despite the lack of facilities and resources, are eager to learn, and their enthusiasm keeps the college alive. There's even a daily assembly for students and teachers, held religiously at 12 pm, a time when the entire campus gathers. Sure, science students might grumble about having to walk from their distant block to the assembly ground, but hey, consider it extra cardio.

New Building, Old Problems

There is some hope on the horizon, as a new building is currently under construction. When it's finally completed, the race for empty classrooms might be a thing of the past.

However, this comes with its own set of controversies. The new science building was relocated to a less-than-ideal site two years ago, despite the fact that the current campus has free space (albeit steep and uneven). Why the sudden change in location? No one seems to know, or if they do, they're keeping it a mystery.

Nevertheless, the college is pushing forward with optimism. It may not have all the answers, but it's certainly not giving up. The new building promises to be a symbol of progress, even if it's situated in a less-than-perfect spot.

The Spirit of Tamenglong College

At its core, Tamenglong College is about survival, resilience, and hope. The infrastructure may be poor, the resources minimal, and the road to the campus might look like something out of a post-apocalyptic movie, but the spirit of the college is unbreakable. It thrives not because of the help it receives but because of the sheer determination of its teachers and students.

One could even argue that Tamenglong College is a reflection of its surroundings. Much like the tropical forest that envelops the campus, it endures. Even as resources are stripped away, much like the wildlife that once roamed the forests, the college persists. And just as the insects sing their chorus every day, the students and teachers keep showing up, ready to give their all, even when the odds are stacked against them.

Tamenglong College might be forgotten by the powers that be, but it refuses to fade away. It remains a beacon of education and hope in a district that desperately needs both. Who knows? Perhaps one day the road to the college will be smooth, the classrooms plentiful, and the laboratories fully equipped. Until then, the journey continues—both the literal and metaphorical one.

Conclusion

The line between challenge and opportunity blurs. On one hand, its location offers peace, tranquility, and a chance to study in the midst of nature's untouched beauty. On the other hand, it suffers from extreme neglect, lack of infrastructure, and isolation that would test even the most resilient of students.

Tamenglong College you are indeed a mixed bag of beauty and hardship. And so, your story is of SOLITUDE, SERENITY and STRUGGLE.

Amur Falcon: The Pride of Tamenglong

Ngamtinlun Touthang

*Asst. Professor, Dept. of Political Science,
Tamenglong College*

Amur Falcon (*Falco amurensis*), locally known as “Akhuaipuina”, is a long distance, trans-equatorial migratory bird from Eastern Russia, China, and Mongolia. To be more specific, Amur Falcon breeds in the Eastern Palearctic from Transbaikalia, Russia, and central Mongolia east to Ussuriland (south-eastern Russia) and south to the Qinling Mountain range in central China. It is one of the most talked-about birds in Tamenglong among the 69 different species of Falcon found in India.

Amur Falcon usually comes to India’s northeast particularly Tamenglong district of Manipur and Wokha district of Nagaland in the early or mid-October and spends 4-5 weeks before leaving for a long journey towards Southern Africa. After travelling a long distance from East Asia, the birds reached Northeast India lean and thin, but they became fat and healthy within a week or two after feeding themselves in this region. An Amur Falcon weighs about 160 grams and measures 25-30 cm in length. In an interaction with the Youths of Phalong village in 2018, the volunteers estimated that 4-6 birds make a Kilogram. Between the two sexes, males are slightly bigger than females.

Amur Falcon has been regarded as one of the most important birds in Tamenglong. The advent of these small raptors is also considered as the onset of winter, or autumn season, by the Zeliangrong people. When the Amur Falcon arrived in Tamenglong in large numbers, the people took it as a sign for a good harvest. This is because since Amur Falcon feeds on termites, dragonflies, mice (rodents), and other insects like kharou, grasshoppers, etc., many of which can destroy standing crops, it helps the farmers in preventing crops from destruction.

The importance of Amur Falcon to the people of Tamenglong is evident in the songs, poems, dance, etc. composed in honour of this special guest of the district. This shows that these migratory birds are not only the farmers’ best friends but also occupy an important place in the cultural life of the people. In fact, Amur Falcon Dance has

become an integral part of the Annual Amur Falcon Festival in Tamenglong. Each year, Amur Falcon flew to-and-fro from its breeding place in East Asia towards Southern and East African Coasts in hundreds and thousands for a distance of 22,000 km. On its way towards Southern Africa, the raptors used Northeast India as stop-over roosting sites. While some birds flew directly from Northeast India across the Indian Ocean, some are believed to have spent a few days in the Indian peninsula. The first Amur Falcon census in Tamenglong was conducted from 8–10 November 2023 in which it was found that around 1.41 lakh Amur Falcons roosted in the district.

After crossing the Indian Ocean, many of the birds stop at Somalia, and then move southward, some of them till the Horn of Africa. After spending winters in Southern Africa, they travel back to their original breeding place in East Asia, passing through the Northeast in April-May the next year.

The Amur Falcons usually do not make much sound when they arrive in October, but on their return from South Africa, they make lots of sound. On its way, some of the birds are said to have laid eggs and are sometimes left behind in Tamenglong. Amur Falcons are also said to be easier to capture as compared to other birds probably because people in their original habitat do not hunt them.

In the past, people used to kill Amur Falcons in thousands for consumption and also for sale providing a temporary livelihood to many. But with the intervention of both government and non-governmental organisations (NGOs), the killing of Amur Falcon has been put under control. As usually done in the past, the District Administration of Tamenglong on 18 September 2024 imposed a ban on hunting, catching, killing and selling of wildlife including Amur Falcon with immediate effect.

In Tamenglong, the Formation of Rainforest Club Tamenglong in 2014 has been a great turning point in the steps towards conservation of wildlife particularly Amur Falcon. Apart from Rainforest Club, the Wildlife Warden and the Western Forest Division, Tamenglong, are another agencies actively working for the preservation of wildlife. Recently, the Amur Falcon Club was also formed specifically for the

conservation of Amur Falcon. The Forest Department had also proposed to the State Government to declare Tamenglong as Amur Falcon district.

With the active participation of government as well as non-governmental agencies alike, Tamenglong has seen a different picture in the last few years. For instance, open sale of wild animals' meat has been totally banned in the markets of Tamenglong. In Phalong village, the main roosting site of the migratory bird in the district, many Amur Falcon hunters have been converted into protectors of the birds. In an interview with wildlife activists, it is learnt that the government and NGOs have faced an uphill task in convincing the tribal people whose favourite pastime has been hunting. However, through continuous campaigns and awareness programs, they were able to convince the people to stop killing wild animals and instead become protectors of the same.

As a result, the killing of Amur Falcon has been almost nil in the past few years. This doesn't mean that the killing of wildlife has been stopped altogether. Because, the tribal people have the tradition of hunting and will not easily give-up unless they are given alternative arrangements. Yet, it is clear that with the active participation of both government and NGOs, it is not impossible to stop them from hunting wildlife.

In this regard, the success story Amur Falcon protection in Tamenglong is not a meagre achievement. It is also clear that, by providing proper awareness, and, at the same time, alternative means of livelihood, even the lifestyles of the tribals can be changed from being hunters to protectors of wildlife. Some of the steps worth considering are: infrastructure development in terms of construction of roads, tourist spots, etc. to attract tourists, animal husbandry including piggery, poultry, cattle rearing, apiary, etc., horticulture, floriculture, and such other activities.

To make the conservation of wildlife among the hill people a success, proper awareness campaign must be taken up, and arrangement should also be made to provide alternative means of livelihood to those whose survival largely depends on the wilds. Unless alternative means are provided, total eradication of hunting of wildlife will remain a herculean task. However, such campaign should be carried out in such a way that the customs, cultures and the lifestyle of the hill people remains intact.

Are You What You Buy?

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Our life revolves around one important act: buying or consumption. This act of buying can be of different types resulting from different behaviour of a person.

One type of behaviour of buying is conspicuous consumption or prestige buying. Things we buy because of the price and to show-off and not so much because of the quality and its importance. Another type of behaviour of buying is called 'band-wagon effect' or 'demonstration effect'. 'I need to buy because others too are buying. I must buy it to look trendy and follow others whether it is a constraint on my resource or not.'

These are just two instances that prove "are we not what we buy?" I do not go for a T.V. set when what I need is a bed. I would not go for a computer when what I need is decent medical care. Are we buying what we are supposed to be buying? Are we, in a broad sense consuming what we really need?

The simple meaning of consumption is the intake of food and drinks. It is not as simple as what we understand of the meaning of the word. In a broader sense, consumption encompasses derivation of usefulness/utilities from any good or a service. A clearer example might be going to a church and listening to the sermons of a pastor. This is an act of consumption – the service of the pastor.

Are the things and ways in which we consume correct? Certainly, some areas of our lives, especially the behaviour of buying have been affected by the changes globally and locally. The introduction of the limitless "Freedom of choice" has concocted our behaviour of buying. Now it has become more or less a showpiece – consumption is power. Gradually, things we require are replaced by things that others possess. The liberalisation of the economy has added thousands of commodities to the list of choice. The result, though late, is felt even in far flung areas of the country especially in our state – a consumerist state. It is pertinent to understand

that the proportion of resources we spent on consumption should not be same as that of other producing states. It is also paradoxical that whatever we consume reflects our standard of living and whatever we consume now will determine our standard of living in the future. This is so because there cannot be growth without investment and investment can come only when there is saving.

There are many instances where we (Nagas) deviate from prudent spending/buying. Events like marriage, birthdays, christening, tribes' festivals and religious functions can be better managed without so much of wastage of resources. The general assumption today is that in all these events the more the resources spent, the higher is the rate of returns. The day is not far when the sanctity of these events will be over consumed by the degree of commercial gains.

My opinion is that there is really no problem in trying to be like others. Trying to be like others who are more refined is a positive thing. It is a progressive sign. The problem is we over do it. Be it in our food habits, the dress we wear, the fashion we choose – we overdo it thereby losing the essence of subtlety. We must not forget there is nkhui-tam; behoi-gan and ngari waiting back home for dinner.

“Check the money in your pocket, check what is really needed and buy it – you are what you buy”

“It does not matter how large or small your sphere of activity is, what counts finally is the commitment that you bring to the job that has been ordained for you in this life.”

~A.P.J. Abdul Kalam

Haipou Jadonang: The Forgotten Hero of the Zeliangrong Movement

Dibam Gonmei

Vice-Principal, Tamenglong College

Jadonang Malangmei (1905–1931), popularly known as **Haipou Jadonang**, was a Naga spiritual leader and political activist from Manipur, British India. He established the Heraka religious movement, which was based on the ancestral Naga religion, and declared himself to be the "messiah king" of the Nagas. His movement was widespread in the Zeliangrong territory before the conversion to Christianity. He also espoused the cause of an independent Naga kingdom ("Makam Gwangdi" or "Naga Raj"), which brought him in conflict with the colonial British rulers of India. He was hanged by the British in 1931, and succeeded by his cousin Rani Gaidinliu.

Early life

Haipou Jadonang Malangmei was born on 30 July 1905 Sundayat Puiluan (also Puiron or Kambiron) village of the present-day Nungba Sub-Division in Tamenglong district, later bifurcated to Longmai district. He hailed from a poor peasant family that were descendents of the Malangmei clan of the Rongmei Naga tribe. He was youngest of the three sons of Thiudai and Tabonliu. His father Thiudai died when he was around one year old. Taboliu, his mother brought up the three boys by farming on the family property.

Tamenglong at that time was the headquarters of Manipur North-West Sub-Division. S.J. Duncan was the S.D.O. appointed by the British colonial Government of India. The British Government had retained Meidingngu Churachand as the titular king of Manipur, although direct administration was in the hands of the British political agent J.C. Higgins. The Naga Hills villages were controlled by the District Commissioner J.P. Mills (an expert anthropologist) and Cachar areas were under District Commissioner Jimson. The Naga territories were thus completely under the colonial control.

From childhood, Jadonang was a deeply religious person. He used to pray to God for hours when alone. He visited places like Bhuvan Pahar (Cave) in Silchar, Assam and Zeilad Lake, which were sites of religious significance for the Nagas and were believed to be the residence of gods and goddesses by the Nagas. By the age of 10, he had become popular among the Zeliangrong tribals for his dreams and prophecies and healing powers by local herbs and medicines. People from far and near came to Kambiron under the spell of interpretation of dreams, mysterious healing, advice and principles of reformed religion.

Jadonang saw the growing influence of Christianity in Naga territory as a sign of foreign imperialism. He considered it as a threat to the traditional religion and society of the Nagas. Besides, the tribals had been suffering from continuing invasions by different powers. The

British were especially oppressive with their forced porter system, heavy hill house taxes (Rs. 3 per year), and imposition of new laws. As he reached adulthood, Jadonang made his ideas about the revival of Naga culture to his fellow tribals. He urged them to fight for national prestige and social change.

Heraka Movement

Jadonang established a socio-religious movement called Heraka (literal meaning "Pure"), derived from ancestral Naga practices known as "Paupaise". At a time when Christianity and Vaishnavism of Manipur were trying to make inroads into the Naga territory, Jadonang sought to standardize the traditional Naga belief systems. The Heraka religion emphasized the worship of the supreme being Tingkao Ragwang. In the traditional religion, this deity was acknowledged as the creator god, but was only one among the several gods and did not have much importance in everyday life. Jadonang, on the other hand described Tingkao Ragwang as an omnipotent and omniscient god, who permeated the world as a spiritual energy. He encouraged people to offer him regular prayers, and to sing hymns in his praise. The other traditional deities were respected, but given less importance. These concepts of monotheism (belief that there is only one god) and a centralized belief system were influenced by Christianity, and probably Islam, which were being preached in Manipur and Cachar plains.

Jadonang also abolished several superstitious taboos. He reduced the number of ritual sacrifices, especially the ones offered to deities other than Tingkao Ragwang. He also did away with a number of gennas (rituals), such as the ones associated with childbirth, presence of an animal in the house, disasters such as earthquake and landslides, felling of tree, and weapon injuries. He retained the gennas associated with harvest, safety of crop from pests, and safety from animals.

Instead of focusing on rituals, Jadonang emphasized qualities that he said were pleasing to Tingkao Ragwang, such as truth, love, and respect for the entire creation.

The traditional Naga faith did not involve construction of temples. But influenced by Christianity and Vaishnavism, Jadonang encouraged construction of Heraka temples called "Kao Kai". He claimed that the Bhuvan god told him in a dream that this would result in good health and prosperity. In accordance with the Rongmei tradition, which states that the humans first emerged from a primeval cave, Jadonang established a cave temple at the Bhuvan cave.

The Heraka movement has been variously described as a religious reform movement, a cult, and the "Naga Renaissance". It also came to be known as the "Kacha Naga movement",

"Gaidinliu Movement", Periese ("old practice"), Kelumse ("prayer practice") and Ranise ("Rani's practice"). Khampai is a pejorative term for the movement.

Anti-British activities

The Heraka movement faced opposition from the Christian converts as well as the traditional believers. In his growing years, Jadonang observed that how the British imposed their religion and way of life and their attempts to convert the Nagas were a threat to the indigenous faith, customs, and traditions of the community. Besides its religious aspects, Jadonang's movement had a political aim: he wanted his people to forget the past hatred of the inter-village feuds and communal tension, and unite against the foreigners. Jadonang had heard about Mahatma Gandhi's plans for disobedience movement in India, and wished to express solidarity with him. In January 1927, he made arrangements to take a dance troupe of 200 Naga boys and girls to welcome Gandhi at Silchar. However, Gandhi's visit was cancelled, so Jadonang could not meet him.

Jadonang fashioned himself as the King of the Nagas. He travelled across the Zeliangrong region, and a part of the Angami territory. He dressed similar to the British officials of the region, and rode a pony just like them. S. J. Duncan, the Sub-Divisional Officer (SDO) appointed by the British, took a notice of this. In 1928, the SDO asked Jadonang to remove his hat and dismount from his pony. Jadonang considered this as an act of subservience (willing to do what other people want, or considering your wishes as less important than those of other people), and refused. The SDO brought him to Tamenglong, where Jadonang was interrogated and ordered to be imprisoned for a week.

Jadonang's first arrest came a week before the Angami-led Naga Club submitted a memorandum to the Simon Commission, requesting self-determination for the Nagas. The arrest only increased his popularity among the Nagas. After his release, Jadonang gradually built an army (called Riphien), which comprised 500 men and women at its peak. The army was trained in military tactics, handling of weapons including guns, and intelligence operations. In addition, it also received training for civilian tasks such as cattle-grazing, cultivation, rice pounding, and collection of firewood. The army often travelled with Jadonang, and participated in Heraka religious ceremonies. Jadonang also composed songs praising the anti-colonial struggle, which were taught by his disciple Gaidinliu.

Jadonang sent the Riphien members to all the Zeliangrong tribes, seeking alliances against the British. He succeeded in gaining allegiance from the Zeliangrongs of North Cachar Hills, Naga Hills and Tamenglong Sub-Division. Some of these even paid him tributes in the form of mithuns.

Subsequently, Jadonang also reached out to other Naga tribes including the Angamis, Chakhesangs, Rengmas, Maos and Marams. He personally visited some of potential allies, but

did not have as much success as he had with the Zeliangrongs. For example, the council of the Angami village Khonoma refused to support him on the grounds that he would only replace the British as their masters. Despite this, Jadonang did gain support from a number of Angamis.

In January 1931, the British officials received reports that Jadonang was planning to declare a war against them by the end of that year. There were reports about secret meetings and collection of guns in the Naga villages. Moreover, Jadonang had asked his followers to pay taxes to him from the fiscal year 1931-32. By February 1931, all the British officers in the area agreed that Jadonang's movement had to be suppressed permanently. On 19 February 1931, Jadonang was imprisoned in the Silchar Jail, after being arrested while returning from the Bhuvan cave with Gaidinliu and 600 other followers.

The news of Jadonang's arrest caused unrest in the Naga territory. As a result, the British imposed a ban on people walking with spears or in large groups. J. C. Higgins, the British political agent of Manipur, led an Assam Rifles column to Jadonang's native village Puiluan. There, he destroyed the Heraka temples, claiming to defend the traditional Naga animism. He arrested many elders, confiscated guns from the villagers and imposed heavy fines on several villages in the region. He then arrived in Jirighat, where the police handed over Jadonang to him. Jadonang was to be taken to Imphal, the capital of Manipur. Instead of taking the shortest route to Imphal, Higgins moved across the Naga territory on his way. He went all the way up to Tamenglong, showing a chain-bounded Jadonang to people, in order to demonstrate that the Heraka leader did not possess any divine powers. Jadonang was brought to Imphal on 19 March, a month after his arrest.

Death

At the Imphal jail, Higgins interrogated Jadonang, who denied all the charges against him and refused to provide any information about the anti-British movement. Higgins was also unsuccessful in extracting any information from the village elders and Gaidinliu.

Earlier in 1930, four Manipur traders had been murdered in Jadonang's native village Puiluan. Jinlakupou – one of the first Christian converts of Tamenglong – informed the government about the murders, and alleged that Jadonang had ordered these murders. Jadonang stated that the decision to kill the traders had been taken by the whole village, not just him. Higgins summoned some villagers, who testified that Jadonang was responsible for the murders. According to Jadonang's supporters, he was falsely implicated in the murders, and the witnesses had testified against him under duress. At the time of the murders, Jadonang himself was at Longkao to celebrate a customary house of Ahongyum ("painted house"). The

traders had been killed by other villagers, for fear of exposure of secrets and for violating the Dihnei, a genna (taboo) which prohibits the starting of fire.

On 13 June 1931, Jadonang was declared guilty of the murders at a trial by the British Indian authorities. He was hanged to death on 29 August 1931 at 6 am, on the bank of the Nambul river behind the Imphal jail. His body was taken to his native village Puiluan, where it was buried in accordance with Naga traditions. His movement would continue under the leadership of Rani Gaidinliu, who was also arrested and imprisoned by the British Indian government.

ApoukyRacheng/ KampaiRacheng: During those tumultuous years (1930-1933), even after the death of HaipouJadonang, the movement continued and reached the northern Tamenglong area where the Liangmai tribe of the Zeliangrong community live. The movement made its headquarters at Nreng (Bamrekluang), about 35 KMs from present Tamei. The prophets of this cult had prophesied that the villagers need not have to grow any more crops because paddy would rain down from heaven. Thus, the Nreng (Illeng) villagers did not literally cultivate paddy for three years, they drank and danced in exuberance, emptying barns of all the rich people of the village, slaughtering mithuns as sacrifices for the gods. They had also prophesied that humans would begin to fly (it did literally happen when the airplanes flew over their heads), and that there would come a time the people would not suffer any more politically as they would make their living by selling sand, rocks, trees. Politically this movement asked the people not to pay tax any longer to the British (we still have songs of praises for apou Gandhi/Kandhi as the bringer of freedom). For all these anti British activities SDOs like S. J. Duncan and others started investigating. SDO CS Booth came to Nreng (Illeng) with 150 soldiers and burnt all the houses to ashes. They also imprisoned 5 people namely; B. Nrenghibou, B. Hujankiu, Ch. Pouhotlinang, Z. Chamaipoinang, B. Kaikhambou. The SDO had warned that they would not be allowed to rebuild their village unless they gave a penalty of Rs 500. Thus every house was made to bring whatever the amount they could gather and pay off the ransom amount. Mr. Kaikhambou was in the prison for 13 long years and only in 1944 when the Japanese bombarded Imphal he could go home.

What is indisputable is that Jadonang founded the Heraka socio-political movement that was based on ancient Naga customs and practices. These movements were instrumental in bringing about unity and social solidarity amongst the tribes that ultimately resulted in the political integration of the Zeliangrong people.

Today, the life of the “Messiah King” of the Nagas is hailed and celebrated. Every year on August 29, the members of the Naga community, especially the Zeliangrongs, celebrate his death anniversary with traditional songs, dances, and festivities.

A Journey of Growth and Impact as a Teacher at Tamenglong College

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“The yardstick of a teacher’s impact lies not in the lessons taught but in the lives touched”.

~Daidatlung Kameih

The sextennial accumulation of my teaching profession ever since I joined in 2018 at Tamenglong College thus far is an intellectually stimulating and enriching exploration that conflates the challenges of academic rigors with the delectation of effecting a productive and substantive impact on the lives of students. In an ever-evolving landscape of education I find joy in the fact that each day unfolds myriad opportunities to engage with educands, nurture their development and contribute to their wellbeing. The efficacious and innovative coven of intellectuals at Tamenglong College further optimize this journey culminating in a tangibly fructifying outcome.

One of the feel-good factors of teaching at Tamenglong College is the building of supportive rapport with both colleagues and students. The college's collaborative environment engenders a sense of camaraderie and reciprocal respect. By working alongside dedicated teachers in a cooperative conditioning, it creates an aura where ideas are freely traded with alacrity and collective esprit de corps of bringing to fruition, favourable team result, flourishes. This nurturing network that functions as a metaphorical umbilical cord sustains not only the educational process but also contributes to a propitious and conducive work ambience. The cultivation of teacher-student dynamics is equally rewarding. The strong connections formed with students often permeate beyond the classrooms which yield perennial influence on their existence and implanting a sense of fulfilment and *raison d'être*. The privilege of scaffolding young minds, observing their metamorphic growth and celebrating their achievements yields an unparalleled sense of fulfilment and professional validation.

As a teacher, my paramount objective is to impart quality education that not only feeds academic knowledge blindly but also furthers well-rounded development of the students. This involves creating a congenial learning climate that can promote academic excellence, develop personality and cultivate social responsibility. The curriculum is designed to challenge students intellectually while also encouraging

them to launch their interests and unleash their potential to actualize the most refined iteration of their intrinsic selves. The focus of the college on holistic education ensures that students are not only having in their kitty, an academic success but also equipped with the skills and values essential for professional and industrial readiness that enable them to thrive in the broader world. This approach includes promoting critical thinking, creativity, logical reasoning, problem solving, higher order thinking abilities, effective communication et al, all of which contribute to produce well-rounded individuals who are prepared to make a positive impact in the society.

Under the sagacious stewardship of Dr. Kinthuijinang Maremmei, Principal, Tamenglong College, and fuelled by the synergistic efforts of the faculty, the institution has undergone a paradigmatic shift in transforming its academic framework and discourse through innovative and strategic initiatives thereby bringing transformative changes. The administration's hypermetropic vision and steadfast commitment to the development of college serve as the catalysts that navigate barriers and challenges by fostering a culture of innovation and resilience to unlock the latent potential of the college. Such inspirational leadership galvanizes faculty members to hound pedagogical excellence and make substantial contributions towards the college's overarching objectives. The collaborative efforts in any important event or for that matter, initiative among the faculty members enrich the educational experience as joint academic endeavours, the exchange of insights, and mutual support for professional advancement cultivate a milieu of perpetual progress and innovation. This ethos ensures that students benefit from the holistic and multifaceted education leveraging the collective acumen and dedication of the teaching fraternity.

Notwithstanding the intrinsic challenges endemic to academia such as the exigent balancing of pedagogical obligation and numerous other academic trials, the meaningful engagement and facilitative ecosystem at Tamenglong College render each day a worthwhile quest. The hurdles that I am encountering frequently manifest as catalysts for growth which compel me to hone my skills, adapt to novel circumstances and excogitate innovative solutions. The intrinsic joy of imparting knowledge and the gratification derived from witnessing students' success serve as an inexhaustible wellspring of motivation. The tenacity, inquisitiveness, and fervour exhibited by students energize my commitment to my noble profession of teaching in support of their continuous advancement. Each day brings forth a plethora of new opportunities for discovery and accomplishment thereby reinforcing the profound sense of purpose that comes with being an educator.

The college's picturesque campus and vibrant culture add to the appeal of working at Tamenglong College. Nestled in the midst of stunning natural surroundings, the college provides a serene and inspiring backdrop that rolls out an enticing red carpet to — creativity, cognitive alignment, curiosity, stakeholder buy-in, engagement and focus. The lush greenery, fresh air and scenic view across the horizon contribute to a calm yet invigorating and ideal setting which allows me and my students to immerse in our academic pursuits while being constantly rejuvenated by the beauty of God's bountiful nature. Complementing this, are the cultural events, academic forums, and extracurricular activities that enrich my continually expanding experience, providing opportunities for personal and professional growth beyond the four walls of classroom.

Life as a teacher at Tamenglong College is an ongoing fulfilling journey wherein I am endowed with the privilege of exerting an enduring and transformative influence that enables me to make a meaningful and positive impact on the lives of students. The opportunity to contribute to their academic and personal growth, to work within a supportive and collaborative community and to be part of a vibrant and dynamic institution is immensely rewarding. As I continue this odyssey, I remain committed to providing high-quality education, fostering holistic development and contributing to the college's mission of shaping future generations. The evolving experiences and interpersonal dynamics which are shaping in the forge of trust and academic pursuit at Tamenglong College will continue to inspire and guide me throughout my career, making each day a meaningful and cherished part of my professional life.

"The greatest glory in living, lies not in never falling, but in rising every time we fall."

~Nelson Mandela

Be a Lifesaver: The Importance of Understanding Blood Donation

Dr. Gaiduanreiliu Gangmei

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Blood is a vital, red-colour fluid that flows continuously through the human circulatory system. On average, an adult has about 5 to 6 litres of blood, which accounts for roughly 7% of their body weight. Composed of a fluid called plasma and various cells—red blood cells (RBCs), white blood cells (WBCs), and platelets—blood plays crucial roles in maintaining health and supporting life. Plasma serves as the vehicle for transporting essential nutrients, including proteins, enzymes, and glucose, throughout the body. Red blood cells are responsible for carrying oxygen to various tissues, while white blood cells are key players in the immune system, defending the body against infections. Platelets, on the other hand, are critical for clotting and ensuring proper hemostasis.

Despite the remarkable advancements in medical science, **no factory can manufacture blood; it is a unique product of the human body itself.** The preciousness of human blood cannot be overstated, as it represents one of the greatest gifts we can offer to mankind—donating blood not only saves lives but also fosters a sense of community and compassion. Understanding blood's composition and functions highlights its irreplaceable role in sustaining life.

A Brief History of Blood Transfusion

The history of blood transfusion is a remarkable journey marked by groundbreaking discoveries and evolving practices that have saved countless lives. It began in 1628 when English physician William Harvey uncovered the circulation of blood, laying the foundation for future studies in hematology. The earliest known attempt at blood transfusion occurred in 1665 when Richard Lower successfully transfused blood from one dog to another in England, demonstrating the potential of blood transfer to save lives. Fast forward to 1818, Dr. James Blundell performed the first successful human blood transfusion, directly transferring blood from one man to another. In 1875, Karl Landsteiner made a critical observation: not all human blood can be transfused between individuals. His groundbreaking experiments in 1900-01 identified blood groups A, B, and O, a discovery that earned him the Nobel Prize and revolutionized transfusion practices. The use of blood transfusion gained significant traction during World War I (1914-1918), where it was crucial in transporting blood to the battlefield. In the 1930s, the first mobile blood bank was established during the Spanish Civil War, marking a shift towards organized blood donation efforts. This progress continued with the establishment of the world's first hospital blood bank at Cook County Hospital in Chicago in 1937.

In India, the first blood bank was set up in 1939 by Sir Upendranath Brahmachari at the School of Tropical Medicine in Kolkata, marking a significant milestone in the country's medical history. The discovery of the Rhesus factor by Landsteiner and Weiner in 1940

further advanced transfusion medicine by understanding blood compatibility. The 1950s saw major innovations in blood storage; in 1957, Dr. Gibson discovered a method to store blood for up to 28 days at 4 to 6 degrees Celsius, using a solution of ACD and sodium dehydrogenate phosphate. By 1981, the use of polythene bags for blood collection, storage, and transfusion became standard practice. In India, Dr. Jai Gopal Jolly emerged as a pivotal figure in the blood transfusion movement, advocating for voluntary blood donation and earning the title of “Father of Transfusion Medicine” in the country. He was instrumental in promoting ethical practices by prohibiting the sale of blood from professional donors. In 2004, the first World Blood Donor Day was celebrated on June 14 to honour the selfless contributions of voluntary blood donors.

The Importance of Blood Donation

Blood donation plays a critical role in saving lives and supporting medical care across the globe. Every three minutes, someone around the world requires a blood transfusion, highlighting the urgent and ongoing need for blood donations. In fact, one in ten patients admitted to hospitals will need a transfusion at some point during their treatment. The impact of donating blood is profound; a single donation can save up to four lives if the blood is fractionated into its components—red blood cells, Fresh frozen plasma, platelets and cryoprecipitate. Each component serves different medical needs, making blood donation a highly efficient way to help multiple patients at once. The demand for blood is especially high in various medical contexts, including:

- **Accident Victims:** Traumatic injuries can lead to significant blood loss, making immediate access to donated blood critical for survival.
- **Cancer Patients:** Many individuals undergoing treatment for cancer require blood transfusions to manage side effects and maintain their health.
- **Patients with Blood Disorders:** Conditions such as anaemia or sickle cell disease, Thalassaemia, Haemophilia etc.. often necessitate regular blood transfusions to manage symptoms and improve quality of life.
- **Kidney Diseases/Dialysis patient:** The demand for blood is especially critical for dialysis patients with kidney diseases, who frequently require transfusions to manage anaemia and maintain their overall health.
- **Gynae and Obstetric case:** Blood donation is crucial for gynaecology and obstetrics as it ensures the availability of safe blood for mothers and newborns during complications like childbirth, surgery, or severe anaemia, ultimately saving lives and promoting healthier outcomes.
- **Pediatric case:** Blood donation is vital in paediatric cases as it provides essential support for children undergoing surgeries, battling serious illnesses, or experiencing trauma, significantly improving their chances of recovery and survival.
- **Surgery Patients:** Whether for routine procedures or emergency surgeries, patients often need blood to replace what may be lost during operations.

Given the diverse range of individuals who benefit from blood donations, the act of donating blood transcends personal sacrifice; it is a powerful contribution to the community and society at large. Regular blood donations are essential to ensure that blood banks are adequately stocked and ready to meet the needs of patients in critical situations.

Blood Donors and Their Types

According to the Drug and Cosmetic Act of 1940, a blood donor is defined as an individual who voluntarily donates blood after being declared fit through a medical examination, without receiving any form of compensation. To have a better knowledge on this area, the various types of blood donors and their significance is given below.

- **Voluntary Non-Remunerated Blood Donors:** Voluntary non-remunerated blood donors are individuals who donate blood out of altruism, without any payment—be it cash or in-kind substitutes. This category includes those who may receive small tokens or refreshments for their time, as well as reimbursement for direct travel costs. However, these do not compromise the voluntary nature of their donation. This group is recognized as the safest source of blood, as their motivations are purely humanitarian.
- **Replacement Blood Donors:** Replacement blood donors contribute blood specifically to replace that which has been used for a family member or friend. While their donations can be valuable, they are less preferred compared to voluntary non-remunerated donors, as their motivations are often based on personal relationships rather than a broader commitment to community health.
- **Autologous Blood Donors:** Autologous blood donors donate their own blood for future use, typically in preparation for a scheduled surgery. This method ensures that the patient has a compatible supply of blood available, minimizing risks associated with transfusions. While beneficial, autologous donations are generally limited to specific medical situations.
- **Directed Donors:** Directed donors give blood specifically for a designated recipient, such as a friend or family member. While this practice ensures that the blood is intended for a known individual, it may not guarantee the same level of safety as voluntary donations due to varying motivations behind the donation.
- **Professional Donors:** Professional donors are individuals who donate blood in exchange for payment. However, this practice has been banned in many countries, including India, since January 1, 1998. The ban aims to ensure that blood donations come from altruistic sources, thereby enhancing the overall safety and quality of the blood supply.

Donor Selection Criteria for Blood Donation

According to regulatory guidelines established in the Drugs and Cosmetics Act of 1940 and the Rules of 1945 (amended up to March 11, 2020), potential donors must undergo a thorough screening process to determine their eligibility. The donor selection criteria are designed to ensure that blood donation is safe for both the donor and the recipient. By following a

rigorous screening process that includes registration, medical history evaluation, physical examination, and post-donation care, blood banks and transfusion services can maintain a safe and effective blood supply. Understanding and adhering to these criteria not only protects the health of donors but also enhances the overall quality of the blood donation process. And in the process of screening some of the health benefits that the donor receive include the following.

- **Reveal health status:** Before a blood is drawn various tests are conducted- pulse rate, blood pressure, body temperature, hemoglobin, and more. And when the blood is drawn it is tested for various diseases, such as syphilis, HIV, and hepatitis, Malaria. In this way, these tests can reveal health status of the donors - life threatening or superb health.
- **Prevents Hemochromatosis:** Hemochromatosis is a disorder where the body absorbs too much iron causing an overload of iron in the body. Many people are unaware that they have hemochromatosis because it overlaps with other common conditions. Hemochromatosis can be inherited or caused by anemia, alcoholism or other conditions. Donating blood can reduce the risk of hemochromatosis because the removal of red blood cells decreases the storage of iron.
- **Maintain Cardiovascular health:** Blood donation is beneficial in lowering excess iron in the body, which can reduce the risk of a heart attack. Since the body can only absorb so much iron, the excess iron can get stored in the heart, which causes heart abnormalities like an irregular heartbeat. High levels of iron are known to cause heart attacks and strokes as the iron constricts the flow in blood vessels. Getting rid of excess iron by donating blood allows the blood vessels to flow more openly.
- **May reduce the risk of developing cancer:** Excess iron has been linked to an increase in cancer. High iron levels can increase the risk of tumour development. Donating blood consistently can lower the risk of cancer in the throat, liver, lung, colon, and stomach by releasing the iron build up in the blood. A study that focused on peripheral arterial disease patients found that those who donate blood have a lower risk of cancer than those who do not donate blood.
- **Stimulates blood cell production:** After donating blood, the body works to replenish blood. This causes the production of new blood cells, which helps keep the body healthy and productive.
- **Maintains healthy liver:** Overload of iron has been linked to causing liver diseases and infections. Blood donations help maintain iron levels in the body, giving a healthier liver.
- **Weight loss:** Donating blood can burn calories. According to the University of California, San Diego, people burn 650 calories when giving blood. A donor who consistently gives blood can lose weight, but it should not be your plan for a healthy weight loss.
- **Help improve mental state:** Donating blood gives a sense of pride because it is a helping act to save lives. Knowing that we are doing good for others can help improve our emotional well-being. This helps reduce stress, provides a sense of belonging, and

decreases negative thoughts and feelings. Donating blood regularly can be associated with volunteer work. When we know we are making a difference it improves our psychological realm.

Challenges in Voluntary Blood Donation

Some of the factors that hinder the effectiveness of blood donation efforts include sporadic drives, low awareness, and socio-cultural barriers etc..

- **Sporadic Drives and Low Awareness:** Blood donation drives are often sporadic, leading to inconsistent blood availability. Many people remain unaware of the importance of blood donation and the ongoing need for it. Efforts to increase awareness through educational campaigns have not been uniformly effective, resulting in a lack of understanding of how critical blood donations are for saving lives.
- **Low Motivation and Irregular Donor Turnout:** Low motivation among potential donors contributes to irregular turnout. Many individuals fail to recognize the significance of their contribution, leading to missed opportunities for donation.
- **Socio-Cultural Barriers:** Misconceptions about the effects of donating blood, such as fears of weakness or health risks, persist in the communities. Educating the public to dispel these myths is crucial for increasing participation.
- **Accessibility and Convenience:** Accessibility to blood donation centres is a barrier, particularly in rural areas where transport options may be limited. Additionally, many potential donors find it inconvenient to donate due to work or family commitments. Increasing the number of mobile blood donation camps could help address this issue.
- **Logistical Challenges:** Organizing blood donation camps requires careful planning and resources. Limited logistical support has hindered the effectiveness of these drives. Collaboration with local organizations, whether civil or non-civil, can help streamline the process and ensure that donation drives are well-coordinated.
- **Low Donor Retention:** Retaining regular donors is another challenge. Although recognition cards are provided to individuals who donate blood, which can be beneficial for future medical needs, many people still do not return to donate again. Building a strong community of repeat donors requires ongoing engagement and motivation.

Conclusion

Changing perceptions about blood donation is essential for increasing participation. It is observed that wherever there is greater awareness there is a surge in donor turnout. The saying, "A mother's tears cannot save lives, but blood can save millions," encapsulates the profound difference that blood donation can make. It's crucial to communicate this message effectively and inspire individuals to participate in this life-saving endeavour.

Understanding Banking: A Guide for Students

Thangboy Mate

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Banking is an essential part of everyday life, but its importance is often overlooked especially by young students. Whether you're saving money for a future goal, taking out an educational loan or simply using a digital payment app, banking plays a critical role in your financial journey. This guide aims to introduce students to the basics of banking, helping them understand how it works and how it impact their lives.

Introduction to Banking

The concept of banking dates back thousands of years with early forms of banking found in ancient civilizations like Mesopotamia and Greece where merchants provided loans to farmers and traders. Over time, banking has evolved from simple exchanges of money to the complex, globally connected financial system we see today.

Banks serve as trusted institutions that safeguard money, provide loans offer a range of financial services. For students, banks are more than just places where parents deposit their salaries. They provide services like savings accounts for keeping allowance or part-time job earnings safe educational loans that make higher education accessible. Digital banking, which is now accessible through smartphones and computers, allows students to transfer money, make payments monitor their accounts online. As a student, understanding these basic functions of banking can help you navigate your financial life effectively.

Key Concepts of Banking

Banks are financial institutions that act as intermediaries between those who have surplus money (savers) and those who need funds (borrowers). This intermediary role ensures the smooth flow of money in the economy. Banks accept deposits from individuals and businesses, which they use to lend to others who need funds, such as students needing loans for college or small business owners looking for capital to grow their enterprises.

One of the core functions of a bank is to maintain trust and stability within the financial system. Banks follow strict regulations to ensure that they operate fairly and securely, protecting your money while also ensuring that their services contribute to economic growth.

Banking Services

Banks offer a variety of services that are useful to students. These include:

- **Savings Accounts:** These accounts allow students to deposit their money, keep it safe even earn interest over time. A savings account helps you develop the habit of saving from an early age, making it easier to meet future financial goals.
- **Checking Accounts:** These are designed for everyday transactions. Students can use checking accounts for spending, such as paying for books or meals, while also keeping track of their spending habits.
- **Loans:** Banks offer loans for various purposes, including educational loans, which help students fund their studies. These loans often come with flexible repayment options.
- **Credit Cards:** Many banks offer credit cards that can be useful in emergencies or for building

credit history. However, it is important to use them wisely to avoid accumulating debt.

- **Digital Banking:** With the rise of the internet, many traditional banking services have shifted online. Today, students can use online platforms and mobile apps to perform transactions, monitor their accounts even make investments from the comfort of their homes.

Interest Rates

Banks pay interest on deposits, which means your savings can grow over time, thanks to the magic of compound interest. For example, if you deposit Rs. 10,000 in a savings account with a 5% interest rate, you'll earn interest not only on the initial Rs. 10,000 but also on the interest that has accumulated over time.

On the other hand, banks charge interest on loans, meaning you'll pay back more than you borrowed. Understanding the difference between interest earned and interest paid is essential to managing finances effectively. Learning about how interest works from a young age can help you make informed decisions, such as the benefits of saving regularly and the costs associated with borrowing money.

Digital Banking and Financial Technology

The banking landscape is rapidly changing, with digital banking becoming the norm. Financial technology, is transforming how we interact with banks. Students today are likely familiar with digital wallets like Google Pay, UPI (Unified Payments Interface) payment apps that make it easy to transfer money with a few taps on your phone.

Blockchain technology and cryptocurrencies are newer innovations that are reshaping the financial world. While these may seem complex, the underlying goal is to make banking faster, more transparent accessible to more people. For students, understanding these technologies could open doors to new career paths and financial opportunities in the future.

Importance of Financial Literacy

Financial literacy, or the ability to understand and manage your finances, is a crucial life skill. The earlier students begin to develop healthy financial habits, the better equipped they will be to handle money in the future. Simple habits like budgeting your allowance, saving for specific goals avoiding unnecessary debt can make a huge difference in your financial stability later in life.

Understanding banking is a key part of financial literacy. By learning how to manage a savings account, use a debit or credit card wisely and track your spending, you are setting the foundation for responsible financial behavior. These skills will help you manage the costs of college, living expenses eventually even larger financial commitments like buying a home or starting a business.

Conclusion

In conclusion, banking is much more than a service for adults—it's a crucial tool that can help students take control of their financial future. By understanding how banks work, learning about the services they offer using those services responsibly, students can build a solid financial foundation. Banking plays a pivotal role not only in personal finance but also in the broader economy. Starting early in exploring banking services and building financial literacy is the key to long-term financial success.

To Students, with Love

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A teacher's life becomes meaningful because of the students entrusted to his care; with whom he spends most of his time moulding, motivating, teaching and endeavouring to draw out the best in them. Students are the ones with whom he shares his knowledge, expertise, and his valuable time. Thus, the teacher's life is lived for the students wherein he is concerned of their growth and their holistic development. Stressing on the role of teachers, some consider teachers as 'Human Engineers' for, they mould, shape, nurture and build the young minds. It was Aristotle who said, "Education is the creation of a sound mind in a sound body." So, the role of a teacher is the creation of a sound mind; nurturing curiosity and creating meaningful learning experiences for the learners, the students. Hence, it goes without saying that students are important and precious in the eyes of the teachers; they are the most valued group of people for the teachers.

Every teacher will have something good to tell his students. Be sure, paying heed to the advice and good guidelines of the teachers will not be a loss but gain. My treasured students, through this write up, I wish to put down some advice for your life so that it may be of use to you today and in the days to come. I believe that these thoughts, coming straight from the heart, will go a long way in making you, successful men and women of tomorrow. I would like you to deeply ponder over these points mentioned below and take home something useful for yourselves which will stand you in good stead.

Live Life and be a Gift: Firstly, we often hear people say, 'life is a gift.' It is true. Life is a precious gift which needs to be made meaningful and well lived. To make life worthwhile, one should take it seriously. 'Life is like a one-way traffic,' is an undeniable fact. It does not repeat itself. Every stage of life comes once and therefore, life's every stage is vital and crucial. This calls for living every moment of life well, thoughtfully, and meaningfully. Given this fact, none can afford to waste time. Instead, every moment of life must be treasured, lived well, making judicious use of the time life offers you. Thus, when you live your life purposefully, making the best use of time and opportunities that comes your way, you become a blessing for others. In this way, your life is a gift for others. Life is received as a gift. May your life be a gift for others. Let others be blessed through you.

Proper Sleep-A Secret to Success and Happiness: Secondly, in today's world, sleep is given the secondary place. With the inroad of modernisation, technological gadgets emerged. Mobile phone may be considered as a bane and a boon. Despite the numerous benefits it gives, many,

especially the young people of this day use the mobile phone for relaxation and pastime. The youngsters today, are absorbed in the social media such as Facebook, WhatsApp, Instagram and the like. While being engrossed in them, sleep is sacrificed. In the famous essay, “Relative Duties of Young Men,” Henry Ward Beecher stresses on the importance of sleep saying, “God has made sleep to be a sponge by which to rub out fatigue. A man’s root is planted in night as in a soil.” Improper sleep begets ill consequences. It can lead to illnesses and disorders in the body. For a healthy body and a sound mind, proper sleep is a must. The old nursery rhyme, “Early to bed and early to rise make a person healthy, wealthy and wise,” speaks volumes on the importance of sleep. Given this truth, I earnestly urge you to sleep well for your wellbeing and happiness.

Health is Wealth: Thirdly, “Health is wealth,” is an old saying with all time truth and utmost relevance. To be healthy is the first thing before anything else. To attend one’s goal in life, one needs to be healthy. To do anything worth or become a successful person, health comes in the first place. However intelligent, skilful, capable one may be, if the person is unhealthy, everything is a failure. Every other thing is of no use. Hence, what I have in mind to say is, ‘sleep sufficiently, eat healthily, exercise regularly, play carefully, sweat daily, and avoid everything that is bad for health.’ It is everyone’s duty and responsibility to take care of one’s health and the beautiful physique we are blessed with. In this connection, William Hazlitt, a renowned English essayist, in his critical essay, “On the Conduct of Life” emphasises on the need of having good physique and urges his son saying, “You are at present straight enough, and you walk with boldness and spirit. Do nothing to take away the use of your limbs or the spring and elasticity of your muscles.” For him, physical fitness is paramount to take up the numerous opportunities the world offers. When you are physically fit, the rest will fall in line.

Respect for Elders: Fourthly, another very vital value you are required to imbibe is that of respect for elders. Today, this is a vanishing value. Respecting the elderly people has become a value of the past. It must be revived. Parents and teachers should endeavour to instil this very important value in the young minds of this generation. Dear students, it is central to understand that blessings come from giving the due respect for elders. When they are obeyed and respected, we are blessed to be successful and prosperous. Never ever disrespect elderly ones. Instead, love them, obey them, care for them, respect them and you will see good things coming your way. Having the required respect for the elders, parents, teachers and those senior to you is the right thing to do. Never compromise this great value. Have it with you all along your way as you move ahead in life. It will have good and pleasant consequences on you.

Embrace Opportunities: Fifthly, you are living amid opportunities. Each new day bring along with it, ample opportunities. Tom Peter says, “If a window of opportunity appears, don’t pull down the shade.” So, embrace them and not shy away from chances that come your way. The

more you accept these chances, the better person you become; self-confident, your self-esteem lifted high and skills enhanced. As you journey ahead towards your goal, opportunity will keep knocking at your door. When that happens, never remain aloof and miss them. A missed opportunity will not return. So, jump quickly at every opportunity that come your way and do not run away from it. Seek for chances, go after opportunities and be benefitted from them.

Be Skilled with Soft Skills: Sixthly, soft skills also known as “people skills” or “interpersonal skills” are abilities that relate to how you work and how you interact with other people. Examples of soft skills include communication skills, teamwork skills, Interpersonal Skills, Critical thinking, Leadership skills, Problem-solving skills, Time Management, Creativity, Adaptability and many more. Skilling oneself with these skills is the need of the hour.

Without these soft skills, you will have no place today. Acquire these interpersonal skills to be wanted and fitted in today’s world. Having them with you will put you in an advantageous position.

To conclude, I am more than sure that these thoughts shared will be of use to you as you strive towards achieving your valued dreams. As said, life is a gift to be made meaningful and successful. Do not waste time but value it above all things. Keep dreaming big and continue to endeavour till you scale the pinnacle of success. Life has its own ups and downs. Let the fretful stir of life not deter your will to win and the determination to succeed. The sure formula to succeed in life is ‘first thing first.’ Everyone dreams of being successful in life. Begin doing the one thing that will make you successful. Make every moment a moment of learning. As the popular quote goes, “Dare to dream,” work harder, stay positive and in everything you do, give your best and success and happiness will be yours. Live your life to the fullest, be successful and become a blessing to your parents, families, friends along the way.

“A parent or a teacher has only his lifetime; A good book can teach forever.”

~Louis L’Amour

Unleashing the Power Within: Empowering Women for a Brighter Tomorrow

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Today, I want to take this platform to spread awareness about women's rights and privileges. There are many initiatives taken up by several NGOs and government agencies to empower women. The cardinal principle of Justice System of our country is that if anyone has committed a crime, an accused is presumed to be innocent until proven guilty. But in case of crime against women, an accused is presumed to be guilty until proven otherwise. This is extremely important in protecting women's rights because many of the programmes and schemes are taken up based on this principle.

I want to specifically talk about one programme taken up by the Central Government exclusively for women folks. One Stop Centres (OSCs) are intended to help women facing violence in private and public places; within the family, community, work places, and so on. The programme provides integrated support and assistance to women affected by violence under one roof. To facilitate immediate, emergency and non-emergency access to a range of services including medical, legal, psychological and counselling support to fight against any forms of violence against women.

The OSCs are equipped with trained professionals to provide support to the affected women. This is the only programme of the Central Government exclusively for women and rightly so this is the need of the hour. I consider this programme as one of the most practical ways to empower women at the grass roots in its true sense.

Women empowerment is one of the most discussed topics in today's world and there are hundreds of laws passed for the protection of women. The irony is that crime against women is increasing day by day and it has become normalized to be discriminated. This is the time we stand up for ourselves and fight for our rights.

I would like to urge our people that if a woman is facing any kind of discrimination, or abuses, contact any OSC. The women in Tamenglong may also feel free to contact OSC, Tamenglong, or the number provided here. Let all the women know that we are as much capable as boys in almost all walks of our lives and we, the women, have equal rights as men. Let us be assertive and make this world a better place for our sisters and mothers to live in. The status of our society will be decided by how we treat our women.

Power to all women out there!

Importance and Role of Libraries in Our Society

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Introduction: Library from time immemorial has been considered as a “social institution”. It has an immense role in the modern society and regarded as the “gateway of knowledge” for the community. With the generation of new information sources including web-based resources there is a huge change in the role and form of the libraries. Today people in every sphere of the society irrespective of their age, profession, etc. from child to adult, from teacher to politician, businessmen to housewives use the libraries. Everybody use and need the services of a library. In today’s age of information both print and non-print materials are kept in a library. Conventional documents like books, journals, newspapers as well as non-conventional documents such as maps, charts, etc. are maintained together in a library.

Library and Society: Library and society are both interlinked and interdependent. Library exists for the need of the society. A library can be referred to as a well acknowledged “social agency”. It plays a vital role in shaping our society. It transmits and disseminates the accumulated knowledge through books and other materials.

In ancient times, libraries acted only as the custodian of books and other written documents. Writings on clay tablets, papyrus, parchment, velum, paper, etc were preserved in those libraries. Libraries existed as accumulation of personal collection of kings, in temples, religious centres. There was limited accessibility to these collections. Only the elite who were involved in acquiring knowledge had access to it. Gradually, with the increasing democratization of education, libraries became accessible to the general public and there was awareness about libraries.

Historical background: The earliest records of a library institution as it is presently understood can be dated back to around 5,000 years ago in the Southwest Asian regions of the world. One of the oldest libraries found is that of the ancient library at Ebla (circa 2500 BCE) in present-day Syria.

What is a library? The word library is derived from the Latin word “**libraria**” meaning “**a book place**”. It originated from the word “**liber**” which means “**book**”. A library can be described as:

- A room where books are kept.
- Collection of literary documents or records kept for reference or borrowing
- A depository built to contain book and other material
- A building that houses a collection

Definition:

- Library is Collection of information resources in print or in other forms that is organized and made accessible for reading or study. (**Encyclopedia Britannica**)
- A library is a collection of sources of information and similar resources, made accessible to a defined community for reference or borrowing. It provides physical or digital access to material, and may be a physical building or room, or a virtual space, or both. A library's collection can include books, periodicals, newspapers, manuscripts, films, maps, prints, documents, microform, CDs, cassettes, videotapes, DVDs, Blue-ray Discs, e-books, audio-books, databases, and other formats. (**Wikipedia**)
- Dr. S. R. Ranganathan, father of Library Science, describes the library as the public institution or establishment charged with the care with the collection of books and the duty of making them accessible to those who require to use them.

Thus, libraries can be referred to as places to get access to information in a number of formats from various sources.

Types of libraries: Libraries can be broadly divided into three categories:

- 1) **Public library:** Public Libraries are those which are developed for the use of general public and funded by public sources. It provides services to the people of a particular region irrespective of their age, religion, sex, profession, etc. Example: The National Library of India, Delhi Public Library, etc.
- 2) **Academic Library:** Academic Libraries are those which are available in a particular institution and provide the reading material and other services to the members of that institution. Generally these libraries are attached to education institutions and support the curriculum and research activity of the students. Example: School library, College library, University library.
- 3) **Special Library:** Special Libraries are those which provide specialized information services to particular category of users. Here documents of a specific subject are available. Example: Agricultural Research Library, Libraries for Disabled, etc.

Purpose and Objectives of a library: The main purpose of a library is to serve the society through the record of human thoughts, ideas and expressions by making them available to all. They vary according to the type of libraries.

1. To provide access to a large collection of different kind of books and other reading materials at one place.
2. To preserve literature for posterity.
3. To provide a place or an environment for study and research.

Services Provided: The basic service is to provide access to the collection of the library.

1. Reference
2. Circulation
3. Inter-library loan

Functions of a library: The functions of library are as follows:

- Build up a collection and provide books and other non-book materials to the people who need them.
- Helps to develop and promote the spread of knowledge, education and culture.
- Provide facility for both formal and informal life-long self education in the community.
- Furnish up-to-date facts and information on all subjects to all.
- Support for adult literacy initiatives.
- Provide reliable information to a variety of users irrespective of their age, caste, creed, religion, sex, profession, etc.
- Provide students with books and other reading materials that are relevant to the course curriculum in the academic institution.
- Help faculty members in preparation of their instructional courses.
- Support for job seekers via free access to the internet to search for and respond to job applications.
- Support to the disadvantaged.
- Preserve the literary works and the cultural heritage for posterity.
- Support for community involvement through the provision of information about the local area
- Provide Information Services – business, economic, social and other information to the needy.
- Supports research and development.
- Facilitate advancement of culture in the community.
- Fulfilling recreational needs and utilization of leisure time.

These functions may broadly be categorized into the following areas:

- a) **Education:** Library supports both formal and informal education and provides facilities for life-long education. It helps in the self-development in various stages of education.
- b) **Dissemination of Information:** Libraries provide current and accurate information to the intended users according to their subject of interest. They act as an information centres or referral centres for specific source of information like Information regarding employment, social programmes, public utility services, etc.
- c) **Promotion of Culture:** Libraries act as cultural centres and promote participation and appreciation of various arts. It helps to broaden our views and develop creative abilities by reading and thinking. It also help in cultural upliftment by organizing extension services like lectures, seminars, book exhibition.
- d) **Recreation:** Libraries help in utilizing the leisure time properly by providing books on fiction, magazine, newspapers, etc. Audio-visual materials are also kept in the library for use.

- e) **Preservation of Knowledge:** Libraries maintains archives of old and rare documents thereby preserving the literary heritage for posterity. It stores the literary works in various formats which helps the researchers to do their work.
- f) **Aids to Research Work:** Libraries assists research scholars in their work in the following way:
 - Libraries procure research materials such as books, journals, etc. and facilitate easy access and discovery of research materials.
 - Provides physical space to work.
 - Assists in gathering of vital information.
 - Provides information and advice regarding publishing, copyright, open access, citation.
 - Provides access to high quality content vital for research.

Recent Trends: The recent trends that are observed in the library are:

- i. **Library Professionals to Information Professionals:** The work of the librarians is now not limited to just mere circulation of books but providing the accurate information to the right user. In the age of digitization, documents are now available in e-formats and the library automation is must for every library.
- ii. **Traditional Libraries to Digital Libraries:** In the age of information technology, digital documents co-exist with printed books rather than only printed documents that were available in the traditional libraries. Initiatives are taken to develop digital libraries in India. Modern libraries subscribe a number of e-journals and e-books to facilitate the users through internet. Example: N-LIST of INFLIBNET.
- iii. **Library Co-operation to Resource Sharing Networks/Consortium:** No library is self-sufficient enough to accommodate each and every document. Certain issues like space, limited fund, increased price of documents, etc. restricts a library to acquire all the documents. In such case, a consortium or network is developed among libraries to share their resources. Example: INFLIBNET, UGC-INFONET E-Journal Consortium.
- iv. **Collection Development to Content Development:** A proper collection of documents have to be developed to satisfy user needs. Libraries have to assess and recognize the user's need and built up the collection accordingly so that the content satisfies the users.
- v. **Conventional Education to Web-Based Education:** It provides access to e-resources and there is increasing access to learning resources. It reduces the educational delivery cost and provides a new learning environment.

Future of Libraries: As long as books are there, libraries will exist in our society. But some eminent personalities have opined that in the near future libraries may not exist at all. Google

and other resources may weaken the relevance of the libraries. According to them, documents will be available in electronic formats only. Others think that libraries will exist but have to face a number of challenges. The job of the **librarians** is very important. Even a small library must have a librarian whose task is to arrange the documents and make them available for the users. The focus will be on the following areas:

- 1) **Organizing the universe of knowledge:** The librarian should explore the knowledge needs of the people. They should capture and manage the new emerging knowledge.
- 2) **Managing online content:** Librarians should learn the skills for using online resources and Use of search engine in selecting the best online content. They should possess basic knowledge of web resources.
- 3) **Understanding the needs of library users:** Librarians help users to satisfy their requirements and in this process may use information technology. They should also encourage the use of reliable information sources.
- 4) **Developing Technical skills:** Librarian should be technology friendly, support digital database development and take initiative in digital archiving and preservation.
- 5) **Evaluating users' need:** For this, the librarian should first prepare a complete list of users needs of both present and future and information may be collected through questionnaires, interviews and observations. The data which is collected should be classified and after analyzing the data, suggestions to be recommended.

Conclusion: Education is the backbone for the progress of any society. Libraries provide the crucial role in promoting education, research, personality development, ethics and other important values. A society cannot flourish without proper education and the primary requirement of the education system is the knowledge available in the books. Libraries acquire books along with other reading materials, organize them, preserve them and disseminate the information to the users. In this way libraries play an important role in development of the society.

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Shiv Khera's Blueprint for Success: A Review of the Book, "You Can Win"

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"You Can Win" is a self-help book written by an Indian author Shiv Khera published in the year 1998. It has become an international bestseller with over 3.3 million copies sold in sixteen languages. This book focuses on providing step by step tools and practical and motivational advice for the readers to achieve success. The book describes the tools needed for success and offer helps to the readers to build a successful and rewarding life. It has 13 chapters dealing with positive attitude, success, motivation, self-esteem, positive personality, goal setting, values and vision. The author writes in a simple, conversational tone which makes the readers understand easier. He also uses humour and personal stories, real life examples with morale, and step by step strategies to connect better with the reader.

Some key concepts of "You Can Win" by Shiv Khera are:

1. **Attitude is Everything:** Ability teaches us how we do, motivation determines why we do and attitude decides how well we do. Shiv Khera emphasises the importance of having a positive attitude and mindset in order to achieve success. To a positive thinker, a setback can be a stepping-stone to success but to a negative thinker it can be a stumbling block. He also emphasise that a positive attitude makes life meaningful and rewarding.
2. **Path to Success:** Shiv Khera emphasise that success is not an accident but it is the result of your attitude and your attitude is a choice. The qualities that make a person successful are desire, commitment, hard work, character, positive thinking, giving more than what one gets, persistence, the will to be a learner and getting the right mentor.
3. **Set Clear Goals:** So long as you have your eyes on the goal, you don't see obstacles. Shiv Khera stresses the importance of setting clear goals in order to achieve success. He suggests breaking goals into smaller, achievable steps in order to make progress towards larger goals.
4. **Develop Good Habits:** Shiv Khera also suggests that developing good habits is the key to achieve success.

The key lessons of this book are about taking ownership of our own lives. By being positive and by implementing all these principles, readers can increase their chance of achieving success in all areas of life. The writer also underscores the need of being proactive in order to take control of things in life rather than being controlled by them. He boosts the reader to turn weakness into strengths, build positive perspectives towards life, give positive strokes to oneself and others, and building up positive habits and character. The writer also teaches the readers to build up mutual respect and loyal relationships with each other. Finally, the book serves the purpose of motivating the readers to prepare a backup plan and act smartly and wisely.

SECTION-II (SHORT STORIES)

Sanariangpiliu: A Forgotten Folktale of the Rongmei Nagas

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Long long ago there lived a beautiful girl named Sanariangpiliu in a village. One rainy and cloudy day her mother went for crab hunting with Chagaimeilupui(witch) to a river in the jungle. The witch ate every crab she caught, so she had nothing to carry home. Whereas, Sanariangpiliu's mother collected the crabs in her traditional bamboo container to carry home for her daughter.

On the way back home, they saw beautiful and colorful flowers, a little up the hill. They stopped by as they were tempted to collect flowers for their daughters. The cunning witch asked Sanariangpiliu's mother to climb up the hill and collect the flowers while she waited. Sanariangpiliu's mother collected the flowers and rushed back to climb down as the weather was foggy and dark in the jungle. The jealous witch overpowered by her jealousy, asked her to step on the slippery, old and weak branch of a tree. Sanariangpiliu's mother stepped on the branch and it broke and she fell down the steep hill and died.

The witch returned home carrying the bamboo container of Sanariangpiliu's mother containing crabs for her daughter. Since it was dark and late, Sanariangpiliu worried for her mother who didn't return, went to the witch house to enquire about her mother. The witch replied, "Your mother, being greedy, stayed back wanting more and more crabs". But Sanariangpiliu's mother never returned home.

That night, Sanariangpiliu slept with her little sister. In her dream, her mom came and asked, "Alule (daughter), Shall I come back to life or not?", to which Sanariangpiliu replied, "Apuile(Mom)", please come back to life". The mother then asked "If you want me back to life, pour full water in the water tank at the backyard. Then, I'll come back as a tortoise." Sanariangpiliu did as told in the dream.

Sanariangpiliu's mother came back as a tortoise and they lived days and weeks together with Sanalimpiliu caring for her mom by protecting her from the scorching heat of the sun and strong winds and rain. One fine day, the witch daughter visited Sanariangpiliu's house and asked for water as she was thirsty. Sanariangpiliu offered her cold water from inside the house to which the witch's daughter insisted the water from the water storage at the backyard. Hurriedly, Sanariangpiliu hid the tortoise in the back corner of her house and narrowly escaped being caught.

One day, the witch went to Sanariangpiliu's house and invited her to stay with her and her daughter as she was feeling lonely without her mother. Convinced by the empathy of the witch, Sanariangpiliu went to stay with her leaving her house. Fate has forced Sanariangpiliu to adjust to her new life at a new place. Every day, she went to a nearby pond to fetch water with the witch's daughter. Children of the king also used to come to take bath at the pond. They used to prank the girls to carry water for them to take bath. Sanariangpiliu, being little shy, the witch's daughter usually would volunteer to carry water for the boys. But the boys usually threw away the water brought by the witch's daughter. They asked, "Let the water be carried by the beautiful one amongst you two". Then, Sanariangpiliu started carrying water for the boys to which the boys took proper bath and went back home satisfied.

One day, the witch's daughter started feeling insecure of herself in the presence of the beautiful Sanariangpiliu and told her mother that the boys threw away water she carried for them whereas, they took bath when Sanariangpiliu brought water for them. The witch's began to feel angry and jealous of Sanariangpiliu as she wanted her real daughter to be desired and admired by men. In the meantime, the boys also related the same story to the King. The king sent his men with his palanquin to bring the beautiful girl. The king's men did as ordered and brought the beautiful Sanariangpiliu to the king's palace. The king was satisfied with the beauty of Sanariangpiliu and he married her and she became the queen of the palace. The king cared and loved Sanariangpiliu and they together had two children.

The witch's jealousy and anger couldn't let her stay in peace but plot to take down Sanariangpiliu who was favored by the king. One day, she pretended sick and requested the king to allow her daughter Sanariangpiliu to come and look after her for few days. Sanariangpiliu, being kind towards her as she treated the witch like her own mother, went to take care of her. Sanariangpiliu took good care of the witch. Yet, she poisoned her and killed her.

The king became furious as the queen didn't return home for long. He sent his men to the witch house to pick his wife. The king men asked, "The king sent us to take the queen home". The witch disguised as the queen replied, "Yes, I'm the king's wife. I'm here. I'm now free to go home as my mother is also better". So the king's men took her home. The witch became the wife of the king and had one child with the king.

One day, the boys went to the pond to take bath and saw a dove on the branch of a tree that chirped, 'tugu tu, tugu tu', let the message reach the king or else your necks will become weak, shrink smaller and smaller and break." They heard the dove whenever they went to take bath at the pond. But they didn't pay heed to the bird. Gradually the boys grew weak and their necks became smaller and smaller. Surprised by how his children grew thin even if they were fed well, the king asked what had happened to them. Scared of the king, they reluctantly told

him that a bird used to warn them whenever they went to take bath but they didn't inform the king. The king grew suspicious that the witch was not his real wife and he couldn't sleep for days.

One fine day, the king went to the pond with a grain of rice, prayed and asked the bird "If you are my wife reincarnated in the form of a bird, pick the grains from my palm". The bird picked the grains and ate admitting that she was his wife. The king realized the bird was his wife and the witch an imposter. So he took the bird in a cage and went home and kept the bird at his house, feeding the bird and observing the bird everyday with care and love.

One day, the bird having motherly instinct, seeing the baby dirty with mud, tried cleaning with her beak. The witch saw the bird trying to pick the baby with its beak. The witch became angry and accused the bird that her son's eyes could be blinded by the bird's beak. She killed the bird.

Weeks and months passed by. One fine day, Sanariangpiliu was reincarnated as a real human being and was married to one man in that village. In her new life, she used to weave traditional cloths. A boy used to come and play traditional game of throwing stick nearby her house. She suspected him to be her son. So one day she sang a song while weaving the cloth; "I can never part from you my son. If you are my son, bring back the wooden stick I used for weaving when I throw towards you". He threw the weaving stick and he brought back to her confirming he was her son. Sanariangpiliu from that day lived happily ever after realizing her son is still alive under the rude queen. But the witch lived a miserable and pretentious life. The king, at last, realizing she was an evil woman, couldn't tolerate her anymore and put the witch to death.

Translated by:

NG Tuakeulung, Asst. Professor, Department of English, Tamenglong College

Moral of the Story:
"When you do bad things, bad things happen to you."

A Reflexive Brief Encounter

Dr. S. Solomon

*Assistant Professor, Department of Economics
Tamenglong College*

(Disclaimer: Welcome to a world of imagination, where characters and events are born from scratch)

One cold and windy, late evening in the early spring of this year, I was finalising my thesis related work which I had invested for the last couple of years when I received a call from my friend telling me that I would be starting a new adventure in my life. Mixed feeling resonated my mind as I prepared myself mentally and physically to leave my room which I called home for years. Fast forward through days of hectic schedules and I suddenly found myself in a town where every resident was a stranger, every road and street unfamiliar, and every location a new discovery. With a mix of instinct and courage, although I felt out of place, I tried to blend in with the locals. That trick has always worked whenever I go to new places. I initially thought it was a good move, only to discover that certain aspects of life cannot be manipulated—this time in the form of unpredictable weather.

A sunny afternoon abruptly descended into a heavy downpour, leaving me stranded in one General Store. As I kept waiting for the rain to subside, a thick mist began to envelop the town. After what felt like an eternity, I noticed a customer getting ready to leave, unfolding her umbrella. Being a stranger to the place, I hesitated to approach her, but I finally summoned the courage to ask if I could share her umbrella. She paused, glancing at me as if trying to remember whether she recognized me. All this time, I had a belief that there is a contract in polite society: usually, if asked nicely, we do things for each other. After a long pause, she finally agreed. As we walked through the rain, a thought came to my mind, did I just stumble into real-life meet-cute rainy afternoon?. A perfect scene for a romantic movie with rain in the background and walking under the umbrella accentuating the feelings of being in the real-reel life. We exchanged a few words while walking in the rain and before we parted, she said, “The weather here is shrouded in a mist of mystery; there is only room for accustomization”.

The following day as I stood in front of my students for the first class, in an engaging conversation, I caught attention of some students who reminded me of my high school days. I was reflexively taken back to that moment under the spotlight in my high school classroom. I was seven when my family moved to town. That was when I first attended an English speaking school. My initial days of transition were miserable. It was full of little humiliations: the kind that with the hindsight of adulthood seem trivial but in childhood, it was something that had always occupied my thought; the seed of a feeling of inadequacy that one can never expel. I could read some easy words but speaking a sentence of it was something of a nemesis, having grown up until that point in village, and been influenced by those around me who were strictly mother tongue speakers.

I remember sitting silently in class in a daze, hoping no one would notice my inability. But I drew attention from teachers and classmates as I was the new face in the class. Throughout the day, I had to hide in fear from teachers as they enquired about me. I stood motionless with a terror stricken face with every questions asked. The awkward and insecurity started from the first day and did not stop until I had learned enough English to lose the stain of difference. But thanks to some borrowed English words that have now become integral part of my mother tongue. They guided me in translation and understanding of the unknown communication. And what emerged was an ambition that at least provoked some curiosity in my mind. That had been a start of my long journey.

I do not actually remember learning English. With the acquaintance of my environment, I lost track of learning process: one day I was sitting in humiliated isolation and the next being able to read and speak as my other mates do. Despite the quick uptake, my language challenges weren't over. My English was lopsided. Unsurprisingly, today, even after more than a decade of education in English language, I still falter by the standards set for the teachers. At times, my accent is all over the place. I still often have to pause in speech and translate thoughts in my head from mother tongue first, which affects my articulacy; and I still mispronounce words. Despite its imperfection, it has been a reliable and effective means of my learning process. At times, even an inspiration.

Sometimes, I often shy away from my mother tongue influenced English not realising the magic of language in its capacity to spontaneously evolve to facilitate communication, incorporate and accommodate the influences according to its uses. I also realise how the lack of vocabularies in my mother tongue affects the way I perceive idea, knowledge and understanding of concept written in other languages. With that realisation, reality soon catches up, and my appetite for mother tongue influenced English improves. This newfound appetite facilitates me to have better understanding and perception of abstract ideas. At the very least, I realise that my English will never be perfect. But, with the ever-evolving magic of language and its perception refining ability it brings along with this evolution, I am now able to express my thoughts more clearly and I do not hesitate to try a mixture of different languages.

Day after day, as I go on with my everyday classes in this newfound journey, I now consider that high school incident a transformative blessing. It serves me as a prelude for building an effective empathy, enabling to connect with someone in need rather than finding a more creative ways to skive off the problem. Weeks turned into months and as I recollect that brief encounter on my first day in the Town, those words from that mysterious girl, which I thought to be just a welcome words, ring loud in my head. Although I still couldn't comprehend everything, only time will unravel all the mysteries and maybe even make room for accustomization.

SECTION-III : SELECTED REPORTS

IGNOU STUDY CENTRE-1790, TAMENGLONG COLLEGE:

Mr. NG Tuakeulung
Coordinator

IGNOU SC-1790, Tamenglong College

About IGNOU SC-1790, Tamenglong college in brief

- Opened in February, 2022.
- **Programmes offered:** BA General (BAG), BA (Honours) Political Science (BAPSH), BA (Honours) Sociology (BASOH), BA (Honours) History (BAHIH), Masters of Arts History (MAH), Masters of Arts Sociology (MSO), Masters of Arts Political Science (MPS), Masters of Arts English (MEG).
- **First Term End Exam of IGNOU** conducted at Tamenglong College from 22nd July 2022- 5th September, 2022.
- **First Admission taken in July 2022 cycle** at IGNOU Tamenglong College for the programmes mentioned above. Total 161 students enrolled in different programmes (BAG-70, BAHIH-03, BAPSH-06, BASOH-02, BAEGH-02, CDM-01, DAFE-01, MSO-29, MPS-23, MEG-15, MAH-09).
- **Total strength at IGNOU study centre-1790** is approximately 400 students

Benefits of studying at IGNOU, Tamenglong college

| Sr. No. | Target |
|---------|--|
| 1 | Offers free Admission and Books for BA Program for all ST candidates |
| 2 | Any private or government employee can upgrade their degree for promotion |
| 3 | Any IGNOU student admitted in any study centre across India can appear their Term End Exam at Tamenglong college |
| 4 | One can appear for any All India Competitive Exams including civil services after obtaining IGNOU Degree from the Study Centre |
| 5 | There is no requirement for study gap affidavit or any such document for admission in IGNOU |
| 6 | IGNOU offers scholarships for MA students |
| 7 | IGNOU study materials are sought after by competitive exam aspirants |
| 8 | IGNOU provides education at doorsteps |

You are never too old to learn and create a new goal, for there is no age limit to learning.

Inception of NCC Unit for Girls at Tamenglong College: A Brief Report

N. Rose Gonmei

*Asst. Professor, Education Dept. and ANO NCC
Tamenglong College*

Introduction:

With the approval from the CO, 65 (M) Girls Bn, Imphal, the NCC unit for Girls students was established in Tamenglong College in 2023. The Principal, Tamenglong College has appointed, N. Rose Gonmei, Assistant Professor, Department of Education as the Care Taker Officer (CTO).

Enrolment:

- 53 Girls students were enrolled as the first year Cadets of NCC Unit Tamenglong College for the year 2023-2024.
- 37 Girls students were enrolled for the year 2024-2025.

Training and Activities conducted:

- Right after the enrolment, theory classes were conducted by the CTO as part of Institutional Training.
- Tree Plantation Programme was organised on the theme, “One Cadet, One Tree Campaign”.
- Participated in the Independence Day Parade 2024.
- Cadets participated in NER Weekly Quiz organised by the NCC. One cadet by the name, Genevieve was placed in 2nd position in one of the Weekly quiz.
- Organised Rally in different parts of Tamenglong Town from 1st – 2nd October, 2024, as part of “Swachh Bharat Diwas”.

Facilities:

- Provides refreshment, uniforms, washing allowances etc.
- Classes given to cadets free of costs.
- Regular training in various activities like, drill, shooting, adventure sports, and leadership exercises.
- Camps for hands – on experience and teamwork.
- Access to books, manual etc to enhance learning.
- Financial assistance to deserving cadets.

Benefits:

- Leadership Skills.
- Physical Fitness.
- Self-defence Training.
- Teamwork and Camaraderie.
- Opportunities for Adventure.
- Social Awareness.
- Scholarships, incentives, and Admission Opportunities.
- Career Opportunities.
- Patriotism and National pride.
- Life Skills.

Conclusion:

NCC is opened to students in schools and colleges, and participants can earn certificates that enhance their resumes, college applications and job opportunities. The organisation also encourages social services and community development.

Empowering Youths through Service: A Glimpse into our NSS Activities

*Makhou Gangmei,
Asst. Professor, Dept. of Economics
PO NSS Unit I, Tamenglong College*

Introduction

The National Service Scheme (NSS) plays a pivotal role in instilling a sense of social responsibility among students, promoting community service, and empowering youth to address societal challenges. Throughout the year, our NSS unit at Tamenglong College has organized various programs aimed at enhancing life skills, fostering community engagement, and encouraging youth participation in nation-building initiatives. This report highlights the key activities undertaken by our NSS unit, showcasing our commitment to making a positive impact in the community.

Key Activities Conducted

1. ***Interaction Program on Life Skills.*** On October 13, 2022, we conducted an interaction program focusing on life skills, during which we appointed team leaders for various sessions. This initiative aimed to encourage NSS volunteers to discuss local issues such as roads, water supply, health, electricity, drug abuse, college punctuality, and gender discrimination. Ice-breaking sessions were organized to foster camaraderie among volunteers, facilitating open dialogue and collaboration.
2. ***Yuva Utsav 2022.*** On October 4, 2022, our NSS unit collaborated with the Nehru Yuva Kendra Sangathan, Tamenglong, for the District Level Youth Festival, Yuva Utsav 2022, held at Shikinu-inn, Tamenglong HQ. The event featured a variety of competitions, including painting, cultural dance, and traditional song performances. It attracted youth from across the district and included motivational talks by youth icons in social work, entrepreneurship, and sports.
3. ***Workshop on Youth in Nation Building.*** From February 21 to 23, 2023, we conducted a three-day workshop themed “Youth in Nation Building.” NSS volunteers were actively involved in various roles, such as moderating sessions and managing logistics. Faculty members delivered insightful talks on topics including youth in politics, skill development, sanitation, and disaster management and many more. Each session concluded with a Q&A, encouraging interaction and participation. The workshop culminated with remarks from the Principal of the college, emphasizing the importance of youth engagement in national development.
4. ***Participation in External Programs.*** Our NSS unit also engaged in several external activities, including a five-man soccer tournament, Red Ribbon Club quiz focused on mental health, blood donation, HIV, and TB awareness at both the district and state levels organized by

District Aids and State Aids Department respectively. These initiatives underscored the significance of teamwork and fostered a deeper sense of community engagement.

5. ***Sanitary Campaign and Cleanliness Drives:*** On February 3, 2024, a sanitary campaign was conducted at Dimthanlong village, emphasizing hygiene and health awareness. This was followed by a cleanliness drive at Junior High School on May 18, 2024, demonstrating our commitment to maintaining a clean and healthy environment.
6. ***Observance of Special Days:*** We celebrated World Environment Day on June 5, 2024, through an essay writing competition focusing on “Land Restoration, Desertification, and Drought Resilience.” Additionally, we observed Yoga Day on June 21, 2024, promoting physical and mental well-being among students.
7. ***Swachhata Hi Seva Campaign:*** From September 17 to October 2, 2024, our NSS unit participated in the Swachhata Hi Seva campaign, pledging to maintain cleanliness in our surroundings. Sewa Pakhawara was conducted at district hospital on 18th September, 2024. We organized a mega event on September 26, covering Rani main market and the main roads of the headquarter, where we collected 80 kg of plastic waste besides other waste materials, reinforcing our commitment to environmental sustainability.
8. ***Special Events:*** We observed "Ek Ped Maa Ke Naam" on September 30, 2024, and conducted Swachh Bharat Diwas activities in collaboration with the NCC cell and college staff on October 2, 2024.

Future Plans

Looking ahead, our NSS unit is excited to announce plans for special initiatives this winter including special NSS camp aiming to further engage students and address pressing community issues.

Conclusion

The activities undertaken by our NSS unit reflect our dedication to social service and community development. Through workshops, interaction programs, and participation in local events, we are not only developing essential life skills but also fostering a sense of responsibility among students. As we move forward, we remain committed to empowering our youth to become active participants in nation-building and community welfare. Together, we can make a significant difference in the lives of others and contribute to a better future. Special thanks to our NSS volunteers, other organizations and everyone who supported our initiatives.

Fashion: Where Art Meets Passion

Lugailiu Riamei

BA 2nd Semester, Dept. of Sociology

Fashion is nothing but a trend that keeps on changing over time. It can take place in a day, week, month, season, year, over a generation, or even in a century. It keeps on changing every second, minute and hour of our life. Fashion never ends but it is like a cycle that keeps on repeating in a loop: like a water cycle in which the old trends become new and the present trends become old. Fashion is more than just a pursuit of novelty; it is a reflection of life's cyclical novelty nature. Just as fashion trend repeats itself, our actions and decisions come in full cycle, teaching us that our past mistakes or wrongdoing will eventually resurface. In this ephemeral world, our deeds create a ripple effect, constantly evolving and influencing our future.

Fashion designing extends far beyond sewing and design; it demands sacrifices, hard work, and unwavering dedication. What fuels the ambition should not be profit but unrelenting passion, and hope. In order to achieve this, one must push through despite depression, insecurity and difficulties. Further, one must not always let others discourage us from pursuing our dreams. When your interest and ability align, prosperity follows regardless of external validation. Being a millionaire or billionaire is not the standard of one's success. Ultimately, self-recognition is the greatest acknowledgement of oneself. One must always believe in innate abilities and the world will too, one day.

“If you know that the stone you are going to step on it is always balanced, then it is always balanced. We can change our fate but our fate cannot change us.”

Self-Love

Enthuilungbe Disuang
BA 4th Semester, Dept. of Sociology

Self-love means having a healthy regard for one's own inner values, dignity and identity. It demands an appreciation of our identity which in turn impacts our thoughts, values, emotion, commitments and behaviours. It does not make one an egoistic, instead, it helps humans establish healthy boundaries, keep negative thoughts away and practice self-care.

A person who loves themselves understands that they must first look inward to discover their worth, esteem and happiness. As a result, their lives are more stable and joyful than those who compare themselves to others or those who rely on external sources of validation. A person who loves themselves doesn't need to depend on others to be happy. It creates an opportunity in life to succeed. Success comes once we believe in our own action and when we value ourselves and stand firm in our own boundary.

Self-love encourages us to pick good habits. People who love themselves are less likely to suffer from depression and anxiety. It paves the way to a positive mindset which is the essential ingredient for success in life and for mental well-being.

Self-love is a skill which we should develop within ourselves. Without feeling positively towards ourselves, we may find it difficult to love ourselves. It is crucial for every human because it motivates much of our positive behaviours and reduces harmful behaviours. If we can learn to love ourselves and all the flaws, we can love other people so much better. Put yourself a little higher in your priority list; think highly of yourself as the world takes you at your own estimate. Make meaningful change and become the best version of yourself.

"The only way to do great work is to love what you do."

~Steve Jobs

Today's Generation

*-Rebecca Gonmei,
Girls' Common Room Secretary*

Today's generation is a digital generation and often it adapts effortlessly to technological innovations. The older generation lives in a different era and this group of people finds it challenging to keep pace with constant changes resulting from the inroad of modernization.

Children, adults and older people have different ways of dealing with problems. The difference in attitude and point of view occurs due to the generation gap. Societal values and norms transform over time and it leads to differences in perspective between generations.

Our way of communication has changed over time. The use of social media, memes, is common among younger generations, Which is creating a communication gap between the young and the old. The aged people may prefer traditional form of interaction while the younger ones are absorbed in the world of social media through WhatsApp, Facebook, Instagram and the like.

Educational programs can be implemented to highlight the challenges posed by generational gaps to raise awareness and promote understanding. Older and younger generations must listen and learn from each other. At this juncture, it is very crucial to foster empathy and understanding between these two generations of people.

THE STRUGGLE IS REAL

-Lungdai Panmei, B.A. 2nd Semester

Drops of silver rain have fallen from high, in a heart of despair,
Laying down under the sound of tiny rain,
For the exam is knocking at the door.
We're stuck in a quandary of laziness and worries,
Giving rise to a realm of stress.

The absence of electricity adds to stressfulness,
Every student in the situation not different;
Hoping to change the outcome, but all in vain;
Waiting year after year, but there's no change.

Oh! poor students of Tamenglong college,
We're in the same plight;
Longing for a break, yet, it's hard to cope;
But let's continue to hold on to hope, come what may,
Let's overcome laziness, inculcate diligence with patience,
For a light will shine in the darkness,
And guide us through, to a brighter future.

'ECLIPSE'

-Namguiliu Kamei, B.A. 1st Semester

In the quiet space between the day and night,
Where shadows linger just beyond the light;
A moment holds its breath, both sharp and slight,
An eclipse of thought, where minds take flight.

Beneath the surface of the common grind,
A spark of curiosity you'll find;
In the clash of old and new entwined,
A chance to shape, to seek, to redefine.

The lecture fades, the textbook closes,
But in these fleeting hours, a truth we chose,
To learn not just from what the world bestows,
But, from the questions that we dare to pose.

So, in the silence of a midnight room,
Where dreams and doubts together loom;
Embrace the dark, for it's in the gloom,
We find the light to help our spirits bloom.

MY GOLDEN CAGE

-Chunthuiguangliu Panmei, B.A.1st Semester

I was embraced with love;
They even put me in a golden cage.
My friends flew by my window,
And said, "Oh! how jealous we are."

They fed me grains,
I said that I was full.
They burst into tears,
Saying, "It's not tasty enough."

I told them, "I want to fly."
Said that the wind was too strong for me;
Told me to fly inside my cage.
My friends uttered, "Oh! how jealous we are."

I tried to reach my friends,
Crying and flipping my wings,
But they enjoyed yapping by my window,
Saying, "Oh! how jealous we are."

When can I spread my wings,
And fly with the wind above the sky,
And remind my friends,
That we were meant to fly.

LAUGHTER OF THE DAY

-Naomi Pamei, B.A.2nd Semester

A smile creeps up, a chuckle too.
A laugh of a day, keeps worries at bay;
With every laughter, our hearts beat as one;
In this moment, we've just begun.
With our every laughter, our spirits soar,
In laughter's embrace, we find our peace;
Our heart entwined; forever and ever more;
A sense of belonging, our souls released.

In this world of ours, where laughter flows free,
Laughter is the language, that makes us whole;
Like the branches of a tree, we grow as one.

Our love, the roots, that forever have won,
Retained our youngness, like a leaflet.
Let's laugh together as one, everyone!

SHADOW

-Meiningthuagliu, B.Sc. 1st semester

“Hello, Nature, it’s me.
I’m just the same as you,
Walking alongside, I can dance,
Just the way you do;
I can be human too.

The thing is, you are fair,
You can smile and laugh,
You can see me and feel it;
But I can’t feel anything,
For I have no heart, no physical body,
And no one talks to me.
I’m alone, looking after you.

I can change my height more than twice a day,
Which you never do.
The world looks at me with their own eyes,
As I appear only in the day;
Nature doesn’t notice my looks,
And I’ve never heard of love for me.

I’m no one else,
I’m just a dark body,
No one hugs me.
You can only see me in the light,
I’m the best friends of hours,
I’m just a shadow, call me ‘shadow of light’”.

A VILLAGE LIFE OF POVERTY

-Eneikambe Panme, B.Sc. 2nd Semester

*I was born in a hut with the status of poverty,
without a proper shelter;
I was taught in much tears than Hope;
I was brought up without a statue of liberty to salute;
Life of village, where a knife is valuable than a pen.
So, roll yourself with a catapult in your pocket,
To hunt around in the jungle.
But who is there to cover up your action?*

*I grew up with no slipper on my foot,
Penny was nothing better than a paise,
Notes were more countable than coins.
Valuable was money for buying marbles than schools.
Were compelled to compete with friends,
To get more profit in marble games than education;
And enjoyed a day without a school;
Haunt around without a food,
Sleep around with hunger;
Seems like roads are places to rest,
When the energy of hunger sucks up,
All function in the body;
The evening was time to enjoy with scar of sticks on the butts;
Then a tear could make lullaby a better night sleep,
Seems everything is incense innocent.*

REPORT OF STUDENTS' UNION TAMENGLONG COLLEGE

Zukthanlung Gonmei
BA 4th Semester & General Secretary SUTC

On behalf of the Students' Union Tamenglong College (SUTC), I would like to thank the student community, Principal and staff for all the encouragement and support to the Students' Union during our tenure 2023-2024. Without your help, we wouldn't be able to carry out the activities we did successfully.

SUTC 2023-24 Activities

1. **General Election** of the SUTC was conducted on 16th November 2023 for the session 2023-24 and the following students representatives were elected for various posts as follows:

| SL/No | Name of candidates | Post |
|-------|-----------------------|------------------------------|
| 1 | Jukthanlung Gonmei | General Secretary |
| 2 | Gaitiplung Panmei | Finance Secretary |
| 3 | Poujianliu Kamei | Magazine Secretary |
| 4 | Abel Gonmei | Games & Sports Secretary |
| 5 | Pamei Genevieve | Debate & Extension Secretary |
| 6 | Lusinguangliu Gangmei | Social & Cultural Secretary |
| 7 | Rebecca Gonmei | Girls Common Room Secretary |
| 8 | Wikhai Chawang | Boys Common Room Secretary |

2. **Annual sports Meet 2023** was conducted at the college ground from 22nd to 24th November 2023 with the theme “**Play to learn for life**”. Students were divided into four houses and each teacher represented each house supporting and leading the students. Various outdoor games like: Football, Volleyball, Tug-O-War, Kabaddi, Running Race, traditional Pole climbing, etc were played along with indoor games like, Table Tennis, Badminton, Carrom, and Chess. The Champion house got the Trophy on the closing ceremony. Chief Guests were invited on the opening day as well as closing ceremony of Sports Week.
3. **Social work** with the initiative of the SUTC was carried out at the college campus, Tamenglong Hospital and main market areas in pursuit to keep college campus clean during the tenure 2023-24.
4. **Cultural Day** was organized by SUTC on 11th May, 2024 with the theme “**Our Culture our Identity**” at the college multipurpose hall and various items including fashion show on traditional dress, traditional drum beating, traditional fire making, etc were shown.
5. **Farewell Program** to BA & B.SC passed out students was held on 24th May, 2024 with the banner “**May your dreams come true**” at the college multipurpose hall.
6. SUTC also organized **Teachers' Day** on 5th September, 2024 with the theme “**Mentors & molders: Crafting tomorrow's leaders**”. The SUTC along with all students gifted each teacher with a gift to show our appreciation and love.

Brief Note on Debating Competition Held at Tamenglong College

Pamei Genevieve Gaikanpou

BA 2nd Semester, Debate & Extension Secretary

At Tamenglong College, The Debate and Extension program plays a vital role in shaping the minds and skills of our students. As the student's Secretary of Debate and Extension, I am proud to witness how our programs contribute to the holistic development of students. Debate, as a platform, sharpens not only the intellect but also cultivate essential leadership qualities. I had a privilege of participating in one of the most thought provoking debates organised last year by the Sociology Department. The Debate centred on the topic "Does Gender equality exist in Zeliangrong community?" sparked insightful discussions on an issue deeply rooted in our cultural heritage.

The debate highlighted varying perspectives on the role of gender within the Zeliangrong community. One side argued that norms still place women in secondary roles, particularly in decision -making processes, land ownership and leadership positions. On the other hand, the opposing team contended that the progress been made, pointing to the increasing participation of women in education, entrepreneurship and community leadership. They highlighted instances where Zeliangrong women have broken barriers, challenging age-old stereotypes and advocating for a more equitable future. This debate not only sharpened our critical thinking and public speaking skills but also deepened our understanding of the complexities surrounding gender roles in our community. It reminded us of the importance of engaging with such vital topics to inspire, change and foster greater awareness.

Our extension programs at Tamenglong College play a crucial role in furthering such discussion beyond the debate hall. Tamenglong College remains committed to nurturing leaders who are not only intellectually capable but also socially conscious. Through debates like these and our extension activities, we are empowered to question societal norms, advocate for equality and contribute to the progress of our community.

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