প্ৰজ্ঞা

এক সাতোৰঙী বতৰা

PRAJÑĀ

Ek Xaatorongi Botora

Chief Editor
Dr. Alia Zebin Ahmed
Joint Editors
Abhilekh Hazarika
Ankit Baruah
Moyuri Borah
Tanveerul Islam Huda

EDITORIAL BOARD

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Ek Xaatorangi Botora

2nd Issue of NEFIAN | 2023

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FRONT AND BACK COVER PAGES :

The front and back cover displays an amazing piece of artwork by Arnisha Bhowmick, a BBA 6th Semeter Student from the Department of Management of NEF College.

PRAJÑĀ

Editorial Board

Disclaimer :

The opinion expressed by authors and data provided by them do not necessarily reflect the views of the Editors or NEF College. The College regrets for any mistake whatsoever that might have crept in despite precaution in the process of printing. Any constructive suggestion will be appreciated.

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तमसो मा ज्योतिर्गमय

"Saraswati, the Goddess of Knowledge and wisdom,
blesses us with the power to learn and grow"

ACKNOWLEDGEMENT

We would like to express our sincere gratitude to our respected Director of NEF Group of Colleges, Dr. Zakir Hussain for granting us the opportunity to publish this college magazine under the name **PRAJÑĀ - Ek Xaatorongi Botora, 2nd edition of NEFIAN.** We would also like to offer a special thanks to the respected Assistant Director Mrs. Farhana Ahmed for ensuring all necessary requirements to fulfill the purpose. A heartfelt appreciation to Dr. Alia Zebin Ahmed, Head, Department of Social Work and key members of the Editorial Board for the constant guidance throughout the process. A heartfelt gratitude to the Teacher Editorial Team for their cooperation and also the Student Editorial Team for their valuable assistance. Lastly, a big thank you to the students who contributed articles, stories, arts, and poems, making this magazine a collaborative success.

Editorial Team
(Students)

INTRODUCING
NEF COLLEGE

NEF College, Guwahati, India is a private college affiliated to Assam Higher Secondary Education Council, Dibrugarh University and Gauhati University. The College admits Bachelor of Arts, Master of Arts, Bachelor of Commerce, Master of Commerce which are affiliated to Gauhati University and Bachelor of Business Administration, Master of Business Administration, Bachelor of Social Work, Master of Social Work which are affiliated to Dibrugarh University. The College is located at Lokhra Lalganesh Road, Saukuchi, Guwahati-40.

NEF College, Guwahati has been established under the aegis of National Education Foundation (NEF) Trust. The NEF Trust is a charitable educational trust duly registered under Indian Trusts Act, 1882 and also u/s 12A of I.T. Act, 1961. One of the main objectives of this Trust is to disseminate quality education and it has been working towards fulfilling it by establishing a few Schools and Colleges.

The Govt. of Assam in Education Department had granted necessary NOC vide No. AHE.780/2017/72 dated 25.01.2018 to open the College to introduce TDC & PG courses in Arts, Science and Commerce streams. The Gauhati University has also granted necessary permission and temporary affiliation to the College from the session 2018-19.

The Assam Higher Secondary Education Council has already granted necessary permission to the College to offer Higher Secondary (H.S.) course in Arts and Commerce streams.

The College has been granted NOC by the Govt. of Assam and necessary permission and affiliation by Dibrugarh University to run professional courses viz. B.B.A., B.C.A. B.S.W., M.S.W. and M.B.A. etc.

Our Mission:

At NEF College, we are dedicated to providing unparalleled quality education, transcending cultural differences and fostering an inclusive learning environment. Our commitment is to empower students with knowledge, skills, and values that transcend borders, preparing them for a globalized world.

VICE-CHANCELLOR'S MESSAGE

It is with immense pleasure that I extend my warmest congratulations to all involved in the second edition of 'Prajñā (Ek Xaatorongi Botora)' – the annual magazine of NEF College, Guwahati, a premier institution imparting higher education which is duly permitted and affiliated by Dibrugarh University to run professional courses, viz., B.B.A., B.S.W., M.S.W., M.B.A. etc. Since its inception in the year 2018, NEF College has been a beacon of excellence in various academic fields, striving tirelessly to impart knowledge and nurture the intellect of its students. The publication is a testament to your dedication to academic pursuits and your commitment to promoting intellectual discourse within your community that serves not only as a platform for sharing ideas but also as a reflection of the vibrant academic culture fostered at NEF College. It showcases the creativity, intellect, and scholarly pursuits of your students and faculty, highlighting the diverse talents and interests that enrich your institution.

I take pride in the achievements of NEF College and commend your efforts in advancing the frontiers of knowledge. Your commitment to excellence aligns perfectly with the values that we uphold at our University, and I am confident that the publication will continue to inspire and enlighten its readers for years to come.

I extend my best wishes for the continued success of NEF College and look forward to witnessing the contributions of your institution to the academic landscape of our region.

(Jiten Hazarika, M.Sc, Ph.D., PGDOR)

FROM THE DIRECTOR'S DESK

Saukuchi, Lokhra
25th January, 2024

Dear NEFIAN community,

As we embark on the creation of the latest edition of our college magazine, **PRAJÑĀ - *Ek Xaatorongi Botora, 2nd edition of NEFIAN***, I am excited to extend my heartfelt gratitude to each of you. Your dedication and passion continue to shape the unique identity of NEF College.

This magazine is not just a collection of articles and images; it is a reflection of our shared experiences, triumphs, and growth. I encourage you all to contribute your stories, perspectives, and talents to make this edition a true representation of the diverse tapestry that is NEF College.

Let us celebrate our achievements, acknowledge our challenges, and inspire one another through the pages of **PRAJÑĀ** - Ek Xaatorongi Botora. May this magazine serve as a testament to the incredible journey we are on together. Thank you for your unwavering commitment to making NEF College a thriving community.

With sincere appreciation,

(Dr. Zakir Hussain)

Purpose of education is said to be achieved when an individual is at its best and expressive to their fullest potential. We intend to bring best out of our students through this venture where in, feelings of warmth and discomfort are expressed freely without any restriction and reservations. This will solidify further threads of memory between the college and it's students to the end of the time. We have great contributions from the faculties and students and creative expressions of ideas and information to enlighten the minds through the colourful pages which will surely bring out the potential of our students.

I express my heartfelt thanks to all those visible and invisible hands responsible for making the college magazine "**PRAJÑĀ** - Ek Xaatorongi Botora, 2nd edition of NEFIAN" and exception alone. Wish you an ongoing success and discovery.

(Mrs. Farhana Ahmed)

Saukuchi, Lokhra
1st January, 2024

PRINCIPAL'S MESSAGE

I am happy to learn that the second volume of Annual College Magazine of NEF College is going to be published with a new nomenclature "**PRAJÑĀ**" implying supreme knowledge for new generation. I do appreciate the ideas of students and teachers for their new thinking and action in the academic field.

Nobel peace prize winner Nelson Mandela stated that Education is the most powerful weapon which you can use to change the world. I do also believe and confident that the students of our college may change the academic environment of Assam by acquiring the standard teaching provided by the teachers of NEF College.

I do offer my heartiest best wishes for the successful publication of the magazine and its wide circulation among the new generation.

(Dr. Ghanashyam Nath)

WHAT'S INSIDE ?

ARTICLES

POEM

প্ৰবন্ধ

চুটিগল্প

কবিতা

EDITORIAL

In the words of Albert Einstein "Education is not the learning of the facts but the training of the mind to think"

In unison with the harmonious blending of ideas, I feel honoured to be associated with the team including the Magazine Committee members, teachers representing different departments and students from various streams who together have made our college magazine this time too, see the light of the day.

With great delight, we would like to unveil the second issue of NEFIAN, an Annual College Magazine, entitled "**PRAJÑĀ**- Ek Xaatrongi Botora". We take immense pride to acknowledge the academic and literary competence of students as well as teaching fraternity who have contributed thoroughly with their valuable writings and pieces. This edition encompasses variety of creative expressions emphasizing different social issues and concerns from wide perspectives of society. The write ups are sure to bring a positive and vibrant academic aura to broaden our thought processes. The creative articles are well organised and it holds an imagery and factual information. Apart from academic pieces, this edition of NEFIAN also contains short stories, poetries, articles, and quotes etc that reflect literary potentials of contributors. The photography section itself is a mirror that reflects their incredible vision and outlook towards life. It also strives to give a short glimpse of our journey of the last few academic years that we have experienced. The "**PRAJÑĀ**- Ek Xaatrongi Botora" is a sparkling

compilation of enthusiasm and passion of creative expression of NEF Community. This magazine is intended to bring out the hidden literary talents in the students and the teachers and to inculcate leadership skills among them. The intent of this magazine is to bring the various aspects of the activities and performances undertaken by us so as to understand and know about our college, students and teachers through our lenses. We intend to continue presenting the talent and creativity of our staff and students through "NEFIAN" every year.

The editorial team extends its deepest gratitude to the students whose creativity, passion, and dedication have brought this edition of NEFIAN Magazine to life. Their contributions serve as a testament to the vibrant spirit of the college community, and the team is honoured to showcase their talents on each pages. Special thanks are reserved for the student community

for their tireless efforts in crafting and refining the content, ensuring that each piece reflects the excellence and diversity of the student body. Last but not the least, the team expresses immense gratitude to the Director, Assistant Director, Principal and faculty members of NEF College for their guidance, support, and mentorship throughout, without which the successful publication of NEFIAN, latest issue would not have been possible.

Let us turn the pages with an open mind, ready to learn and relearn from each other to challenge our own preconceived notions. Together, let us continue to ignite sparks of inspiration, curiosity, and understanding within our college community and beyond. ◀◀

জয়তু এন ই এফ মহাবিদ্যালয়।
জয়তু নেফিয়ান।।

(Dr. Alia Zebin Ahmed)

ARTICLES

BOLLYWOOD : SOFT POWER IN INDIAN DIPLOMACY

● **Umanjyoti Das**

Assistant Professor, Department of Political Science

India has a long history of cultural and civilizational influence beyond its territorial boundaries, which has contributed to its soft power on the global stage. The concept of soft power was first introduced by Joseph Nye, a renowned Harvard political scientist, in an article published in the journal Foreign Policy in 1990. Soft power refers to the ability of a country to attract and persuade others to its side without using coercion or force. To Nye, when a country's culture is attractive to others, its political values are upheld both domestically and abroad, and its foreign policies are seen as legitimate and morally authoritative. The country then has the ability to use all of these leverages as a strong form of soft power. Films are thought to play a significant role in soft power, because it speaks with the language of universality and is strongly influenced by a country's culture, ideology and social practices. Nye argues that American cultural exports like Microsoft and Hollywood contributed to the development of American soft power. During the cold war, Hollywood played a significant role in assisting the United States to win the ongoing ideological battle against Communism. Using the cinema, Hollywood spread U.S. values like liberalism and market capitalism in other nations. Similarly, South Korea invested millions in the music and film industries in the 1900s, and the results are visible in the form of popularity of K-pop.

Bollywood, the popular name for the Indian film industry, is regarded as one of the biggest and most globalized industries in the world. It has a

significant role in popularizing Indian culture across the globe. The globalization of Bollywood, aided by the large Indian diaspora, has created opportunities for the industry to promote India's image and culture worldwide. Bollywood movies have indeed been a significant source of cultural export. Several factors including the influence of cultural globalization, Indian liberalization policies, the rapid expansion of Indian-film exports, increasing global 'leakage' and notably, the spread of diaspora audiences - all have led to the increased popularity of Bollywood films among foreign publics and, therefore, contributed to a rise in India's soft power. Ashish Vithal Rajadhyaksha, a renowned Indian film scholar and cultural theorist, has suggested that, from its beginning under British colonial rule through to the heights of Bollywood, Indian cinema represents India's future. These films have not only raised awareness and challenged social issues, such as education system, discrimination, gender inequality, domestic violence and poverty, but also have successfully promoted Indian culture and values to the world.

Bollywood has been successful in creating a global audience and helping to shape global perceptions of India. It has also helped break down cultural barriers and promote cross-cultural understanding. Bollywood has achieved this through the use of universal themes that are relatable to a global audience, such as romance, family, and friendship, combined with traditional Indian cultural elements. The success of Bollywood has allowed India to leverage its soft power on the global stage. By promoting its culture and values through popular cinema, India has been able to shape global perceptions of the

country and promote its interests abroad. The use of Bollywood as a tool of public diplomacy has allowed India to connect with audiences around the world and build bridges between cultures. Thus, Indian policymakers have been inspired to include India's Bollywood in the promotion of its soft power. India's former Prime minister Manmohan Singh also recognized the role of Bollywood in forging its soft power resource. Shashi Tharoor noted in an article that Bollywood had the potential to make the most of India's soft power, where foreign audiences 'may not understand Hindi but catch the spirit of the films and look at India with stars in their eyes as a result'. More recently, Prime Minister Narendra Modi launched an initiative, namely 'Change Within', in 2019 at the 150th birth anniversary of Mahatma Gandhi, which aims to popularize Gandhi's ideals through the Indian-film industry, using the power of films to empower people not only in India but around the world.

A greater focus on fostering the growth of India's cinema diplomacy in the upcoming years is necessary in light of these developments. There is a need to look beyond Bollywood. Regional cinema has immense potential to represent India's culture worldwide. Indian films, particularly those made in regional languages such as Tamil, Telugu, Malayalam and Kannada have been able to attract audiences in the West due to their unique storytelling style and themes. There is a need to support Indie and Independent Cinema, that provides filmmakers the creative freedom to address more complex and sensitive issues. Further, Indian government could also take a step to incentivize the production of those movies which portray Indian culture and values.

Promoting the production of such kinds of films domestically can help spread culture overseas. With the creation of O.T.T. platforms, movie options have become diverse. Digital distribution platforms such as Netflix and Amazon Prime have democratized film viewing experiences globally by allowing access to regional films that were previously unavailable outside of cultural hubs. Indian filmmakers need to raise the quality of film making to compete with rising global competition and technical and creative challenges in the field. While the industry was traditionally dominated by colorful musical dramas, contemporary Indian filmmakers are now exploring more realistic and socially relevant storylines. Social issues such as gender equality, sexual violence, political corruption, and caste discrimination are being highlighted through an array of cinematic endeavors. Moreover, films that once catered to the mainstream audience have now moved towards addressing niche segments like LGBTQ+ communities and mental health awareness.

Indian cinema's (Bollywood) contribution to India's soft power and global image cannot be undermined. Indian cinema's unique storytelling techniques, themes, and genres have contributed significantly to its global appeal and cultural influence. It has played a vital role in shaping the Indian identity and promoting India's cultural diversity and global aspirations. It is essential to recognize Indian cinema's significance in promoting India's soft power and global image and support its continued growth and development.

A person who never made a mistake, never tried anything new.

Albert Einstein

IF YOU NEVER TRY YOU'LL NEVER KNOW
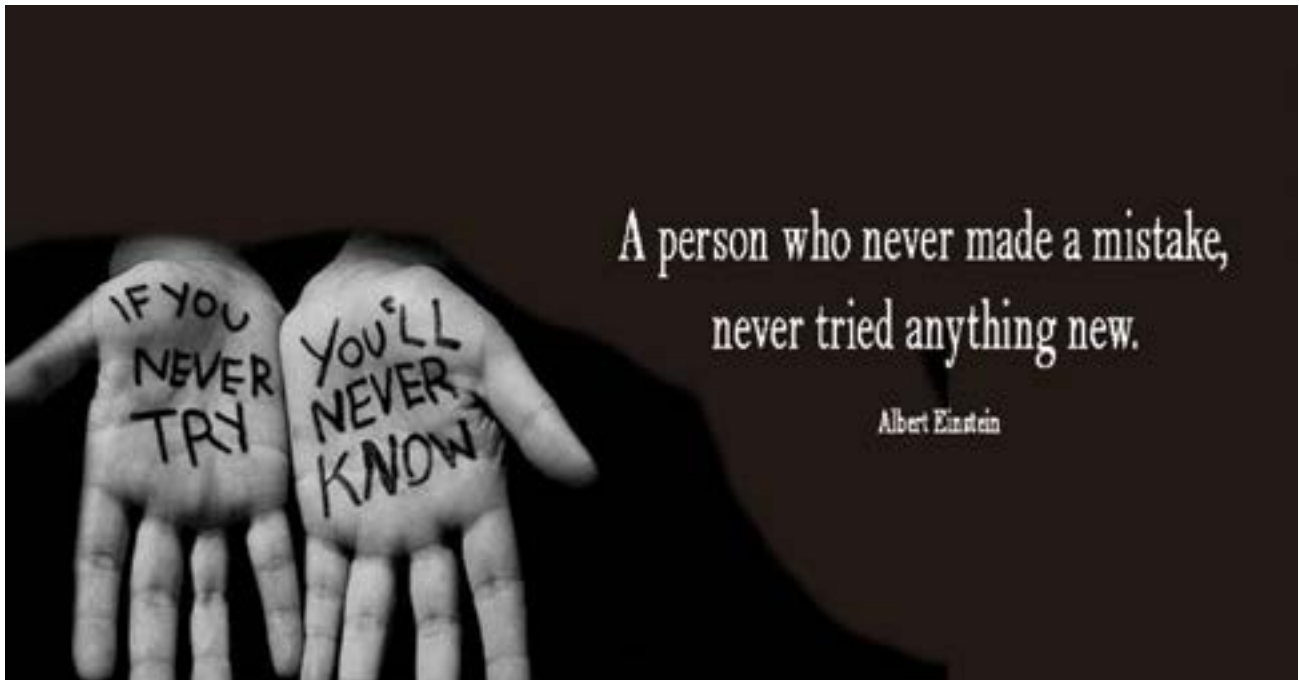
THE WEB OF LIFE

● **Writumoni Sarmah**

Assistant Professor, Department of Social Work.

Have you ever wondered what it means to be truly connected to the world? What does it mean to feel a sense of oneness with all living beings? These are questions that have been pondered by spiritual seekers for centuries. And while there is no definite answer, there is one thing that all major religions seem to agree on: that we are all connected, and that we have a responsibility to each other and to the planet.

The world is a tapestry, woven together by the threads of our lives. But when we come together, we create something beautiful and extraordinary.

The world is one. We are all connected. This is a message that has been echoed by spiritual leaders and philosophers for centuries. In recent years, it has become increasingly clear that this message is more important than ever.

The world is facing number of challenges that can only be solved by working together. Climate change, poverty and inequality are just a few of the problems that we need to address. But we can only solve these problems if we see ourselves as a part of a global community, rather than as separate nations or cultures.

When we realize that we are all connected, it becomes easier to see the common ground that we share with people of different religions and cultures. By learning from each other and by working together, we can create a more united world based on love, compassion and understanding. This is the true meaning of spiritual wisdom.

The world is vast and beautiful place, full of different cultures and religions. Each religion has its own unique set of beliefs and practices, but they all share one common goal: to help us connect with our higher selves and live a more meaningful life.

'*We are all one people on this earth*' - Mother Teresa

This quote reminds us that we are all part of something bigger than ourselves. We are all connected, and we all have a responsibility to each other. United we stand, divided we fall.◀◀

THE TIMELESS VIRTUES : HARD WORK, SINCERITY, HONESTY, AND HUMBLENESS IN THE WORKPLACE

● **Biswadeep Borah**

Assistant Professor, Department of Management

"In the symphony of success, the timeless virtues of hard work compose the melody, sincerity harmonizes the relationships, honesty conducts the trust, and humbleness orchestrates a workplace symphony that stands the test of time."

Introduction:

In the ever-evolving landscape of professional life, certain virtues remain timeless pillars that not only shape individual success but also contribute to the overall health of the workplace. Among these, hard work, sincerity, honesty, and humbleness stand out as foundational elements that pave the way for long-term achievement and fulfilment in one's career.

Hard Work:

At the heart of any remarkable accomplishment lies the diligent pursuit of excellence through hard work. Beyond mere dedication, hard work involves a commitment to consistent effort, resilience in the face of challenges, and a willingness to go above and beyond expectations. Individuals who embody the spirit of hard work not only achieve their goals but also inspire those around them to strive for greatness.

Sincerity:

Sincerity in the workplace fosters an environment of trust and authenticity. When individuals approach their tasks with genuine dedication and passion, it creates a ripple effect that permeates the entire team. Sincere professionals not only produce high-quality

work but also build strong relationships with colleagues and superiors, establishing a foundation for collaboration and success.

Honesty to Work:

Integrity is the backbone of any successful career, and honesty in work is a key component of maintaining that integrity. Being honest in one's efforts and actions builds credibility and trust. Whether faced with successes or setbacks, those who embrace honesty in their work not only learn and grow but also contribute to a culture of transparency that is essential for a thriving workplace.

Humbleness:

Amidst the accomplishments and recognition, staying humble is a virtue that elevates an individual's character. Humbleness in the workplace involves acknowledging achievements without arrogance, recognizing the contributions of others, and maintaining a teachable spirit. It is this humility that allows professionals to continually evolve, learn from their experiences, and connect with others on a deeper level.

The Synergy of Virtues:

The real magic happens when these virtues synergize. A hardworking, sincere, honest, and humble individual is a force to be reckoned with in the professional arena. This combination not only propels personal success but also contributes to a positive work culture where collaboration thrives, innovation flourishes, and individuals support each other's growth.

Conclusion:

As we navigate the complexities of the modern workplace, it is crucial to recognize the enduring significance of hard work, sincerity, honesty and humbleness. These virtues not only shape individual success stories but also form the bedrock of healthy, thriving work environments. By embodying these qualities, professionals can navigate their careers with resilience, integrity, and a commitment to both personal and collective growth. ◀◀

GOOD FENCES MAKE GOOD NEIGHBOURS

● **Shehnaz Akhtar**

Assistant Professor, Department Of Environmental Studies

"Good fences make good neighbours"

—Robert Frost

I am assertive about the fact that the Covid-19 pandemic have tremendously impacted one's life in many ways. However, it has also brought a face of a new and challenging interpersonal situations into our mundane lives. Proper channelization of the processes and crucial analysis of each challenge has helped one to understand how each challenge is nothing but a sort of greater opportunity to delve into who we are and what we truly need in order to live a happy and healthier life. The fact that the mind, body and soul are interconnected and any breach to the one affects the other two simultaneously has persuaded one to think and reconnect to the essence of their true wellbeing. One of the best and most effective ways is to see ourselves through the pages of our invisible book and understand where was the need of setting the boundaries.

Anne Katherine in her book "Boundaries: Where you end and I begin" has defined it in a very beautiful way- "Boundary-A limit that promotes integrity". She has also clearly pointed out and identified the different types of boundary violations.

Everyone needs a certain set of boundaries

and need to understand its relative retorts. Boundaries are extremely important to nurture a proper mental health. They help us to define who we are and what we are willing to accept and what not at certain situations. So, the earlier, the better if we recognise boundary violations. Boundary violations occur when someone crosses the limits that we set. This can happen in different ways such as verbal abuse, physical touch or emotional manipulation. Just as a cut on our skin causes pain or injury, a transgression against any of our state-physical, mental, emotional or sexual boundaries can be very harmful to our body and minds.

Setting boundaries have been the most difficult yet rewarding of all things. Once We recognise boundary violations we need to set clear boundaries with the person who is violating them. It means communicating our limits in a direct and assertive way. At the very outset, It, is the thing We would learn to do it for ourself.

After we set our boundaries, we need to enforce them. This means following through with the consequences we have set if our boundaries are crossed. Boundaries separate us from others physically and emotionally. Yet everyday people's boundaries are being violated by their friends, families or co-workers. Despite the importance of personal boundaries, many people are unaware of how or when these very important lines are crossed.

Sometimes we need to be prepared to say NO. It is ok to say no to requests that make us uncomfortable or that we do not want to do. Saying NO is not selfish, it is about respecting our own boundaries. We need to understand the fact that boundaries bring audacity to our lives and strengthen our relationships with ourselves and others.

A boundary saves us at times. When we set boundaries, we don't feel the need to make excuses for yourself have the right to set boundaries without explanation. Building up healthy boundaries with a strong field of vision is very important. At Certain points of time when we need to end a unhealthy relationship particularly that repeatedly violates our boundaries, we should not be afraid to walk away. It is not worth our time and energy to be with someone who does not respect us. We may need help to heal from past boundary violation experiences, but at the same time we should respect the boundaries of those around us during our healing process and learn how to set healthy limits for the future.

We all make mistakes and that includes violating our own boundaries as well as letting others to do the same. If we have made mistakes in the past, we should at times forgive ourself and move on. We also need to learn from our mistakes and reflect on what went wrong in past situations where our boundaries were violated. This will help us to introspect and avoid making the same mistakes in the future.

One of the most important elements is being patient with oneself. It takes time and a consistent observer to set and enforce healthy boundaries. It is not rocket-science and we don't to become a boundary expert overnight. We just need to keep practising and we will eventually get there. As important as patient is so is important to find the support from the right kind of people. Sometimes it is good to talk to a close friend, family or a therapist about our struggles with boundaries. Having support from others can

make a big difference. The greater emphasis on setting boundaries lies on Reading books and articles now-a-days that clearly communicate the means and ways of setting healthy boundaries. The more we read and know about boundaries, the better equipped we will be to set and enforce our own. Practising self-care such as taking care of our physical and mental health help also help us to build the strength and resilience to set and enforce healthy boundaries.

The flip side according to Katherine is too

rigid boundaries. While they offer protection from something they are also sturdy wall against getting close. Believing in oneself and not giving up is very important to understand the fact that we are capable of setting and enforcing healthy boundaries. We should always remember that we deserve to be happy and healthy. We deserve to live a life that is free from boundary violations. We need to recognise our value at the right place. Let us know our worth and not settle for anything less. ◀◀

THE RISING INDIA

● **Nabaraj Nepal**

B.Com (Hons) 5th Sem

'India' was recently renamed as 'Bharat'. It is said that the word 'Bharat' is derived from the Rig Veda- one of the oldest books. India has been trying to get back on the stage to be the next superpower. Right after independence in 1947, India was not able to grow as rapidly as other countries had done economically, militarily or geopolitically compared to her past glory. But, India was already on its way to be one of the most powerful countries in the world.

To understand it better, we need to go back to the ancient times when India was not under any foreign power. During that period, India contributed about 30% to the world's GDP as

opposed to only 2% in 1947. Before the colonial period, India was exporting manufactured goods which enjoyed worldwide demand but later the country got reduced to a supplier of raw materials like jute, cotton, indigo, wool, etc.

After independence, India in a full-fledged manner began to reconstruct itself. It started with the establishment of premier Governmental institutions, educational institutions, nationalisation of various financial institutions, establishment of health infrastructure like the AIIMS, and the list continues. Also establishment of ISRO, BARC and DRDO has a special contribution in building India's base to establish itself again as a strong nation.

Today, India is at the centre of the world's attention. Recently India has achieved huge milestones starting from the successful landing of the Chandrayan 3 on the moon and being the 5th largest economy in the world to the successful organisation of G20 in the country.

Today, India is the most populous country in the world. As a result, the leading companies around the world are seeking to establish their firms in India because they see India as a huge future market. According to a report by Nasscom, Indian start-ups raised a record of $10.14 billion in funding in 2021, with over 1400 startups receiving investments. India has become the country which gives rise to most number of start-ups in the world.

The UPI – Unified Payment Interface, has emerged as a game-changer in India's quest for a digital future. India topped the list for digital payments and recorded 89.5 million transactions in 2022, according to a report. Interestingly, India's payments are more than the digital payments made by the next four countries combined. Brazil is second in the list accounting for $29.2 million transactions, followed by China with $17.6 million transactions.

India is also the fastest growing economy in the world. With a growth rate of 9.10% in 2022, India tops the list. It is projected that India would be the 3rd largest economy by 2030. India is also rapidly building its infrastructure. In 2023 India's road network became the world's second largest, after the United States. India is building 40 kilometres of road each day.

From a stage where India could only exports raw materials, now India is exporting defence equipments to various countries – from missiles to artillery guns. The total exports over the last five years have crossed Rs.52000 crores. This is a result of the 'Make in India' movement launched by the Government of India in 2014.

Today, India is at such a position where even the developed countries are building good relations with India. Now, while big decisions have to be taken on international matters, India is given priority. India is seen as a mediator between countries having disputes. Where other countries step back, India takes firm decisions.

Thus, India is emerging as a global leader which the world considers to be reliable.

Jai Hind! ◀◀

HISTORY OF SOCIAL WORK EDUCATION IN INDIA

● **Masuma Begam**

BSW 3rd Sem., Social Work Department

1. INTRODUCTION

Education is the key element shaping the citizens of tomorrow. Plato considered education as a life-long process starting from the initial years of childhood to the very end of one's life in order to pursue the ideal perfection of citizenship. He further says that education teaches how rightly to rule and how to obey. Indian perspective of education emphasizes on spirituality. In the words of the philosopher Shankaracharya, "Education is the realization of the self and it

leads to salvation". Rabindranath Tagore explains education as, that which empowers the mind to search that ultimate truth which liberates us from the bondage of dust and gives us the wealth; not of possessions but of inner light, not of dominion but of love, constructing this truth its own and gives expression to. Every definition somewhere tries to justify the objectives of education.

2. SOCIAL WORK EDUCATION AND PRACTICE IN INDIA:

THE PAST

From philanthropy to profession, Social Work in India has evolved gradually over years. Though the notion of Social Work is as old as mankind, most historians believe that as a professional concept Social Work got recognition only in the 19th century. Social Work, being a faculty of recent origin, is not devoid of specific challenges as well. Social Work Practice in India was introduced by the Americans in the 1930s, when they were eager to share their new fruitful treatment methods and Indians started adopting the American model of Social Work Education. With time, this model has been to a certain extent customized to Indian needs, where regular students in India are exposed to field via concurrent field work practice (normally 2 days a week) and other practical components that are also taught in theory classes. This combined model is the ideal approach.

3. SOCIAL WORK EDUCATION AND PRACTICE:

THE PRESENT

Though quantitatively expanded well, research suggests that the Higher Education system in India itself suffers from certain lacunas irrespective of the disciplines concerned.

Research studies have reported that higher education in India has expanded only in quantity and not quality. India's higher education is bureaucratically inflexible, governed by poor structures and is uneven and of modest quality at best. Even the regulatory and accreditation mechanisms and processes to assure quality are highly perplexing. It was inferred that the problems of Indian Higher Education are deep rooted and arise out of a range of dilemmas like historical constitution of Indian higher education, organizational culture and attitudes that people hold due to the nature and functions in society itself. The accreditation process of colleges and universities must shift from inputs and processes to outcomes and results for quality assurance. It was furthered that the best and brightest must be attracted to the teaching profession to assure best quality education. There is a felt urge to establish an accountable system of quality in higher education where every stakeholder needs to be recognized, studied, employed and supported to the full extent.

The flaws in Indian higher education are also reflected in Social Work education. Where on one hand the discipline is of recent origin and adopted from the west, the current framework also poses numerous challenges in front of social workers.

Today, Social Work is essentially in a real challenging and ambiguous position. It must move beyond the restrictions to rediscover ambiguity and uncertainty in terms of set of factors (including risk factors), which drive human cognition, motivation and behaviour. For a better future, focus must be on removing impediments and improving higher education is

a must. There had also been dilemma about what would be the exact form and purpose of Code of Ethics in a heterogeneous society like India, which remains unresolved. Research suggests that better resources, networking, exposure and inclination towards experiential learning will enhance the quality of education in social work. Also, continuous monitoring and enhancement is needed to improve quality which will also result in a changed perception of social work as a discipline and profession.

4. CONCLUSION

Social work as a discipline, though is of recent origin and has a long journey ahead, suffers from the basic impediments of Indian higher education and other specific issues. Some of them are imposed by structures and functions of the society itself, while there are others that have developed with time. Definitely some factors are beyond control, like the recent effects of COVID-19 on education. Yet, alternatives need to be meticulously and uniformly worked on in order to cope up with the challenges posed by time. In order to write the glorious future of social work education and practice, subsequent revisions and changes are needed in the discipline as well as in higher education system itself, which, though worked upon, are miniscule. Also, a robust selection of qualified teaching staff and training of the faculties, provision of licensing of practitioners, and integration of practice into theory for building knowledge base will promote better social work education and practice. ◂◂

"The expert in anything was once a beginner."

— Helen Hayes

THE PSYCHOLOGY OF PROCRASTINATION: UNDERSTANDING THE ISSUE & WAYS TO OVERCOME IT

● **Riyasmitaa Deka**

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Meet Shalini, the queen of procrastination. With exams looming, she is dancing with distractions, swiping through social media, binge-watching her favourite shows, and chatting with friends. She is convinced she has got all the time in the world to study later. But as the exams creep closer, she becomes more and more worried. Stress and self-doubt begin to wrap their icy fingers around her, making her forget even the existence of her books.

In a last-minute, Shalini attempts the impossible: cramming mountains of information into her tired brain. But the tiredness isn't just mental, it's physical too. Her lack of preparation reflects in her performance, leaving her feeling like she's run a marathon she wasn't prepared for. A temporary sigh of relief post-exam is quickly replaced by the haunting realization of what her procrastination might cost her. But she will more likely do this again, which will in turn form the cycle of procrastination.

But, why does Shalini do this? Well, because our brains sometimes think procrastination is a
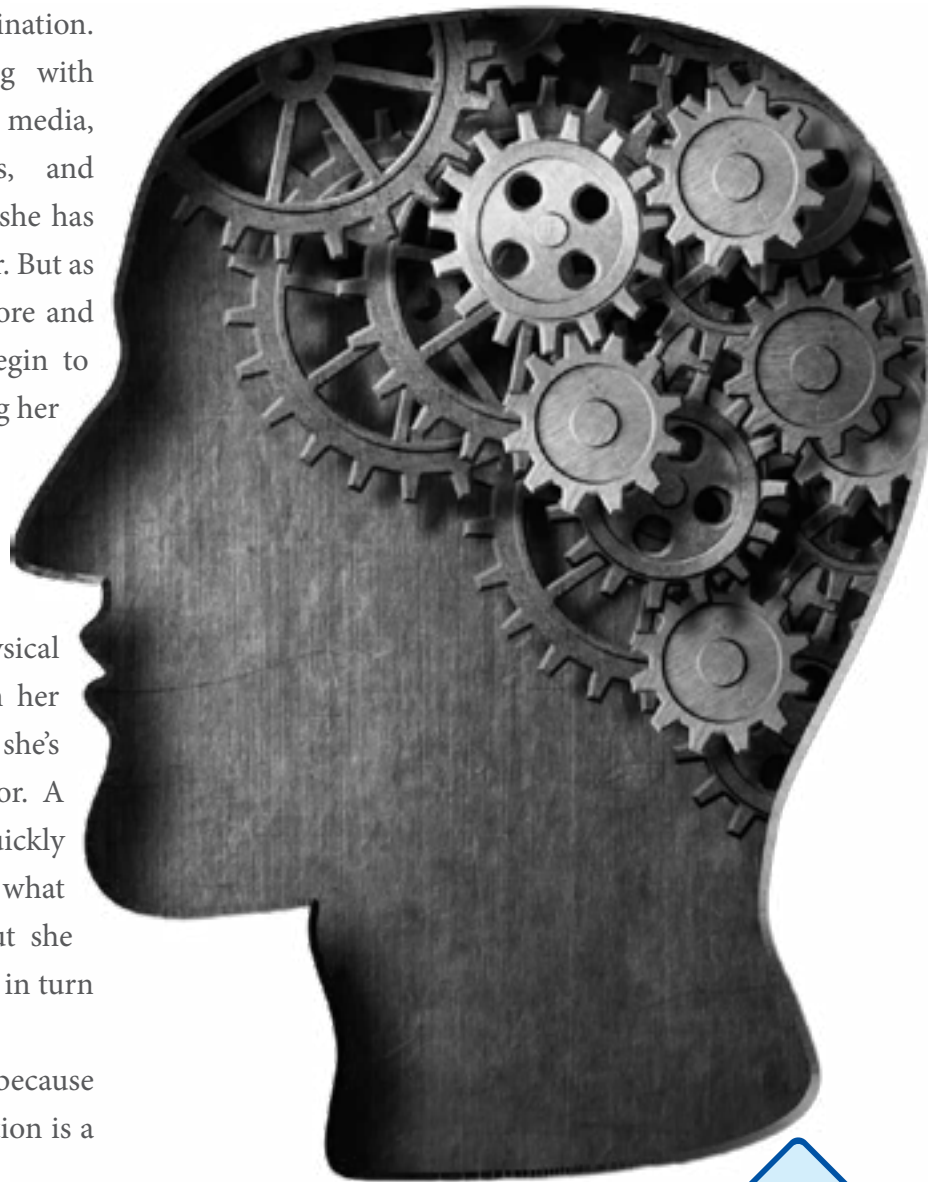
safety net. The rush of stress can make even the most daunting tasks seem doable. But it's not all rainbows and butterflies. Procrastination can throw us into a stress storm, leaving us drenched in anxiety and self-doubt.

This article delves into the science behind procrastination, unravelling its psychological underpinnings, and offers practical tips to help students overcome this common hurdle and to unlock their full potential.

WHAT IS PROCRASTINATING?

Putting something off isn't always necessarily procrastinating. Procrastination is when we deliberately delay or avoid a task without any good reason even though we know that there will be negative consequences. Our brain delays some challenging tasks to shield us from harm. When dealing with a stressful task, the amygdala which is in charge of emotions and threat detection, releases hormones including adrenaline that trigger the fear response. This stress can overpower the part of our brain responsible for long-term thinking and emotion control which is our prefrontal cortex, leading us to avoid the stressful task and opt for something easier.

Studies have also shown two distinct types of procrastinators:

i) Passive procrastinators and ii) Active procrastinators

Passive Procrastinators tend to avoid tasks and responsibilities by engaging in distracting activities or by simply doing nothing. They often experience a sense of helplessness and may feel overwhelmed by the perceived difficulty of the task at hand. Passive procrastinators typically struggle with time management and may find it challenging to initiate and sustain efforts toward completing tasks. They may also exhibit avoidant

behaviours and tend to postpone important tasks until the last possible moment, leading to increased stress and compromised performance. On the other hand, Active Procrastinators in contrast to passive procrastinators, tend to thrive under pressure and often delay tasks until they can leverage the heightened motivation and adrenaline associated with approaching deadlines. These individuals may believe that they work best under pressure and that procrastination allows them to prioritize tasks more efficiently. Despite their ability to deliver results under pressure, active procrastinators may still experience heightened stress and anxiety as deadlines loom closer.

Research on university students who procrastinate reveals that they tend to delay tasks they find stressful, challenging, or difficult. Since procrastination often stems from negative emotions, certain individuals are more prone to it than others. Individuals who have trouble managing their emotions and those with low self-esteem are at a higher risk of procrastination, irrespective of their skills in time management.

IS PROCRASTINATING REALLY THAT BAD?

There is a common misconception that procrastinators are simply lazy people. Laziness is typically characterized by low energy and disinterest, leading individuals to do nothing rather than engage in non-essential tasks. Interestingly, many people procrastinate not out of laziness but because they are deeply invested in the task. According to Timothy Pychyl, a professor at Carleton University, procrastination often arises from feelings of self-doubt. Procrastinators frequently express

a heightened fear of failure, dreading the possibility of not meeting expectations or falling short of standards. Regardless of the underlying reason for procrastination, the outcomes remain consistent. Regular procrastinators are more prone to experiencing anxiety and depression, persistent feelings of shame, increased stress levels, and physical ailments associated with heightened stress. While procrastination can have negative long-term implications, it serves as a temporary stress reliever, reinforcing its role as a coping mechanism for managing challenging tasks. Being too harsh towards ourself can amplify negative emotions surrounding a task, making the threat seem even more intense.

HOW TO OVERCOME OR REDUCE PROCRASTINATING?

There are some studies that show procrastination can be reduced by simply following some steps. For that it must-

1. Break tasks into smaller, manageable steps to make them less overwhelming.

2. Limit the number of tasks on your daily agenda to maintain focus and avoid feeling overwhelmed.

3. Journal thoughts and emotions about the tasks causing stress to understand and address the root of procrastination.

4. Minimize distractions in one's environment to enhance one's concentration and productivity.

5. Practice self-forgiveness, acknowledging that everyone has off days, and focus on doing better in the future. ◀◀

The roots of education are bitter, but the fruit is sweet.
- Aristotle
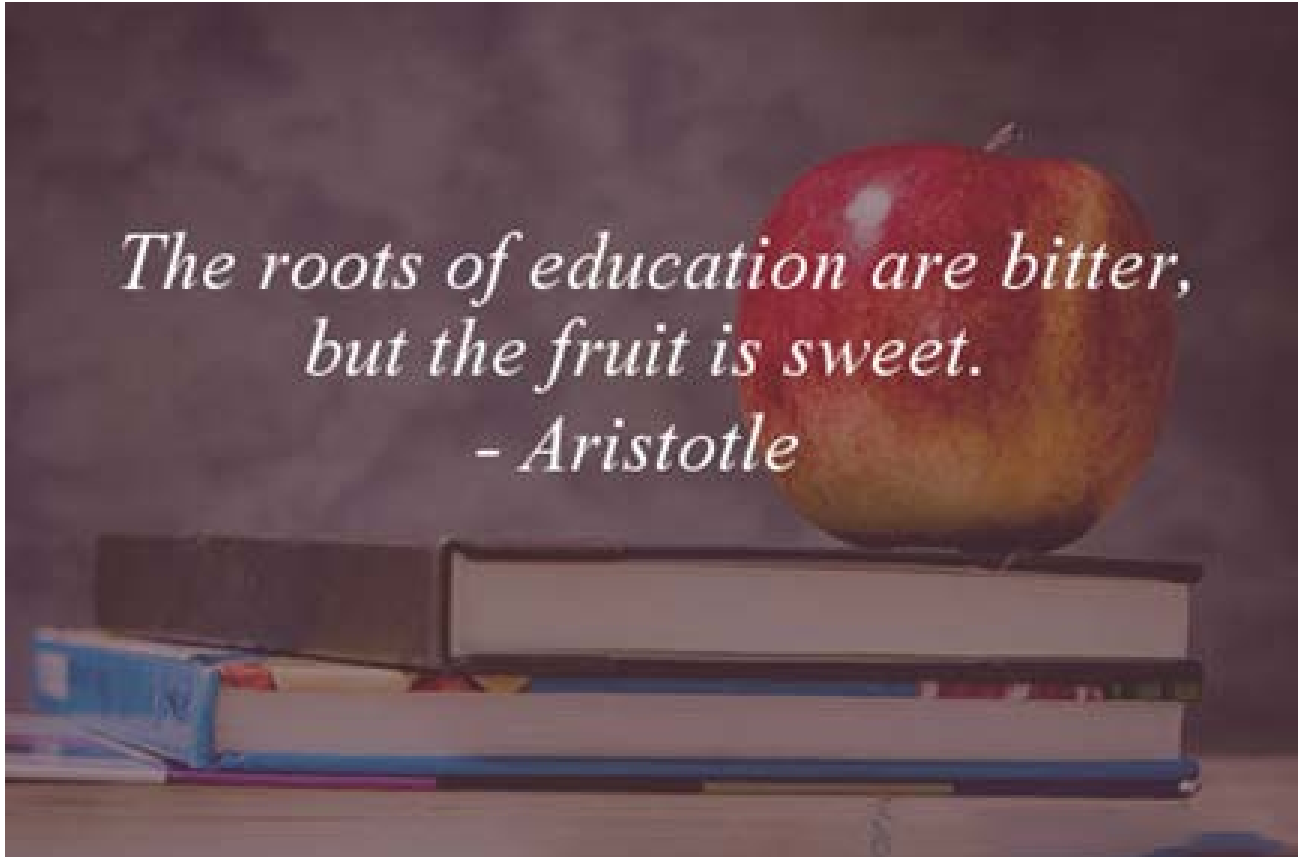
UNVEILING THE RICH HERITAGE: EXPLORING ASSAM, INDIA

● **Arindam M Bharadwaj**

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Assam, a state located in the northeastern part of India, is a land of profound cultural heritage and a fascinating history. Nestled in the foothills of the Himalayas, Assam is blessed with abundant natural beauty and diverse wildlife. Its strategic location gives it a unique geographical advantage, serving as a gateway to the rest of the northeastern states of India. Assam is home to a vibrant mix of cultures, languages, and traditions, making it a true melting pot of diversity.

Geographical and Cultural Background of Assam

Assam is known for its lush green tea gardens, mighty rivers, and breathtaking landscapes. The state is bordered by Bhutan and Arunachal Pradesh to the north, Nagaland and Manipur to the east, Meghalaya and Bangladesh to the south, and West Bengal to the west. The mighty Brahmaputra River flows through the heart of Assam, enriching the land with its fertile alluvial plains.

The cultural diversity of Assam is reflected in its population, which consists of various ethnic groups, including the Bodo, Mishing, Karbi, and Ahom communities, among others. The official language of the state is Assamese, but other languages like Bodo, Mishing, and Karbi are also widely spoken. The people of Assam take pride in their rich cultural heritage and are known for their warm hospitality.

The Ancient History of Assam

The history of Assam dates back to ancient times, with archaeological evidence suggesting human habitation in the region as early as the Stone Age. The Ahom dynasty, which ruled Assam for nearly six centuries, played a significant role in shaping the history and culture of the region. The Ahoms were originally from Myanmar (Burma) and migrated to Assam in the 13th century.

The prehistoric wonders of Assam

The history of Assam begins with the ancient whispers of prehistory. Archaeological discoveries in the region have unearthed evidence of human habitation dating back to the Stone Age. Prehistoric tools, artifacts, and even cave paintings provide tantalizing glimpses into the lives of the early inhabitants of Assam. These findings underscore the enduring connection between humanity and the enchanting landscapes of Assam.

The Ahom Dynasty and Its Legacy

The Ahom dynasty, one of the longest-ruling dynasties in Indian history, had a profound impact on Assam. They established a strong kingdom and introduced a well-structured administrative system. The Ahom kings were known for their military prowess and strategic alliances, which helped them defend Assam against external invasions.

Under the Ahom rule, Assam witnessed a period of great prosperity and cultural development. The Ahoms promoted the Assamese language, literature, and traditional art forms. They also patronized various religious institutions, including the famous Kamakhya Temple in Guwahati, which is considered one of the holiest shrines in India.

Assam under British Rule

The arrival of the British in Assam marked a significant turning point in the history of the region. The British East India Company established its presence in Assam in the early 19th century, primarily for its vast tea plantations. The British introduced modern education, infrastructure, and administrative reforms in Assam, which has had a lasting impact on the state.

During the British rule, Assam witnessed rapid economic growth, with the tea industry becoming a major source of revenue. However, the exploitation of resources and the introduction of new systems also led to socio-economic disparities and the loss of traditional livelihoods.

Colonial Impact on Assam's Tea Industry

The fixation of the British on Assam's tea industry left an indelible mark on the region's economy and culture. Assam's lush tea gardens became synonymous with the British Empire's quest for the perfect cup of tea. The industry's growth brought prosperity but also raised questions of labor rights and social equity. Laborers toiled in the tea plantations, and their stories of resilience and struggle form an integral part of Assam's history.

Assam's Role in India's Struggle for Independence

Assam played a crucial role in India's struggle for independence against British colonial rule. The people of Assam actively participated in various movements and protests, demanding freedom from the British. Several prominent leaders from Assam, such as Tarun Ram Phukan and Gopinath Bordoloi, played pivotal roles in the independence movement.

The Quit India Movement of 1942 gained significant momentum in Assam, with widespread civil disobedience and protests against the British. Assam's contribution to the freedom struggle is a testament to the indomitable spirit of its people and their commitment to achieving independence.

Assam's Cultural Heritage and Traditions

Assam is renowned for its rich cultural heritage, which is deeply rooted in its history and traditions. The state is famous for its traditional dance forms like Bihu and Sattriya, which have gained international recognition. Bihu, a vibrant and energetic dance form, is performed during the harvest season and is an integral part of Assamese culture.

The traditional handloom and handicraft industries of Assam are also highly regarded. Assamese silk, particularly the Muga silk, is known for its exquisite craftsmanship and is considered one of the finest silks in the world. The intricate designs and vibrant colors of Assamese textiles reflect the artistic prowess of the weavers.

The Cultural Extravaganza of Bihu and Sattriya Dance

Bihu, often described as the
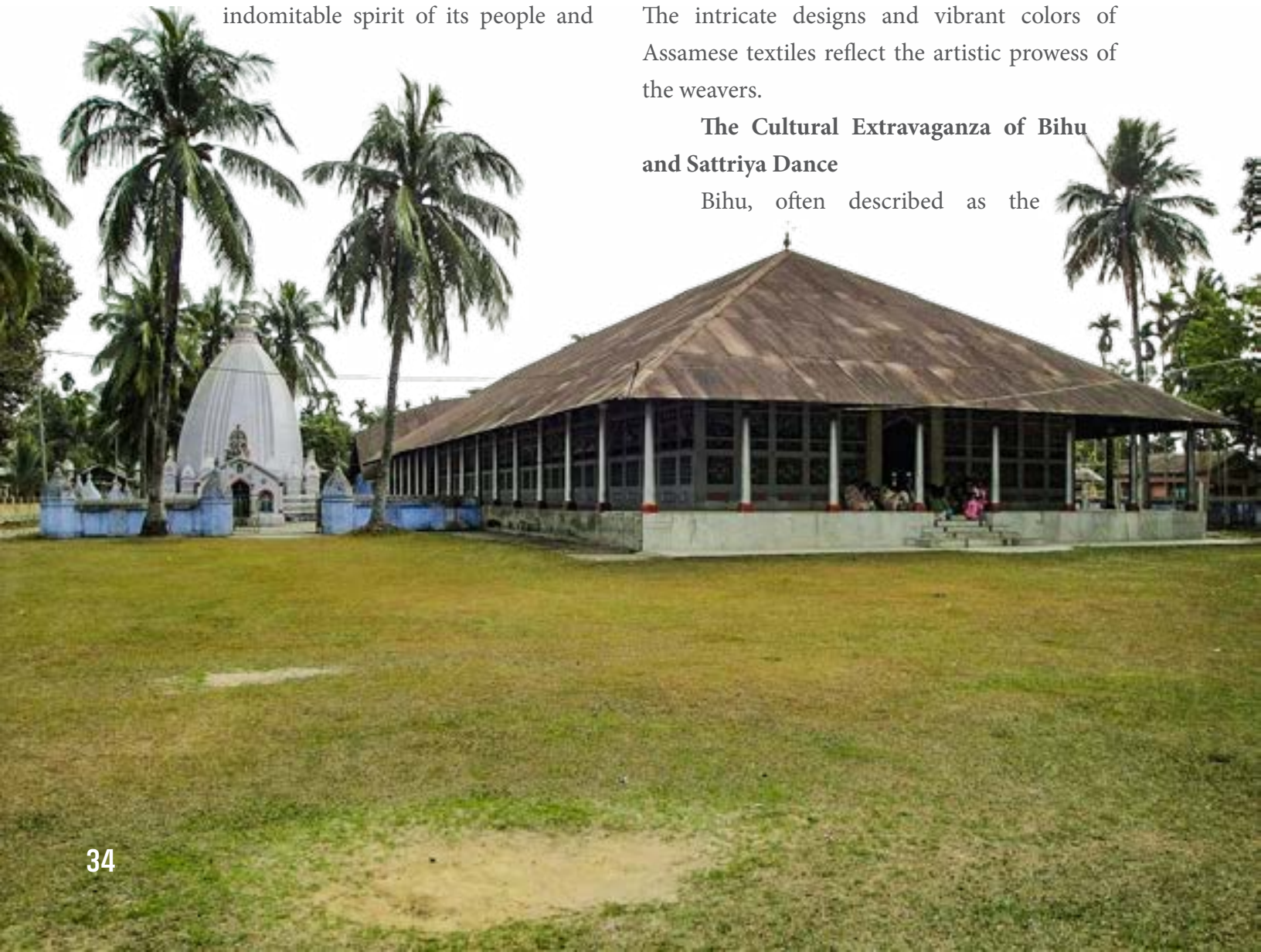
heartbeat of Assamese culture, is a celebration of life, love, and the bounties of nature. Beyond the harvest season, Bihu dances continue to resonate with the rhythms of Assamese life. Each dance form tells a story, whether it's the Bihu dance celebrating the arrival of spring or the Sattriya dance, which originated in the monasteries of Assam and is now recognized as one of India's classical dance forms.

Famous landmarks and tourist attractions in Assam

Assam boasts a plethora of tourist attractions that showcase its natural beauty and cultural heritage. Kaziranga National Park, a UNESCO World Heritage Site, is a haven for wildlife enthusiasts, home to the endangered one-horned rhinoceros and numerous other species. Majuli Island, situated in the Brahmaputra River, is the world's largest river island and offers a unique cultural experience.

Other notable attractions include the Kamakhya Temple, which attracts devotees from all over the world, and the historic Sivasagar town, known for its ancient temples and monuments. The lush tea gardens of Assam, such as the Dibrugarh and Jorhat tea estates, are also popular tourist destinations, offering a glimpse into the state's tea heritage.

Assam's Contribution to Art, Literature, and Music

Assam has a rich tradition of art, literature, and music, which has flourished over the centuries. Assamese literature, with its poetic beauty and lyrical expressions, has produced renowned writers like Lakshminath Bezbaroa and Birendra Kumar Bhattacharya. Assamese music, characterized by its soulful melodies and rhythmic beats, has produced legendary artists like Bhupen Hazarika and Zubeen Garg.

The traditional art forms of Assam, such as mask-making and pottery, have been passed down through generations and are an integral part of the state's cultural heritage. Assam's contribution to the arts has been recognized both nationally and internationally, with artists from the state receiving accolades and acclaim.

Conclusion: The rich and diverse heritage of Assam

Assam, with its captivating history and vibrant culture, is a treasure trove of heritage and traditions. The state's geographical beauty, coupled with its rich wildlife and archaeological sites, makes it a must-visit destination for travellers. The warmth and hospitality of the people of Assam add to the overall experience, making it a memorable journey for anyone seeking to explore the fascinating history and cultural tapestry of this enchanting land.

In Assam, the past and present coexist harmoniously, and its rich heritage continues to inspire and captivate all who have the privilege of exploring this remarkable region. The tapestry of Assam's history and culture is an enduring testament to the enduring spirit of its people and the timeless allure of its landscapes. ◂◂

LIFE IS ACTION, NOT CONTEMPLATION

● **Kakoli Barman**

MBA 1st Semester

The world is a vast field of action. Men come into this world. They grow up. They have many duties to perform. They perform their duties and retire from this world. There are different fields of activities. All men are not suited to do the same work. They do their work according to their tastes and abilities. There have been great generals, great scientists, great poets, great philosophers, great artists, great men of letters, great engineers, great businessmen, etc. Each has made a mark in his particular field of work. Common people also work in different spheres according to their choice and abilities. Life in this world is not a bed of roses. We must work. We have to struggle hard to achieve success in life. There is keen competition. We shall lag behind if we are not up and doing. We cannot obtain the desired result unless we are very earnest. Successful men in the past did not attain success easily. They had to overcome those obstacles to attain success. They were men of action. There are some people who can think but cannot act. Such people cannot attain success. They are fond of thinking about a matter, but cannot translate their thoughts into action. If we have to live in society, we cannot live idle and contemplate. No man in society should live without work. Everyone must act according to his ability. We should know that life is real, life is earnest. Mere contemplation, without work is of no use. Great thinkers, of course, have to contemplate, but they contemplate to do the work successfully. There are great saints who live far away from society. They contemplate about soul and God to attain salvation. This is meditation. It is said that their meditation is good for the mankind. But common people bear no comparison with them. They must work. They have no right to give themselves up to idle contemplation only.

Great men of action had done a lot work even within the short span of their life. They worked for the good of mankind. They thought that work is worship. They attained salvation through work. We should follow their ideal, and shape our life accordingly. ◄◄

WHY STUDY MBA: UNLOCKING OPPORTUNITIES AND ADVANCING CAREERS

● **Tanveerul Islam Huda**

MBA 1st Semester

Are you contemplating pursuing an MBA but wondering if it's worth the investment of time and resources? In today's fast-paced, competitive business landscape, obtaining a Master of Business Administration (MBA) degree can provide numerous advantages and open doors to various opportunities. Let's delve into the reasons why studying for an MBA degree could be one of the best decisions you ever made.

Enhancing Business Skills: An MBA program equips students with a comprehensive understanding of various business functions, including marketing, finance, human resources, operations, and entrepreneurship. This knowledge is invaluable for individuals aspiring to climb the corporate ladder or to start their own ventures.

Leadership Development: MBA programs emphasize leadership and management skills, helping students cultivate the ability to lead teams effectively, make strategic decisions, and navigate complex business challenges. These skills are transferable across industries and are highly sought after by employers.

Networking Opportunities: Business schools provide a rich environment for networking. Interacting with classmates, professors, and alumni can lead to valuable connections that can help you throughout your career. The relationships forged during an MBA program often translate into professional collaborations, mentorships, and job opportunities.

Career Advancement: An MBA degree can significantly enhance your career prospects. Many employers, especially in leadership roles, prefer candidates with

advanced degrees. It can open doors to high-paying jobs, promotions, and positions with greater responsibilities, providing a substantial return on your investment.

Entrepreneurship and Innovation: For aspiring entrepreneurs, an MBA program provides essential knowledge about creating and managing successful businesses. Many business schools offer specialized courses in entrepreneurship, encouraging innovative thinking and providing resources and mentorship to help turn business ideas into reality.

Global Perspective: In today's globalized world, businesses operate on an international scale. MBA programs often have a diverse student body and offer opportunities for international study and collaboration. Acquiring a global perspective is crucial for understanding different markets, cultures, and business practices.

Problem-Solving Skills: MBA programs challenge students to solve real-world business problems through case studies, simulations, and group projects. Developing strong analytical and problem-solving skills is essential for tackling challenges in any professional setting.

Personal and Professional Growth: Beyond academic and professional benefits, pursuing an MBA can lead to significant personal growth. It fosters self-confidence, resilience, and adaptability, preparing individuals to thrive in a rapidly changing business landscape.

In conclusion, studying for an MBA degree offers a transformative educational experience that goes beyond textbooks and classrooms. It equips you with the skills, knowledge, and network needed to excel in your career and make a meaningful impact on the business world. If you're looking to accelerate your career, expand your horizons, and contribute meaningfully to the business community, pursuing an MBA degree could be your pathway to success. ◀◀
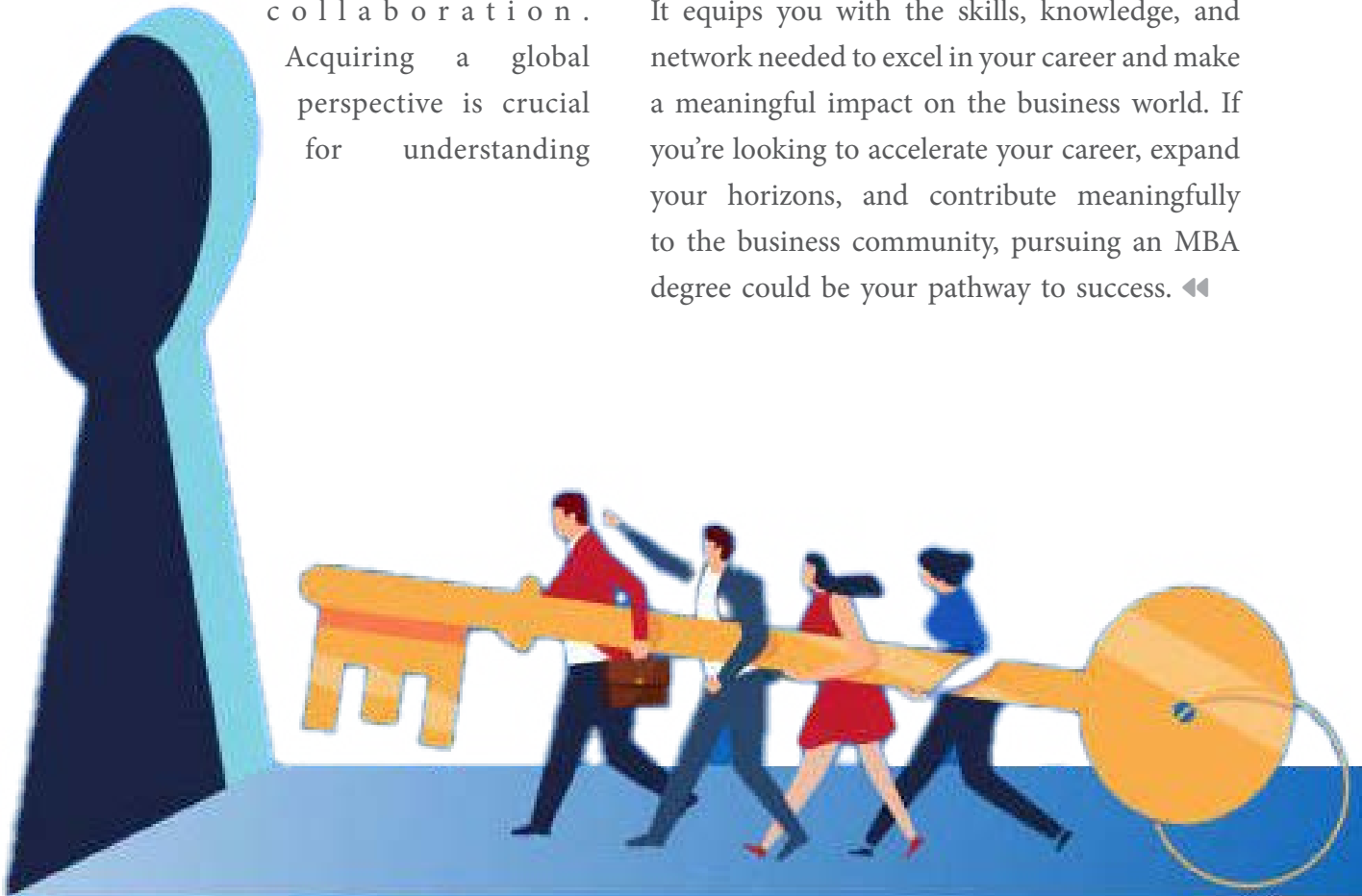
FROM CLASSROOMS TO CONTENT : THE RISE OF SOCIAL MEDIA CAREERS AMONG YOUTH

● **Paridhi Baruah**

Assistant Professor, Department of Social Work

The landscape of career aspirations among the youth is undergoing a significant transformation, marked by a notable shift away from traditional academic careers towards diverse opportunities on various social media platforms. This trend is propelled by the unique convergence of technological advancements, changing societal values, and the democratization of content creation and dissemination.

The Digital Age and Social Media Influence

The digital age has revolutionized how people access information, communicate, and work. Social media platforms like YouTube, Instagram, and facebook have not only become integral to daily life but have also emerged as lucrative career platforms. These platforms offer unprecedented opportunities for creative expression, entrepreneurial ventures, and personal branding.

The appeal of social media careers lies in their accessibility and potential for rapid growth. Unlike conventional career paths, which often require extensive education and training, social media offers a more egalitarian avenue where success hinges on creativity, consistency, and audience engagement. This shift aligns with the broader societal trend towards valuing innovation and self-expression over traditional metrics of success.

Economic Incentives and Career Flexibility

The financial incentives associated with social media careers are significant. Influencers, content creators, and digital marketers can monetize their presence through advertisements, sponsored content, affiliate marketing, and direct fan contributions via platforms like Patreon. The success stories of top influencers earning substantial incomes have inspired many young individuals to pursue similar paths.

Moreover, social media careers offer unparalleled flexibility. Unlike the structured schedules of conventional jobs, content creators can often set their own hours, work from anywhere, and pivot quickly in response to changing trends. This flexibility is particularly appealing to younger generations who prioritize work-life balance and autonomy.

The Role of Educational Institutions

In response to this shift, educational institutions are gradually adapting their curricula to include digital literacy, content creation, and personal branding. Courses on digital marketing, multimedia production, and entrepreneurship are becoming more prevalent, equipping students with the skills needed to thrive in the digital economy. However, there remains a gap between traditional educational models and the dynamic demands of social media careers.

Social and Psychological Impacts

The rise of social media careers also carries significant social and psychological implications. On one hand, these platforms provide a sense of community and belonging, as creators connect with like-minded individuals worldwide. On the other hand, the pressure to maintain a constant online presence and the pursuit of virality can lead to stress, burnout, and mental health challenges.

Additionally, the emphasis on personal branding and visibility can perpetuate a culture of comparison and competition, impacting self-esteem and personal relationships. Navigating these challenges requires a balance between leveraging social media's opportunities and maintaining personal well-being.

Conclusion

The trending rise of non-academic careers among youth on social media platforms represents a paradigm shift in career aspirations and opportunities. Driven by technological advancements, economic incentives, and changing societal values, young individuals are increasingly drawn to the creative, flexible, and potentially lucrative world of social media. While this trend opens new avenues for self-expression and entrepreneurship, it also necessitates a critical examination of the social and psychological impacts. As educational institutions and society at large adapt to this new reality, the future of work will likely continue to evolve in exciting and unpredictable ways. ◀◀

MENTAL HEALTH RESEARCH IN INDIA :
A RECENT UPDATE

● **Panchali Devi Choudhury**

Assistant Professor, Department of Social Work

Mental health is an integral and essential component of health. The World Health Organization (WHO) defines mental health as a state of well-being in which an individual realizes his or her own potentialities/abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community (2001). In this positive sense, mental health is the foundation for individual well-being and the effective functioning in a community. Mental health and mental illnesses are determined by multiple and interacting social, psychological and biological factors and the balance can be disturbed by a multiple number of factors in the developed and developing world which is **associated with indicators** of poverty, including low levels of education, poor housing, low income, violence, substance abuse and other socio economic factors. Depending on the **nature and kind of illness**, the **population group**, a varied number evidence based interventions are provided by the mental health professionals and researchers. These interventions can be made accessible to the needed population through changes in policy and legislation, service development, efficacy based practice and research, adequate financing and the training of appropriate. According to Mental Health development WHO report (2001)-

1. Mental and behaviour problems are increasing part of the health problems the world over. The burden of illness resulting from psychiatric and behavioural disorders is enormous.
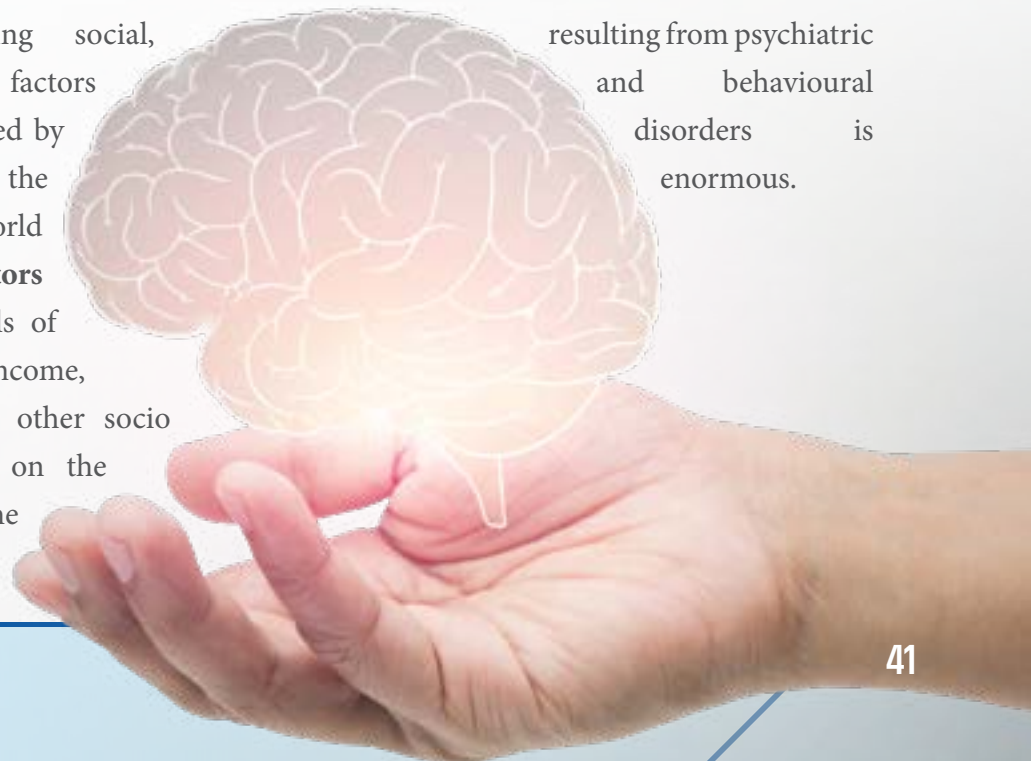
2. Psychiatric symptoms are common in general population in both sides of the globe. These symptoms viz. worry, tiredness, and sleepless nights affect more than half of the adults at some time, while as many as one person in seven experiences some form of diagnosable neurotic disorder.

The World Health Organization (WHO) estimates that 450 million people worldwide suffer from mental or behavioural disorders or psychosocial problems, and that one person in four will be affected by a mental disorder at some stage of life. Mental and neurological disorders account for 14% of the global burden of disease and contribute 28% of the burden of disease attributed to non-communicable diseases. Thus, the burden of mental illness is very substantial and studies show that the prevalence of mental disorders is likely to rise even further in coming years. By 2030, it is estimated that Unipolar depressive disorder will become the second leading cause of health burden, and by 2040 approximately 81.1 million people will be living with dementia. (Prince, 2007).

The magnitude of this burden also results from the fact that only a minority of individuals with these disorders ever receive treatment in the specialized mental health care system or in the general health care system; initial treatment is frequently delayed for many years because of following reasons -failing to seek help because the problem is not acknowledged, perceiving that treatment is not effective, believing that the problem will go away by itself, and desiring to deal with the problem without outside help. In addition, a lack of knowledge about mental disorders stigma, attitude n caregivers' burden remains major barriers to care. Factors that are direct barriers to care also preclude treatment, including financial considerations, issues of accessibility, as well as limited availability or lack of availability of services in country like India. The burden of mental health problems in India, the huge treatment gap for these problems, and violation of human rights of individuals living with these disorders make a compelling case for investing more resources and strengthening mental health services.

Despite the current predicted trends and needs, mental health has been a comparatively neglected and under-resourced area of research for many years, and resources and capacity for mental health research remain low. Between 2011 and 2021, for instance, researchers from LMIC contributed just 15% of the mental health research-related articles to the internationally indexed literature, and performed fewer than 14% of the clinical trials for new mental health interventions. As a result, there is a lack of research specific to the socio-cultural, economic, and infrastructural contexts of different LMIC, which limits the development of evidence-based interventions that can inform localised priority-setting and policy- making process. According to a number of community based surveys, prevalence of mental disorders in India is 6-7% for common mental disorders and 1-2% for severe mental disorders. In India the rate of psychiatric disorders in children aged between 4 to 16 years is about 12% and nearly one-third of the population is less than 14 years of age. With such a magnitude of mental disorders it becomes necessary to promote mental health

services for the well being of general population, in addition to provide treatment for mental illnesses. Treatment gap for severe mental disorders is approximately 50% and in case of Common Mental Disorders it is over 90%. The Medical Council of India initiated a Centre for Advanced Research on Community Mental Health at the National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore to undertake research on the integration of mental health care with general health care. The National Mental Health Programme (NMHP) was started in 1982 with the objectives to ensure availability and accessibility of minimum mental health care for all. Currently man power development, training and research, upgrading of psychiatric wings in general hospital, IEC are given importance in the national mental health act. The Mental Health Care Act, 2017 which seeks to provide for mental health care and services for persons with mental illness and to protect, promote and fulfil the rights of such persons during delivery of mental health care and services and for matters connected therewith or incidental thereto, was introduced in the Rajya Sabha on 19 August 2013.

Historical perspectives of mental health research

The first major mental health survey was undertaken under the agencies of ICMR in Agra, U.P. in a study sample of 29,468 in 1961. A series of epidemiological studies on psychiatric disorders were subsequently undertaken during 1960's and 1970's in south, north, eastern, and western parts of the country but, on relatively smaller study samples. For the first time in the country, ICMR organized a multicentric collaborative study on Severe Mental Morbidity

at 4 centres – Bangalore, Baroda, Calcutta and Patiala from 1976-83. This was the beginning of ICMR task force projects on mental health research. There was hardly any research data available on mental health in India at the time of independence. Sir Joseph Bhore in 1946 and Dr. A.L. Mudaliar in 1959 have made observations in their reports about non availability of data on psychiatric morbidity in India.

There is a huge knowledge gap at the national as well as global level in terms of how the evidence-based packages of care are delivered on various platforms or delivery channels for service provision. The mental health systems research could be strengthened by focusing on some of the key research questions related to quantifying the treatment gap for realistic goal setting, capacity building approaches for achieving and maintaining key skills and competencies by health workers to provide mental health care, development and evaluation of mental health interventions delivered using 'task-sharing' approach, and effectiveness of different approaches to improve awareness about mental health problems and reduce stigma against people suffering with mental health problems, ultimately leading to improved help-seeking behaviour and mental health status.

Epidemiological studies in Mental Health

Epidemiology is the science that studies the patterns, causes, distribution and effects of health and disease conditions in defined populations according to WHO definition. It is the cornerstone of public health, and informs policy decisions and evidence-based practice by identifying risk factors for disease and targets for preventive healthcare.

Psychiatric epidemiology is the study of the distribution and determinants of mental illness and frequency in human beings, with the fundamental aim of understanding and controlling the occurrence of mental illness. Studies and research under the strategies ICMR (1987) in the area of mental health can be classified into the following main categories: (i) Cross-sectional psychiatric surveys for studying the magnitude of the problem and associated socio-demographic variables; (ii) Development of modules for integration of basic mental health care with general health care; (iii) Longitudinal hospital and population based studies related to the natural history, course and outcome of psychiatric disorders; (iv) Studies on alcohol and drug use – magnitude of the problem, associated psycho-social factors, and treatment modalities; (v) Development of intervention programmes on behaviour related to health and disease; (vi) Quality of life; (vii) Child mental health; and (viii) Disaster management.

A review article by Math S.B. and Srinivasaraju R. (2010) has provided a systematic review on the epidemiology of psychiatric disorders in India based on the data published from 1960 to 2009. These varying prevalence rates of mental disorders are not only specific to Indian studies but are also seen in international studies. Despite variations in the design of studies, available data from the Indian studies suggests that about 20% of the adult population in the community is affected with one or the other psychiatric disorder. The authors also made an attempt to summarize mental healthcare priorities need to be shifted from psychotic disorders to common mental disorders and

from mental hospitals to primary health centres. Increase in invisible mental problems such as suicidal attempts, aggression and violence, widespread use of substances, increasing marital discord and divorce rates emphasize on the need to prioritize and make a paradigm shift in the strategies to promote and provide appropriate mental health services in the community.

A review article of 16 studies by Math et al (2007) in Psychiatric epidemiology in India reports prevalence rates for psychiatric disorders from 9.5 to 370/1000 populations in India. Most of the Indian studies had limitations of properly selected study population based on scientifically valid sampling techniques, and selected the study population based on convenience due to availability of existing resources.

A meta analysis and review done by Malhotra et al (2014) in the their article Prevalence of child and adolescent psychiatric disorders in India: a systematic review and meta-analysis found that the prevalence rate of child and adolescent psychiatric disorders in the community has been found to be 6.46% (95% confidence interval 6.08% - 6.88%) out of Sixteen community based studies on 14594 children and adolescents, while in the school it has been found to be 23.33% (95% confidence interval 22.25% - 24.45%) out of seven school based studies on 5687 children and adolescents, This is the first meta-analysis determining the epidemiology of child and adolescent psychiatric disorders in India.

However there are lacunae in psychiatric epidemiology due to intricacy related to defining a case, sampling methodology, under reporting, stigma, lack of adequate funding and trained

manpower and low priority of mental health in the health policy

Intervention based research and reviews

A number of evidence based intervention method and meta analysis are as follows-

Patel el al (2013) who has done extensive study for the intervention of major and minor mental disorders in his article *Mental health for all by all* talked about Sundar approach i.e. collaborative care framework, the most evidence-based delivery model for integrating mental health into routine healthcare platforms, where the intervention is scaled up after doing fifty random controlled trial and the approach is based on following principle. Firstly, Designing interventions based on global evidence of effectiveness and local evidence of cultural acceptability by

- systematically testing intervention delivery to ensure the feasibility of its use by lay health workers (who are referred to as 'counsellors') and its acceptability by patients and families
- involving diverse stakeholders, in particular people affected by the target mental health problems, in shaping the content and delivery of the intervention
- embedding the intervention in established healthcare platforms, most commonly those run by the government but also the private sector, which is widely utilised in India, to ensure scalability
- evaluating the effectiveness and cost-effectiveness of the intervention in randomised controlled trials in partnership with leading research institutions, notably the Centre for Global

Mental Health in London (http://www.centreforglobalmentalhealth.org)

- working closely with federal and state ministries. And lessons emerged from them are- convey mental health issues, for example replacing psychiatric labels which can cause shame or misunderstanding with those which are contextually appropriate and widely understood.

Secondly, unpacking the interventions into components which are easier to deliver and incorporate culturally sensitive strategies.

Thirdly, these unpacked interventions should be delivered as close as possible to people's homes, typically their actual homes or the nearest primary healthcare centre or community facility.

Fourthly, we should recruit and train available human resources from the local communities to deliver these interventions. This often refers to lay counsellors, but could also include parents and teachers in the case of childhood disorders.

And finally, we should judiciously re-allocate the scarce and expensive resource of mental health professionals to design and oversee mental healthcare programmes, and train, supervise and support community health agents.

Based on this approach, Sangath, a Goa based mental health organisation has completed research involving the systematic development of interventions and subsequent randomised controlled trials of interventions for three mental health problems – dementia, schizophrenia and common mental disorders – all of which have shown significant benefits in terms of clinical or social out - comes. The dementia trial (the Home Care Trial) (Dias et al, 2008) was the first

such study from a low-income country and won Alzheimer Disease International's international prize for psychosocial interventions in 2010. The common mental dis orders trial (the MANAS Trial) was the largest trial in psychiatry in low- and middle-income countries and the first to demonstrate the cost-effectiveness of task-sharing for mental healthcare (Patel et al, 2011; Buttorff et al, 2012). The schizophrenia trial demonstrated modest benefits in reducing disability levels in people with chronic illness (Chatterjee et al, 2014).

Balaji et all in their studies (2011) The development of a lay health worker delivered collaborative community based intervention for people with schizophrenia in India, where intervention comprised five components (psycho-education; adherence management; rehabilitation; referral to community agencies; and health promotion) to be delivered by trained lay health workers supervised by specialists in goa results show that address stigma were then added to the intervention, the collaborative nature of service provision was strengthened, a multi-level supervision system was developed, and delivery of components was made more flexible.

MANAS is the largest mental healthcare trial in India and showed that a lay counsellor-led collaborative stepped care intervention for depression and anxiety disorders in primary healthcare led to substantial reductions in the prevalence of these disorders, suicidal behaviours and days out of work compared with usual care (Patel et al).

In a review article by Subho Chatarjee (2011) in Family interventions in schizophrenia: Issues of relevance for Asian countries has stated that several research evidence has confirmed the efficacy of family-interventions as adjuncts to antipsychotics for the treatment of schizophrenia and other mental disorders. These trials have shown that relatively simple forms of family-interventions have wide ranging benefits, and can be implemented successfully in routine clinical settings. Family-interventions need to be based on a culturally-informed theory, which incorporates cultural variables of relevance in these countries. While the ideal format for conducting family-interventions is still to be determined, it is quite evident that for such interventions to be useful they need to be simple, inexpensive, needs-based, and tailored to suit the socio-cultural realities of mental health systems in Asian countries. The evidence also suggests that delivery by non-specialist personnel is the best way to ensure that such services reach those who stand to benefit most from these treatments.

In a study by Stanley and Swetha (2006) in Integrated Psychosocial Intervention in Schizophrenia: Implications for Patients and Caregivers (A Study from southern India) suggested that on the basis of this study that spiritual therapy specific to the religious orientation of patients combined with pharmacotherapy and other psychosocial therapies may enhance the effectiveness of intervention in schizophrenia.

In a review article by Glenn D. Shean (2009) has empirically validated psychosocial therapies for individuals diagnosed with schizophrenia were described in the report of the Schizophrenia Patient Outcomes Research Team (PORT, 2009) which identified eight psychosocial treatments: assertive community treatment, supported

employment, cognitive behavioural therapy, family-based services, token economy, skills training, psychosocial interventions for alcohol and substance use disorders, and psychosocial interventions for weight management.

Mental health issues and concerns in India

A review done by Venkatashiva Reddy et al (2013) in their article *Mental health issues and challenges in India* has reported that most strongly associated factors with mental disorders are deprivation and poverty. Individuals with lower levels of education, low household income, lack of access to basic amenities are at high risk of mental disorder.

Lifetime risk of affective disorders, panic disorders, generalized anxiety disorder, specific phobia and substance use disorders is found to be highest among illiterate and unemployed persons.

Suicidal behaviour was found to have relation with female gender, working condition, independent decision making, premarital sex, physical abuse and sexual abuse.

Ongoing stress and chronic pain heightened the risk of suicide. Living alone and a break in a steady relationship within the past year were also significantly associated with suicide.

Work environment, school environment and family environment play important role in pathogenesis of mental disorders. Females are more predisposed to mental disorders due to rapid social change, gender discrimination, social exclusion, gender disadvantage like marrying at young age, concern about the husband's substance misuse habits, and domestic violence.

In India domestic violence is a big problem. Poorer women are more likely to suffer from adverse life events, to live in crowded or stressful conditions, to have fewer occupational opportunities and to have chronic illnesses; all of these are recognized risk factors for common mental disorders. To reduce the burden of mental disorders in women, there is need to do socioeconomic empowerment of women by improving access to education and employment opportunities. Women should be involved in group activities like farmer's clubs, mahila mandal and adolescent girls' groups. These group activities will bring people together for social, health and educational reasons as well as income generation activities.

Psychological factors such as headache and body ache, sensory symptoms and nonspecific symptoms such as tiredness and weakness also makes people vulnerable to mental disorders.

Biological factors affecting mental disorders are genetic origin, abnormal physiology and congenital defect. Disasters are potentially traumatic events which impose massive collective stress consequent to violent encounters with nature, technology or mankind.

In addition, factors pertaining to traditional medicine and beliefs in supernatural powers in community delays diagnosis and treatment. India had focused its attention mainly to maternal and child health and communicable diseases. This leads to lack of political commitment to non communicable diseases further aggravating the load of mental disorders.

India needs to aim at improving child development by early childhood interventions like preschool psychosocial activities, nutritional and psychosocial help to give roots for a healthy community. Presently the community is also demanding the skills building programme

and child and youth development programme. Social support for elderly people needs to be strengthened. More community and day centres for the aged should be developed.

Future need and challenges

For near future much additional research is needed regarding the influence of patient characteristics on treatment selection, therapeutic processes, and outcomes, cross-diagnostic characteristics, polysymptomatic presentations, and the effectiveness of psychological interventions with culturally diverse groups is particularly important. A greater focus on mental health research and care in fragile states and emergency settings will be an important consideration. Millions of people worldwide are affected by conflict and disasters, yet there is little capacity for research in humanitarian settings. Studies that assess epidemiology, the effectiveness of interventions, models of delivery, and best clinical practice are required in a range of emergency settings, whilst capacity for enhanced training is needed, to ensure that treatments are provided appropriately. Research in service development should focus as a priority, on areas like integration of mental health in primary care, early intervention in psychosis, use of family support, models of community long-term care, evaluation of suicide prevention initiatives and mental health in schools. The topics for generation of new knowledge could focus on course and outcome of different mental disorders; treatment by pharmacological and non-pharmacological methods of common mental disorders; mental health of women; mental health of adolescents; disaster mental health; health and behaviour, development of culturally appropriate assessment tools; health system research; spirituality and health; and basic biological studies of mental disorders.

Conclusion

This discussion shows that mental health research in India remains limited in both quantity and quality. In the absence of comprehensive research and review studies much is assumed based on scant evidence, and services are heavily influenced by the results of research conducted elsewhere, most often in high-income settings. The development of mental health indicators is an important strategy to give greater acceptance of mental health programmes. These indicators could be at the community level relating to services, studies of burden of mental disorders and the impact of alcohol and substance abuse. Given the burden of mental illness suggested by existing research in India and elsewhere in the region, there is a strong case for international funding for mental health research to provide an evidence-based foundation for targeted and culturally relevant interventions. ◀◀

SOCIAL WORK IN NORTH EAST INDIA : OPPORTUNITIES AND CHALLENGES

● **S Srinivash Rao**

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Introduction

The human life is ever changing with the transition in social, economic, political and cultural aspect. The socio-political dynamism and economic mobility have significant affects on people. Therefore the concept of Social Work indulges in meeting the needs and demands of society to make it a better place to live. The social workers strive for creative ideas to help the needy through the application of theoretical knowledge, enhancing the practice and utilizing the appropriate techniques and skills. Social work was more focused on mitigating the mental or emotional needs of the individuals but with the emergence of new concerns in ever dynamic society called for the spread of the profession in different sectors such as Human Rights, Protection, Environment Conservation, Gender rights, Social Justice, Women Empowerment to name a few.

Social work is a practice-based profession that promotes social change, development, cohesion and the empowerment of people and communities. Social work involves the understanding of human development, behavior and the social, economic and cultural institutions and interactions. The fundamental objective of social work is to add to the human contentment in general. Holding onto this objective, social work focuses to meet two goals: firstly, to create those conditions which assist in making life a more satisfying experience and secondly, to develop the competency within the individual and the community itself which would in turn assist them to live a more productive life. The intent of social work as a profession is to 'help people to help themselves'. The concept of social work got its hype from this very idea of assisting the needy. However, in social work, instead of continuously helping an individual, she/he

is equipped with the knowledge skills to help themselves.

Social Work was started as a helping activity on voluntary basis but with changing times, it was realized that in order to help the people, a certain scientific outlook towards the problem is required. And keeping that specific need in mind, social work education began. The journey of Social Work profession in India began with the first school of social work namely the Sir Dorabji Tata Graduate School of Social Work (now known as the Tata Institute of Social Sciences) established in Mumbai in 1936. Since its inception in India, Social Work as a discipline has gone through a rollercoaster ride before marking its place in Indian Education System. Professional social workers in India are engaged in development and welfare activities, from micro to macro levels, by governmental, voluntary, corporate and international organizations and also through people oriented community based social movements and action groups.

Opportunities

The North Eastern region of India has several ethnic, linguistic, cultural, religious and geographical entities. Different groups have diverse origins, histories, political aspirations and different traditional social institutions. The extremely varied nature of its population makes this region unique from the rest of India. The entire region is blessed with vast natural resources and has immense potential for development. Amidst all the positives the region has to offer, it has its special types of needs, problems and challenges in its progress and holistic development. Feeling of socio-economic disparities and backwardness, poor work-culture, problems of drug-addiction/

abuse, gender issues, inter-state and intra-state politics, inter-group fighting for better socio-economic and political power share, violation of human rights, problems of displacement and the problem of refugees with regards to their relief, resettlement and adequate rehabilitation, etc. are at alarming rate.

Such vast variety of issues in the region opens the doors and calls for the services of Social Workers who find their expertise working at the grass root level in different settings. Social Work education enhances a student with all qualities and skill sets that is essential in bringing a substantial amount of changes in the society. A student of social work undergoes a tremendous amount of both theoretical as well as practical training. Social Workers deal with humans who have emotions and which are complicated and in order to help human beings, it is essential for the social workers to keep their own emotion in check which is very well taught through the principles of social work. A social work trainee is exposed to the real life issues during their training period. They visit NGOs, slums, schools, hospitals, jails etc. to do their field work. This practical exposure makes them understand the problems in-depth by enhancing their critical thinking.

Challenges

Social Work both as a discipline and as a profession found its way and has been blooming in the rest of the nation but the scenario is not same for Social Work in North East India. The recognition of Social Work as a profession is still not well known in the region like the other regions of the country. Students graduating in BSW and MSW find it hard to make the common people understand about their degree and

profession. Social work education in the region was introduced by Assam University in 1997 and since then, a good number of private and public institutions came into being offering BSW, MSW, M.Phill and PhD in Social Work Education. Although, 2 decades have been passed, still it has not been a smooth journey for Social Work as discipline and profession.

Phukon Roy (2021) in her study stressed upon multiple reasons for the dismal situation of Social Work in North East India. According to her study, 21.34% students choose North East India for BSW/MSW because they are not well informed about institutes outside North East India, 18.66% had financial problem, 6% didn't get selected in institutes outside North east India and 24% didn't want to go far away from home. Stressing upon the reasons for students choosing Social Work Education outside North East India, Phukon Roy found that students pursue their social work education outside NE India for the reasons like exposure to a new environment, lack of awareness regarding the availability of institutions offering Social Work education and better exposure. Moreover, in North east India, almost all the institutes/centers provide Social Work education with specializations but less options in it make the students to think of other institutions outside North East.

As noted by **Riamei (2014)** Field work is one of the important components in Social work education and one challenge faced by the Institutions is with regards to placement of students for fieldwork in organizations in the region. Supervisors who are not qualified in Social Work discipline and there are very few agencies in Northeast which have trained social workers for student's supervision. Besides this, difficult geographical terrains, long distances and other impediments hamper fieldwork placements. There is a need to establish linkages with schools, hospitals, and government department apart from NGOs so that student can be placed for fieldwork in these settings.

Apart from the academic point of view, professional front of Social Work in North East India is a big concern. Except for public institutions and a handful of private institutions in North East, the contractual and low salary structure, de-motivates the job sector of Social Work Profession. The abundance of issues to get solved with the assistance of trained Social Workers remain the same in the region due to the minimal financial remuneration fails to be attractive enough. Therefore, those who go outside North East to pursue Social Work as career option, choose remain and even settle there in search of better opportunities.

Conclusion

Northeast today is faced with many challenges from rapid development, ethnic conflict, state and non-state conflict, unemployment, insurgencies and problem of governance. Given the complexity of the region and its unique issues of the region, focus should be on the need for more trained social workers and good amount of awareness regarding Social Work, greater measures from government ensuring good career growth and development can bring the due recognition to Social Work both as a discipline and as well as a profession. ◀◀

IMPACT OF MOBILE PHONES IN THE LIVES OF YOUTH

● **Sanjana Deb**
B.Com. 3rd Sem.

Do you have a mobile phone? Of course, you do and who doesn't these days? Mobile phones are awesome gadgets that can do so many things for us, especially if you are young and adventurous. But, as with everything in life, there are two sides to every coin. Mobile phones can also have some drawbacks that can affect your health, happiness, and relationships. Let's take a look at some of the pros and cons of mobile phones on the life of youth.

Pros of mobile phones on the life of youth

Mobile phones let you stay connected with your peeps anytime and anywhere. You can call, text, and chat with your family, friends, and crushes. You can also share your selfies, memes, and TikToks with them. This can make you feel loved, supported, and popular. Mobile phones can also help you deal with stress, boredom, and sadness by giving you a shoulder to cry on or a reason to laugh.

Mobile phones give you access to a ton of information and knowledge. You can use your phone to Google anything, watch YouTube videos, listen to podcasts, and learn new stuff. Mobile phones can also help you with your studies by letting you access online classes, e-books, and apps. Mobile phones can also help you develop your creativity, curiosity, and smart.

Mobile phones offer you various forms of entertainment and fun. You can use your phone to play games, listen to music, watch Netflix, and follow your favourite celebs. Mobile phones can also help you discover your hobbies and passions, such as photography, art, and sports. Mobile phones can also help you relax and chill after a hectic day.

Cons of mobile phones

on the life of youth

Mobile phones can cause physical problems for you, such as eye strain, headaches, neck pain, and bad posture. Too much use of mobile phones can also mess up your sleep and make you tired, cranky, and lazy. Mobile phones can also expose you to harmful radiation, which may turn you into a mutant or a zombie.

Mobile phones can cause mental problems for you, such as stress, anxiety, and depression. Too much use of mobile phones can also make you addicted, which can ruin your life, work, and relationships. Mobile phones can also expose you to cyberbullying, which can hurt your feelings, confidence, and safety. Mobile phones can also make you unhappy and dissatisfied by making you compare yourself to others and feel jealous or insecure.

Mobile phones can cause social problems for you, such as isolation, alienation, and detachment. Too much use of mobile phones can also reduce your face-to-face interaction and communication skills. Mobile phones can also make you rude and disrespectful by distracting you from your surroundings and people. Mobile phones can also make you miss out on the real world and the real experiences.

So, there you have it. Mobile phones are amazing devices that can enrich your life, but they can also harm your life if you use them too much or in the wrong way. The key is to find a balance and use your phone wisely and responsibly. Remember, your phone is your friend, not your master. Don't let it control you or take over your life. Use it to enhance your life, not to replace it. And don't forget to have some fun along the way. ◀◀

He who asks a question is a fool for five minutes; he who does not ask a question remains a fool forever." – Chinese proverb.

IMPORTANCE OF LITERATURE IN SOCIETY

● **Bipasha Bharadwaj**
5th Sem., BA Hons English

Literature plays a crucial role in society as it serves various functions, such as preserving cultural heritage, fostering empathy, promoting critical thinking, and providing a platform for diverse voices to be heard. Through literature, people can gain insights into different perspectives, historical contexts, and human experiences, fostering a deeper understanding of the world around them.

Literature encourages creativity and imagination, contributing to personal development and intellectual growth. Literature serves as a medium for individuals to express their thoughts, emotions, and ideas, thus enriching the cultural fabric of society and facilitating meaningful conversations about important social issues.

Literature can be divided into many forms such as prose, poetry, fiction, drama etc. Each of them serves different form of entertainment. Literature serves as a form of entertainment as it provides the readers with an opportunity to take a break from the pain and sorrow occurring in their everyday life. Literature is not just a mere source of entertainment but it also provides us the knowledge about history. Literature picturizes the society and the relations between the people from the past. Literature helps in understanding human nature and conditions that impact human thinking and shape our behaviour. Numerous human cultures, beliefs, and traditions were borne out of literature. Literature down the ages have known to give voice to the people and helped them express their opinions more forcefully, which in turn strengthens the foundations of humanity.◀◀
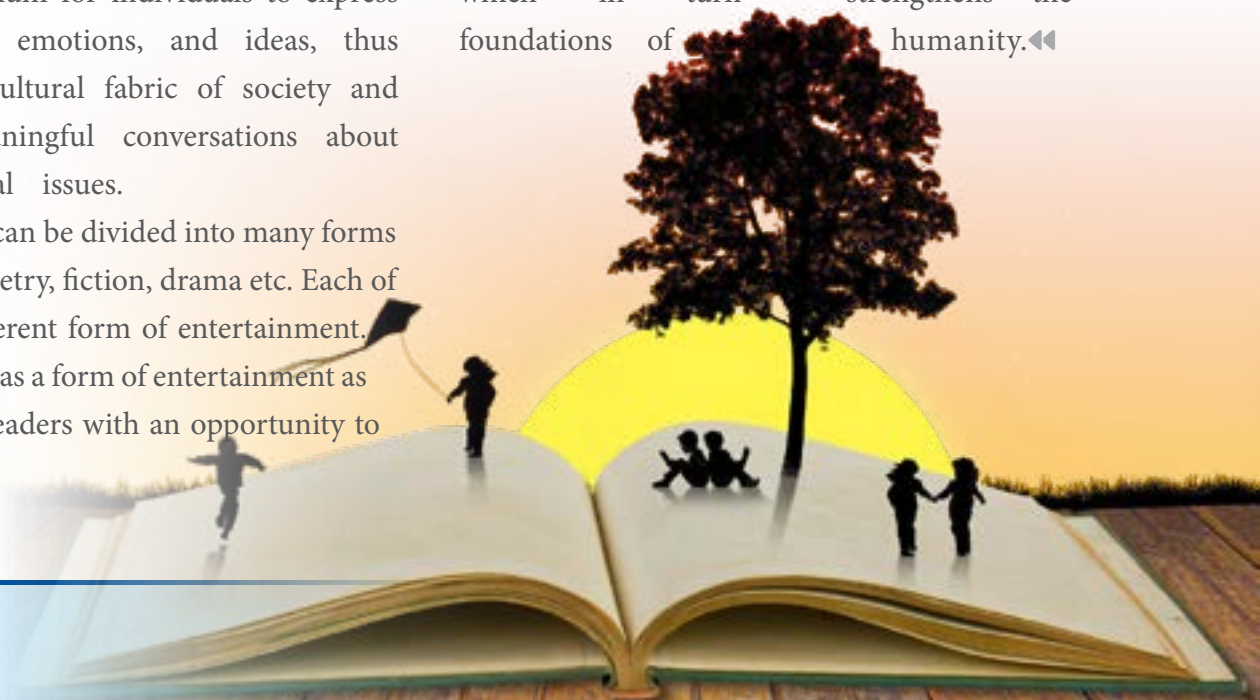
CHINA : THE WORLD'S MANUFACTURING SUPERPOWER

● **Bhargav Bordoloi**

MBA 1st Semester

Introduction

For decades, China has been hailed as the "world's factory," dominating global manufacturing and exporting of a wide range of products to every corner of the world. However, the narrative is shifting, and China is evolving from being solely a manufacturing powerhouse to a multifaceted economic giant with a more diversified and innovative approach. This article explores the transformation of China's economy and its journey from the manufacturing king to a new era of growth and development.

The Manufacturing Giant

China's rise as a manufacturing giant can be traced back to the late 20th century. With its vast labor force, competitive production costs, and an increasingly skilled workforce, China attracted multinational companies looking to optimize their supply chains. This led to the creation of massive industrial zones, often referred to as

"factory cities," where products ranging from electronics to textiles were mass-produced.

The transformation of China into a manufacturing superpower brought immense economic growth, lifted millions out of poverty, and turned the nation into an export-oriented economy. This model fueled impressive GDP growth rates, but it also raised concerns about environmental degradation, labor conditions, and a heavy reliance on low-value, labor-intensive industries.

The Shifting Landscape

In recent years, several factors have contributed to China's changing economic landscape:

Rising Labor Costs: As China's workforce demands better wages and working conditions, labor costs have increased, making low-wage, labor-intensive manufacturing less attractive.

Technological Advancements: China has made significant strides in innovation and technology, leading to the emergence of tech giants like Huawei, Alibaba, and Tencent. The country is now investing heavily in research and development, artificial intelligence, and other high-tech sectors.

Environmental Concerns: The environmental consequences of rapid industrialization have become more evident, pushing China to prioritize sustainability and shift toward cleaner, high-tech industries.

Trade Tensions: Trade conflicts with the United States and other countries have disrupted global supply chains and prompted China to seek self-sufficiency in key industries.

The New Direction

China's leadership recognized the need for economic diversification and initiated policies to shift the nation towards a more balanced and innovative economy. Some of the key steps taken include:

Made in China 2025: This initiative aims to transform China into a global high-tech manufacturing leader, with an emphasis on industries like robotics, biotechnology, and aerospace.

Belt and Road Initiative: China's ambitious infrastructure and trade project seek to connect more than 60 countries, promoting economic cooperation and development.

Green Energy and Sustainability: China is making substantial investments in renewable energy, electric vehicles, and green technology, positioning itself as a leader in environmental sustainability.

Innovation Hubs: Cities like Shenzhen and Shanghai are becoming innovation hubs, fostering startups, research, and development in various sectors.

In Conclusion, China's transformation from a manufacturing giant to a multifaceted economic powerhouse is a testament to its adaptability and resilience. While manufacturing will remain a vital part of the Chinese economy, China is no longer solely a "factory to the world." The nation's focus on innovation, sustainability, and technology-driven growth has ushered in a new era of possibilities and challenges, positioning China as a key player in the global economy, not just as a manufacturing king, but as a dynamic and diverse economic force to be reckoned with. ◂◂

INCLUSIVITY AND SUSTAINABILITY

● **Bhaswati Bhuyan**

MA 3rd Semester

*'It is not our differences that divide us. It is our inability to recognize, accept and celebrate those differences.'- **Audre Lorde***

The sooner and deeper we understand the meaning of democracy and its superiority to any other form of Government, the better it is for the effectiveness of its functioning. The most enriching of all the potentiality that democracy carries with it, is that it enhances the dignity of every individual by providing them with equal treatment, along with providing further ability to fill its lacunae and correct its mistakes. At the time of independence, pledges to end inequality of opportunity were made under three broad heads: gender inequality, social inequality and the practice of democracy. In the literal manner, we as a nation are far behind when it comes to inclusivity of people. Our country is one where the most amount of diversity exists and it has been forever called an epitome of love. Many religions, linguistic communities with their own individually passed down cultures and ethnicities have been living together in India since history. Somehow the present day scenario of the nation crippling with clashes and violence mostly boils down the fact that inclusion is yet to reach every community in the country.

When development takes place focusing

on one particular community it sometimes tends to go against the values and cultures of another community as the idea or requirement of it may not be parallel to all. It can be said that every inclusion leads to some kind of exclusion. A mere approach of the government stressing on certain aspects of the society in the name of development sometimes becomes fissiparous and creates a gap among people and this may further lead to a new form of social exclusion. The issues of minority communities, transgender communities, of the vulnerable sections of the society are dire needs of discussion in today's time among the intelligentsia and the commoners.

Inclusive growth is intended to meet the objectives of inclusiveness and sustainability. Some aspects of it are social development which should aim at the poor and the marginalized taking into account their livelihood means. India is now home to a large number of billionaires but ranks 130 in the Human Development Index. Our country, unlike other countries, aims for GDP growth and foreign direct investments aiming for development but it is a necessity to delve deeper than that. The economic growth models that are prepared are often designed in a way that has created a gap among the communities. Although Article 29 aims to protect the interests of the minority communities making provisions for any person to preserve their language and culture and also says that no discrimination should be made on grounds of religion, race, caste or language, we hardly see such scenarios everywhere.

The Sacchar committee points out that the Muslim community being the first largest religious minority community still faces the three fold problem of identity, security and equity. Ghettoization is another problem faced by them. The Parsi community is given the status of urban tribes and is facilitated into slowly mixing with the locals which would eventually lead to a loss of their own culture. The identity crisis further leads to insecurity and as a result riots and clashes take place where the minorities often have to bear the brunt more than the majority communities. Articles were filled with news about Sikh protesters coming out on the roads in 2015 as there happened to be an alleged desecration of their holy book that angered many. It was claimed by religious persons that this deep rooted conspiracy to target their religious sentiments was a plan.

Linguistic groups are the most diverse in India as there are 780 languages spoken according to the People's Linguistic Survey of India. Attempts are being made to propagate a "one country, one language" theory but one should realize that cultural diversity creates a strong sense of belongingness among people. The UN has expressed its concern over the vanishing of local scripts and languages. It might have been a good policy of the British to impose their mother tongue over the common system but belonging to a democratic republic, it can cause a serious turn of events. Rather we can take it upon ourselves to preserve and protect our richness and make ourselves proud of this fair and rich nation that we belong to.

Reducing the gap between men and women in terms of opportunities is another important aspect. The Global Gender Gap Index produced by the World Economic Forum brings out 14 indicators to provide an idea regarding where men and women stand in terms of gender

parity. The Indian Penal Code reported crimes against women to be steadily increasing between 1990 and 2019. Exclusion and disparities of such kind will keep on rising if serious measures are not taken. An article regarding Nehruvian ideals in one of the esteemed dailies that came out recently talked about how Nehru wanted the end of inequality but it has widened after independence as days passed by.

It is a sad but a very much relevant truth that is still pertaining in our society and that is the exclusion of the LGBTQIA+ community. The string of feminist movements since the late 19th century have dealt with all the issues of the womenfolk and currently the fourth wave of feminism also includes the LGBTQIA+ community. Reports say that 96% of transgender people are forced to take low paying work and many of the qualified people as well are not considered for proper employment opportunities, not forgetting the oppression they have to face in their own households from family members, relatives, etc.

To tackle the problems of the marginalized groups and to approach the governing of a nation like ours, the government has come up with many schemes of which there should be enough awareness about. The 'USTAAD' scheme upgrades skill training for preservation of ancestral arts and crafts of the minorities. The 'Nairoshani' scheme aims to develop leadership among minority women with the help of NGOs. Prime Minister's 15-point programme is for the welfare of the religious minorities in India. The SMILE scheme targets the welfare of the transgender community and for their rehabilitation purposes. More such schemes and legislations that aim to uplift the conditions of the vulnerable sections of the country would definitely bring about a change in the overall mentality among the people. We belong to the largest democracy and as such, should discourage bigoted speeches and thrive for an all-inclusive and peaceful country. ◄◄

Success is the sum of small efforts - repeated day in and day out.

Robert Collier

INDIAN ECONOMY

● **Sushil Kumar Somani**
BBA 1st Sem

INDIA is primarily a domestic demand-driven economy, with consumption and investments contributing to 70% of the economic activity. With an improvement in the economic scenario and the Indian economy recovering from the Covid-19 pandemic shock, several investments and developments have been made across various sectors of the economy. INDIA is a mixed economy country. The Indian economy stands at a crossroads, navigating a complex terrain of challenges and opportunities. With a population exceeding 1.3 billion, India is a vibrant and diverse nation with a rapidly evolving economy that plays a significant role on the global stage. One of the key challenges faced by the Indian economy is the impact of the COVID-19 pandemic. The sudden and severe lockdowns in 2020 disrupted supply chains, led to job losses, and adversely affected various sectors. The government responded with stimulus packages and reforms to support businesses and revive economic activity. As the nation gradually recovers, a crucial task lies in ensuring the sustainability of this rebound and addressing the lingering social and economic disparities. India's embrace of the digital era through the "Digital India" initiative has positioned it as a global technology hub. The information technology sector, a key contributor to the economy, continues to innovate and expand. Fostering a culture of innovation and entrepreneurship is vital for sustained economic growth, as demonstrated by successful startups in various sectors. In conclusion, India's economic and developmental journey is marked by resilience, innovation, and inclusivity. Navigating the challenges posed by the pandemic, the nation is shaping a future that integrates economic growth with social development. The ongoing commitment to sustainable practices, technological advancement, and inclusive policies positions India as a key player in the global economic landscape, fostering a balanced and prosperous future for its citizens.◄◄

GAMING AND E-SPORTS

● **Sunita Dey**

MBA 1st Semester

E-sports, short for electronic sports, is a form of competition using video games. E-sports often takes the form of organized, multiplayer video game competitions, particularly between professional players, individually or as teams.

Back in days Multiplayer competitions were long a part of video game culture, but were largely between amateurs until the late 2000s, when the advent of online streaming media platforms, particularly YouTube and Twitch, enabled a surge in participation by professional gamers and spectators. By the 2010s, e-sports became a major part of the video game industry, with many game developers designing for and

funding for tournaments and other events.

E-sports first became popular in East Asia, particularly in China and South Korea (which first licensed professional players in 2000). E-sports are also very popular in Europe and the Americas, which host regional and international events. The most common video game genres associated with e-sports are multiplayer online battle arena (MOBA), first-person shooter (FPS), fighting, card, battle royal and real-time strategy (RTS) games. Popular e-sports franchises include League of Legends, Data, Counter-Strike, Valorant, Over-watch, Street Fighter, Super Smash Bros and StarCraft.

Tournaments-

Among the most popular tournaments are the League of Legends World Championship, Dota 2's International, the fighting game-specific Evolution Championship Series (EVO) and Intel Extreme Masters. Many other competitions use a series of league play with sponsored teams, such as the Over-watch League. Although the legitimacy of e-sports as a true sporting competition remains in question, they have been featured alongside traditional sports in some multinational events in Asia. The International Olympic Committee has discussed their inclusion in future Olympic events.

Growth-

In the early 2010s, viewership was about 85% male and 15% female, with most viewers between the ages of 18 and 34. By the late 2010s, it was estimated that by 2020, the total audience of e-sports would grow to 454 million viewers, with revenue increasing to more than US$1 billion, with China accounting for 35% of the global e-sports revenue.

Changes throughout the years-

There are over 3 billion gamers worldwide. However, the gaming world has changed drastically over the last 25 years, largely thanks to the internet becoming more accessible. Whether it's mobile, console or desktop, gaming has one of the biggest user bases in the world.

Market and views-

Market size is now larger than movies and music combined! Official tournaments of the most popular games can register millions of viewers and professional e-sports teams can receive millions of dollars in sponsorships and prize funds for competing at the highest level. With the ever-growing popularity of e-sports, recently, the International Olympics Committee announced Olympics E-sports Week, June 22-25, 2023, creating a virtual series of physical sports for e-athletes to compete in.

Therefore, we can say e-sports and gaming has grown a lot in previous years and will keep on growing. This has also helped in many other factors such as earning, employment and many more. Being an individual who is interested in gaming, I, myself is very happy and proud to see how far the community has come. ◀◀

ROLE OF EDUCATION IN WOMEN EMPOWERMENT

● **Kumkum Tiwari**
B. Com 1st Semester

"Education is the most important means of empowering women with the knowledge, Skills and self-confidence necessary to participate fully in the development process."

Education plays a very significant role in everyone's life. It is not bound with men or women. It is human right and an essential tool for achieving equality as it ensures that women grow up with knowledge of the world, ability for critical thinking and practical skills which lead to self-confidence and self-respect. So, education and women empowerment are related concepts. In the last few decades, the concept of women empowerment has undergone a sea change from welfare-oriented approach of women empowerment to equity approach. Empowerment is both a process and a result, that can neither be measured nor can it be taken by some individuals or institutions/ organizations and given to somebody else. Educating women, who constitute almost half of the total population of the country, implies educating half of the total population of the country, implies educating half of India. As rightly said by Mahatma Gandhi, "If you educate a man, you educate an individual, you educate a woman, you educate a family." While discussing women empowerment, the importance of education can never be overlooked.

Increasing awareness to educate woman has led to boosting off of the educational opportunities available to them. The situation was not always the same in the past. However, during the Vedic age women education was

given due importance along with men. But gradually this trend witnessed a sizeable decline. Before independence, education became a farfetched dream for every woman in the country. Women mostly in the backward and ruler areas were confined to their home, deprived of access to educational opportunities mainly because of the stigma in the society that women had nothing to do with education as their prime duty was to stay back at home and look after household chores This narrow outlook of the society made the status of women pathetic in the society. They were forced to remain weak, backward, and illiterate and were often exploited because of their ignorance. However, there were a section of people who tried to change this attitude of the society towards women's status in the society through their revolutionary thoughts and endeavours Pioneer in this field were Raja Ram Mohan Roy, Ishwar Chandra Vidyasagar, BR Ambedkar etc, who had made various noteworthy contributions to promote women education in India. The British Government also undertook some schemes to educate women though it achieved limited success. But after independence the concept of women education witnessed tremendous boost through expansion in the number of institutions imparting education, training and skill development of women.

Education is central to achieve the goal of sustainable development and in empowering women in the present-day world. If India aspires to be a superpower, then the hopes, aspirations and needs of female population needs to be given due consideration. And this can happen only when they are given access to educational opportunities. Education is said to be the best way through which dreams find proper channel to become reality. 'Gender equality through Education' has become a common slogan. Education of girl child is important for every family. Education is not a favour but the birthright of every child-male or female. Educating women makes them socially more conscious. They can take better care of themselves and their family. Education enables them to take proper care during pregnancy and delivery thus ensuring better health of their child as well as themselves. This has led to considerable reduction in the maternal mortality rate, infant mortality rate as educated women is very much aware of the repercussions associated with such problems. At present, education has become a tool to achieve gender equality, women empowerment, increased political participation of women in the social arena. Educated women are well apprised of their legislative and parliamentary rights and can take advantage of all the provisions at their disposal. Increasing awareness about women education has increased the number of female literates in India over the years.

The main obstacle faced in educating women in Indian society is related to the status of women in the society. From ancient times women have been given a status secondary to men at home and even outside the four walls of home. Men have always been considered the primary earner in the household. The duty of women is believed to be confined to looking after the family and household. So basically, educating women through formal and informal technique was considered to be wastage of time as well as money. Because of this stigma, discrimination in

access to education for women is still rampant in Indian society.

Empowering women are generally looked up from the financial sufficiency angle. Increase in female work participation rates is one of the indicators of empowerment. But often because of lack of education, women face discrimination at their workplace. There are differences in wages and salaries in case of wage labourers. Illiterate women often get exploited in the hands of their employers and data have revealed that there are much lower rates of work participation among women than men primarily because of this reason. Only by educating themselves women can put an end to such exploitation. Increase in education leads to a larger entry of women in employment at higher levels of productivity and earnings. An educated woman is well aware of the share and emoluments that she is entitled to. It is often seen that women in urban areas enjoy equality in salaries and other provisions. This is generally because of their higher educational qualification which makes them socially, intellectually aware of their provisions.

Empowering women through education is also important as human development of a nation in the real sense will be impossible, if women continue to remain a passive population of the country. To achieve empowerment women, have to be educated to be aware of their rights and privileges in a modern society. It is only adequate education which can give them the required confidence to move on in life and prove their worth to the society. ◄◄

> *The roots of education are bitter, but the fruit is sweet.*
> —Aristotle

RECYCLING WASTE

● **Udita Das**

MBA 1st Semester

Recycling is the process of converting waste materials into new materials and objects. This concept often includes the recovery of energy from waste materials. Recycling is a key component of modern waste reduction and is the third component of the "Reduce, Reuse, and Recycle" waste hierarchy. The recyclability of a material depends on its ability to reacquire the properties it had in its original state. It is an alternative to "conventional" waste disposal that can save material and help lower greenhouse gas emissions. It can also prevent the waste of potentially useful materials and reduce the consumption of fresh raw materials, reducing energy use, air pollution (from incineration), and water pollution (from landfilling).

It promotes environmental sustainability by removing raw material input and redirecting waste output in the economic system. There are some ISO standards related to recycling, such as ISO 15270:2008 for plastic waste and ISO 14001:2015 for environmental management control of recycling practices.

Recyclable materials include many kinds of glass, paper, cardboard, metal, plastic, tires, textiles, batteries and electronics. Composting and reuse of biodegradable waste— such as food and garden waste— is also a form of recycling.

Materials for recycling are either delivered to a household recycling centre or picked up from curb side bins, then sorted, cleaned, and

reprocessed into new materials for manufacturing new products.

In ideal implementations, recycling a material produces a fresh supply of the same material—for example, used office paper would be converted into new office paper and used polystyrene foam into new polystyrene. Some types of materials, such as metal cans, can be remanufactured repeatedly without losing their purity. With other materials, this is often difficult or too expensive (compared with producing the same product from raw materials or other sources), so "recycling" of many products and materials involves their reuse in producing different materials (for example, paperboard). Another form of recycling is the salvage of constituent materials from complex products due to either their intrinsic value (such as lead from car batteries and gold from printed circuit boards) or their hazardous nature (e.g., the removal and reuse of mercury from thermometers and

thermostats). One way to address this is to increase product longevity, either by extending a product's first life or addressing issues of repair, reuse, and recycling. Reusing products and therefore extending the use of that item beyond the point where it is discarded by its first user is preferable to recycling or disposal, as this is the least energy-intensive solution, although it is often overlooked.

The EU Circular Economy Package recognizes the importance of extending product lifetime and includes repair and reuse of products in its action plan to ensure products reach their optimum lifespan. If targets for reducing greenhouse gas emissions are to be reached, then reusing needs to be included as part of a whole-life cycle approach.

So, we can say that recycling plays an important role in our society. As a part of this society, I encourage the people of this society to recycle their waste. This will benefit us and our environment. ◀◀

MUSIC

● **Ananya Sarma**

BA 5th Semester, Psychology Department

"The only truth is music"- Jack Kerouac. Music is a mixture of vocal and instrumental sounds produced in such a way that forms beauty, harmony and expresses emotions. The whole concept of music cannot be merely described or put down in some words, it is a very deep concept. It is vital in our day-to-day life.

The sound of the music, the vibration, the rhythm, the melody not only attracts humans but also attracts animals. Music is something that brings everyone together. It creates love and passion among people. Listening to music relaxes our mind from stress, it stimulates our brain and acts as a refreshing agent. It also increases our imagination, creativity, stabilises our mind, regulates our mood and most importantly expands our motivation.

Music increases blood flow to brain regions that generate and control emotions. The limbic system, which is involved in processing emotions and controlling memory, lights up when our ears perceive music. The relaxed feelings when we hear music are a result of dopamine, which triggers sensations of pleasure and well-being. Music has the intense capacity to enhance our mood even when we are physically

ill. Sciences has done various research on people who suffered brain injuries and lost their ability to distinguish melodies but retained the ability to recognize the emotion conveyed by music.

Music is the only way of connecting people universally. Through music, people can express their thoughts, ideas, emotions etc.

Moreover, music is a very spiritual experience that can be attained by us. Ancient Indians were deeply focused on the spiritual power of music and that's how Indian classical music was born. Indian classical music involves patience, serious devotion and lifelong commitment. Also, it includes discipline and training oneself. Music and spirituality are intricately related to each other. Indian classical music puts their energy in the right direction and helps in shaping and moulding a person's personality.

The word 'Om' or 'Aum' is a very sacred sound which vibrates at the frequency of 432hz, which is the same vibration frequency found in nature. The sound 'Om' is said to be the sound of the universe, it is the eternal sound. By chanting the sound 'Om' we can connect with nature and the universe.

Music has the power to bring down violence. It helps to focus and concentrate on one's thoughts. Indian classical music helps in getting peace of mind. The great and important thing about Indian classical music is it is a combination of emotions and aesthetics, which creates a great vibe.

Music is a very powerful aspect. It can transform a human being in ways that we cannot imagine. There is a yoga called 'Nada Yoga'. Nada means 'sound'. This yoga is practised with sound which is very calm and peaceful. It is a very impactful process.

Hence music is a very powerful tool and can be phenomenally used for human wellbeing.◀◀

RECOGNIZING RED FLAGS IN FRIENDSHIPS: A GUIDE TO EMOTIONAL HEALTH

● **Jannatul Hoque**

B.A 5th Semester, Department of Arts (Psychology)

Sana and Puja had been close friends for years, sharing laughter and supporting each other through thick and thin. However, a red flag emerged when Sana noticed Puja becoming increasingly secretive. One day, Sana invited Puja for a casual coffee chat, hoping to catch up. When Sana asked about Puja's recent struggles, Sana brushed it off with a forced smile, insisting everything was fine. This evasiveness continued, and Sana became concerned about their communication. As Sana pressed gently for openness, Puja reacted defensively, avoiding deeper conversations. Sana, recognizing this as a red flag, decided to express her worry about the strain on their friendship. Puja's reluctance to address the issue raised concerns about trust and emotional intimacy. Despite Sana's efforts to bridge the gap, the red flag persisted. The friendship faced crossroads, forcing Sana to contemplate the health of their connection and whether addressing these issues was essential for both their well-being.

The Red Flag Culture

Traditionally, a red flag symbolizes 'danger', 'to stop' or 'a warning sign'. It's closest synonym is the red foul card used in football to dismiss a player on the ground of a serious penalty. In the present times, a red flag has been given a new identity by the current generation or Gen Z as we call ourselves. The red flag still carries it's previous meaning as a 'warning sign'; however, this symbol of warning is now associated to social connections such
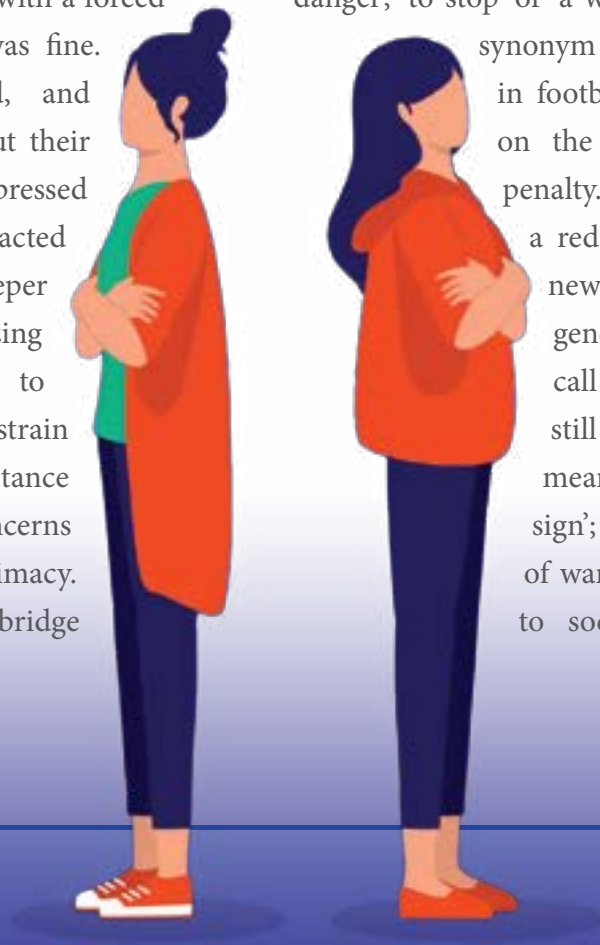
as social relations and interrelation. Hence, red flags are the indicators of a budding dysfunctional social connection. It might be found in any unit of a social structure be it family, friendship, relationship, marriage or any such social organisation. 'A red flag' may passively or actively; knowingly or unknowingly; temporarily or permanently be present in an individual or an individual's behavioural pattern. In this sense, a red flag as a trendy topic among youngsters could be psychologically accessed. There are a few common behaviour patterns seen in an indicator or a person who holds the red flag 2/2 such as narcissism, insecurity issues, etc. and an observer or a person whilst having knowledge of such behaviour pattern chooses to further pursue such a dysfunctional or otherwise 'toxic' relationship such as abandonment issues, fixer upper attitude, etc. It is noteworthy that one could even find red flags in one's actions as well as in another's actions, in the former the indicator & observer both are the same person.

To conclude, red flag as a growing topic in regards to social standings is crucial in understanding forms of association and connection dynamics through one's behaviour alone. Therefore, the very concept of a red flag has psychological importance. ◀◀

"Genius is one percent inspiration and ninety-nine percent perspiration."
- Thomas Edison

LAW OF LEARNING

● **Jannatul Hoque**

B.A 5th Semester, Department of Arts (Psychology)

Learning situations are the most natural and common in our life. Every moment we learn something or the other because of the varied experience we have in life. Learning starts when a child is born and continues till death.

Law of learning principals have been discovered, tested and used in practical situation. They provide additional insight into what makes people learn most effectively. Edward Thorndike developed the first three "laws of learning".

1. Law of effect
2. Law of exercise
3. Law of readiness

1. Law of effect : The law of effect stresses the importance of effect or consequence on learning i.e. on strength and weakness of the connections between the stimulus and response.

Thorndike believe that any act that produce a satisfying effect will be repeated. Thus, response which is rewarded or satisfying would be firmly established and become more probable for reoccurrence. On the other hand, annoying response, that is, unsatisfying response become less probable for recurrence. In simple words, it means that the learning takes place properly when it results in satisfaction and the learner derive pleasure out of it. This law emphasizes the role of reward and punishment in the process of learning. Success brings with it satisfaction and along with it strengthening of the relation of the facts. Failure increases dissatisfaction and the
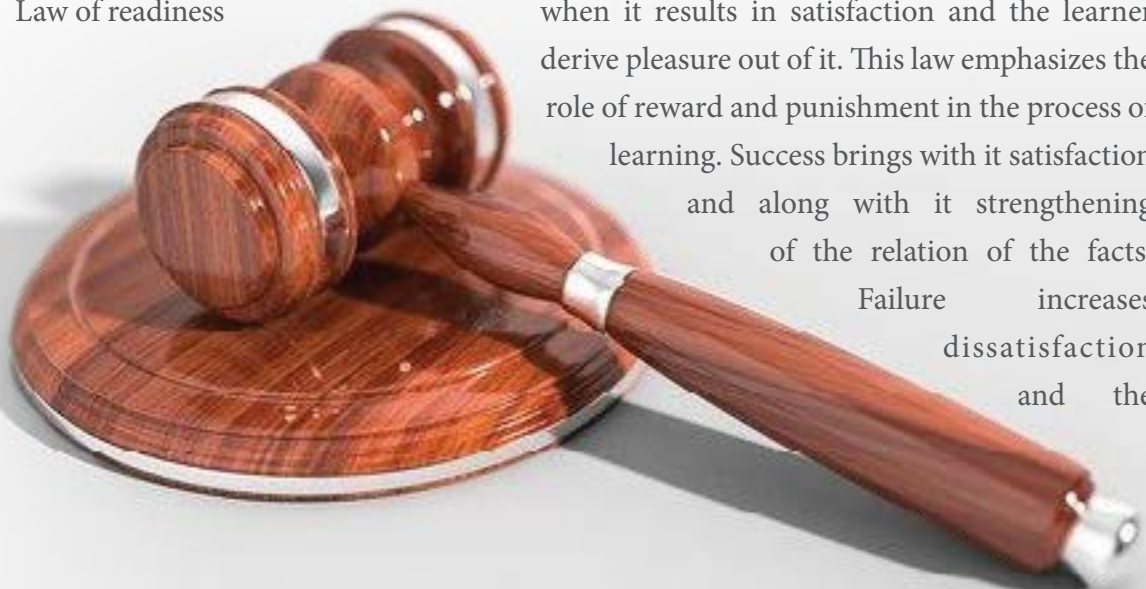
absence of the relation among the facts weaken them.

2. The second law, in human and animals leaning, is the law of exercise. This law explains the role of practice or repetition in learning. This refers to strengthening or weakening of an event. Constant practice is necessary or an action is to be strengthened. Lack of practice may weaken an event. This law has two sub-parts.

A. Law of use

B. Law of disuse.

In brief, it can be said that the law or exercises are a whole, emphasizes the need for repetition, practice and drill work in the process of learning. The repeated application of activity fixes it firmly in the mind, while on the other hand, no psychological reference is intended.

3. Law of readiness

This law is indicative of the learner's desire to participate in the learning process. According to Thorndike readiness is the preparation for action. It is the physiological condition of an individual to involve in a task. It is very essential for learning. Law of readiness may lead to satisfaction or annoyance.

This law is indicative of the learner's state to participate in the learning process. This law of readiness describes those situations in which the person who learns either invite the object of his learning or rejects it. Readiness includes all those preparatory adjustments which immediately precede the action. This readiness creates a desire for learning and turns the learner's mental attitude towards the subject to be learned. ◀◀

ANTICIPATED EXPERIENCES DURING OUR COLLEGE LIFE

● **Pratiksha Goswami**
MA 3rd Sem., Sociology Deptt.

College life is one of the most remarkable and lovable times of an individual's life. Unlike school life, college life can offer different experiences, and a person needs to have these experiences in his/her life. College life expose us to whole new experiences which we always dream of experiencing after our school life. Lucky are those who get the chance to enjoy their college life, as many people don't get this chance due to their circumstances or financial issues. For every person, college life has a different meaning. While some people spend their college life partying with friends, others become more cautious about their careers and study hard. Irrespective of the way, every individual enjoys their college life and always wishes to relive that time once it is over.

College Life Experience : How is it different from School Life?

Both school life and college life are most memorable times of a person's life, but both of them are quite different from each other. While in school life, we learn everything in a protected environment, college life exposes us to a new environment where we have to learn new things and face new challenges by ourselves. We spend half of our young lives in school, and thus we get comfortable living in that environment. But college life is for three years only, where every year introduces new challenges and lessons to us.

Unlike school life, we don't have many limitations in college life, and it is up to us how we want to spend our college life. In college life, we come across new faces and experience an unique environment in which we have to adapt ourselves. We make new friends who stay with us for the rest of our lives.

Also, we get a chance to shape our careers by taking the right decisions and studying hard. College life is not limited to study but also about the overall development of an individual through various activities and challenges.

In college life, one gets a chance to make their own decisions. In school life, students get an opportunity to be class monitors whereas in college life, an individual gets a chance to nominate himself/herself for more prominent positions like College President, Vice President,

Secretary, and Vice Secretary. Apart from deciding the course and stream, an individual also gets a chance to build his/her confidence by being a part of various societies and events that take place all the year. Different from School Life, College Life has its own importance in a person's life, and one should always enjoy his/her college life.

Firstly, some of the most fun memories of college are in the "college canteen". The canteen is supposed to be where most of the students satisfy their hunger and hang out with their friends. Secondly, it's the "annual fest" of the colleges. Fests always fill the student's life with excitement and buzz. It provides new opportunities to explore, compare, compete and provide a platform to showcase their talent. It becomes a place where students take lots of pictures and record their experiences. Last but not the least, it's the college trips. One of the best things in college life are the field trips where they can go out and have quality time with their friends & teachers and have a learning experience. Field trips or just any other college trips are filled with stories and dramas. Every student has their own story to tell about their college trips. We should enjoy our college days as they cannot be brought back just like our school days.

My College Days Experience

Talking about my college life, I have enjoyed my college life to the fullest and have had some of the best days of my life. I was a student of one of the most reputed colleges of Delhi University, i.e. Gargi College. I have completed my B.A. (Hons.) in Sociology from there. NEF College is one of the best colleges under Gauhati University. Built in a large area, it is a beautiful college with many courses and in streams like Management, Social Work, Pharmaceutical Science, Health Science, Nursing, Commerce, Arts and Humanities. With an outstanding academic record, it is a college which provides a platform for overall growth of a student. When I took admission in this college, I was really afraid as all the people were very new to me. But soon, I started enjoying my college

life and made some fantastic friends. I loved everything about my college and participated in the events at my college.I joined the cultural committee of my college and participated in many dance competitions that occurred in the college.

One of the best things about college life is that you get a new experience every day. In my college life, along with studying, I and my friends enjoyed a lot of other things. We traveled to lots of places, had new experiences, and learned many new things. Our college's canteen was a remarkable place in my college life as whenever we got time, we used to enjoy in the canteen. Another thing I loved about my college life is the annual fest. Every year, our college organizes a massive annual fest and all the students of our college participate in various events and enjoy a lot in this fest. These fests allow students to socialize with new people and to showcase their talent to everyone which builds their confidence and helps them in their future. I have participated in my college's annual fest for all three years, and I have got the best exposure and experience of my life through this these fests. I had the best time of my life in college, and my college life memories will always make me happy.

Life After College

One fine day, you will be silently smiling with teary eyes, looking at the pictures from your college and old friends, and remembering all the good times you had in your college days. That is the beauty of studying in a college. Despite climbing the ladder of success, you will cherish the memories of your college life.

College Life is a remarkable and essential time in a person's life, and everyone should enjoy it. College Life teaches us many things and builds our confidence to face the challenges and struggles in our future. Instead of just focusing on the studies, a person must participate in other activities and socialize as much as possible in his/her college life as all these things help in the overall development of a person. ◀◀

THE POLITICISATION OF MEMES: NAVIGATING THE DIGITAL LANDSCAPE

● **Ananya Sarma**

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In the ever-evolving landscape of digital communication, memes have become a powerful tool for expressing opinions, satirizing political figures, and shaping public discourse. What initially started as humorous internet content has transformed into a means of conveying political ideologies, often blurring the line between entertainment and activism.

The Rise of Political Memes

Memes, with their humorous and easily shareable nature, have proven to be an effective way to engage a broad audience. In recent years, they've taken on a significant role in political conversations. Memes can simplify complex issues, making them more accessible to a wider audience, and they often serve as a form of social

commentary.

Memes as Political Satire

One of the primary ways in which memes become political is through satire. Users leverage humor and irony to critique politicians, policies, or societal issues. Memes provide a platform for individuals to express dissent, challenge authority, and foster a sense of unity among like-minded individuals. However, the comedic intent can sometimes mask the seriousness of the underlying political messages.

Echo Chambers and Polarization

While memes can be a powerful force for political expression they also contribute to the creation of online echo chambers. Social media algorithms tend to show users content that aligns with their existing beliefs reinforcing pre-existing opinions and polarizing online communities. Political memes can inadvertently deepen ideological divides by fostering an us versus them mentality.

Memes as Propaganda

Beyond satire, memes have been used as a form of political propaganda. Individuals and groups with specific agendas create and spread memes to manipulate public opinion. These memes can oversimplify complex issues, distort facts, or use emotional appeal to influence the audience. The viral nature of memes amplifies their impact, making them a potent tool for shaping narratives.

The Influence on Political Discourse

The rapid dissemination of memes across social media platforms has reshaped the way political messages are shared and consumed. Memes can quickly become part of mainstream political discourse, influencing public perception and even shaping media coverage. As a result, politicians and public figures increasingly find themselves responding to memes as part of their communication strategy.

In conclusion, the politicisation of memes reflects the evolving nature of political communication in the digital age. Memes serve as a double-edged sword, providing a platform for both grassroots activism and the spread of misinformation. Navigating this complex terrain requires a discerning audience that can engage with political memes critically, understanding their potential impact on public discourse. ◄◄

ARTIFICIAL INTELLIGENCE: A CHALLENGE TO PRIVACY

● **Elie Rammuanawmi**

BA 6th Sem., Political Science Department

The advancement of technology in the modern world has brought about profound changes in every part of our lives. Artificial intelligence (A.I.) is one such rapidly developing computer science technology that has been playing a significant role in the modern society. Artificial intelligence is the simulation of human intelligence processes by machines, especially computer systems. This area of computer science allows us to build intelligent machines with human-like behaviour, thought processes, and decision-making abilities. A.I. benefits include increased efficiency through task automation, data analysis for informed decisions, and medical diagnostic assistance. AI has many advantages, but it also raises concerns about one crucial area of human life: privacy. This article explores the potential risk to personal privacy with AI adoption.

Artificial Intelligence has become a vital aspect of our daily lives in the 21st century. A.I. can be used to produce software or devices that can easily and accurately address real-world problems such as health, marketing, traffic, and so on. With the help of A.I., one can develop own personal Virtual Assistants, such as Cortana, Google Assistant, Siri, etc. A.I. has the potential to be utilised to develop robots that can operate under hazardous circumstances where human life may be at risk. A.I. creates opportunities and pathways for other new technologies and gadgets. However, some argue that despite all of these benefits, developments in artificial intelligence might pose new threats to fundamental rights such the right to privacy and social values.

A.I. has affected our privacy in various ways. For instance, at times, A.I. can retrieve data without our permission. Later, that data can be exploited for marketing purposes, compromising one's privacy. We can highlight its impact on our privacy through the following points:

- One's personal information is the key to virtual identity. Identity theft is a possibility when A.I. systems gather and evaluate this data. Fraudsters or cybercriminals may utilise artificial intelligence (A.I.) to steal identity, conduct fraud, or even sell personal information on the dark web.

Data which is collected via AI profiling is easily abused and misused. Data subjects whose personal information is collected are completely unaware and do not even challenge it. Many social media platforms like Google, Facebook, Instagram etc. at times compromise data of its users. Social media platforms can be used to deliver malware, which can slow down a computer, attack users with ads and steal sensitive data.

- Artificial intelligence also poses a risk in terms of social manipulation. A.I.-generated photos and videos have made online media and news even more misleading. A.I. voice changers as well as Deepfakes often infiltrate political and social spheres. These technologies easily create realistic photos, videos, audio clips or replace the image of one figure with another in an existing picture or video. This gives fraudulent individuals a new medium to spread false information and propaganda for war, resulting in a situation where it can be extremely difficult to differentiate between reliable and inaccurate or fake news.

- A.I. algorithms utilised by an organisation are also extremely susceptible to cyberattacks, which puts the user's privacy at risk. Artificial intelligence (A.I.) makes it more likely for cybercriminals to obtain our sensitive personal data and use it to further their own agendas.

- Constant invasions of privacy can have serious negative consequences on mental health. Research indicates that invasions of privacy might raise stress and anxiety levels as well as a sense of powerlessness.

- Increasing prevalence of smart devices in our home, often equipped with A.I. capabilities, bring about new challenges to privacy. Voice active assistants (such as Alexa), smart thermostats and connected appliances constantly collect data about our habits and preferences. While the intention is to improve the user's experiences, the possibility of these devices being hacked or misused raises concern about unauthorised access to our private spaces. Issue of consent and control over our personal environment become paramount as A.I. infiltrates our daily life through these devices.

- The rapid Facial Recognition technology advancement is another area where A.I. poses a threat to our private life.

Government and private entities increasingly use facial recognition for security, identification, and authentication purposes. However, the widespread usage of these technologies raises concerns about mass surveillance and the potential for abuse. Citizens can be tracked and identified in public space without their knowledge or consent.

No doubt, A.I. has the potential to improve our lives in countless ways. It's obvious that artificial intelligence (AI) will shape our future to a greater extent as technology advances. Therefore, along with the benefits of A.I., there is serious need to acknowledge its potential risks, particularly to our privacy. The collection, analysis and utilisation of personal information without adequate safeguard can lead to loss of autonomy and the erosion of the boundaries between the public and private. The best way to protect is to understand how these technologies work and their effects on our life. The concept of privacy is changing in the digital age. By adopting a privacy-centric mindset, prioritising transparency, establishing regulatory frameworks, and engaging in collaborative discussions, governments can pave the way for a future where privacy and A.I. coexist harmoniously. In addition, strict regulations, ethical guidelines, and increased public awareness are essential for navigating the rapidly evolving AI landscape while safeguarding our basic right to privacy, which is guaranteed by Article 21 of the Indian Constitution. It is critical to promote responsible A.I. development and deployment in order to maximise its potential advantages while minimising the threats to individual privacy and civil liberties. ◀◀

SILENT ECHOES

● **Rubali Priya Sandilya**

MSW 1st Semester

In a small town nestled among rolling hills, a young man experienced a tragedy that shook him to his core. Days, months, years, passed but a slightly darkened hair, nine-teen year old, Abhimanyu Verma was still on his similar track of life. The poor lad lost his mother in an accident. The pain, the aggression, the grief is still deep rooted somewhere on his heart. His once bright eyes are now clouded with sadness, and his laughter had faded into background of his memories.

He shivers when a cold breeze flew and more tears slipped from his dewy eyes.

"Let's get inside. It's cold here." A middle age man patted the poor boys back sorrowfully. He knows the freezing cold wind is not doing any better to the boy.

Doctor Parikh is a seasoned professional and a family doctor of the Verma family. He is a very trusted friend of Abhimanyu's father, Sanjay Verma. Furthermore, he was also in close contact with Abhimanyu's mother, Alakananda. He understood the depth of Abhimanyu's grief and the impact his mother's death on him.

The mother was a pillar of strength. After the unfortunate death of Mr. Verma's years ago, she always ensured that her children feel loved and care for.

With empathy in his voice, Dr. Parikh gently explores Abhimanyu's emotions throughout the sessions, trying to unravel the connection between his grief and the apparitions he claimed to see.

The mother's loss was devastating, leaving Abhimanyu in a state of profound. However, his anguish took an unexpected turn when he started seeing his mother's ghost. At first, he dismissed these sightings as mere figments of his imagination, a product of his grief-stricken mind. But as the apparitions persisted, he found himself haunted by his mother's presence. Her ghostly figure would appear in the corner of the room, her eyes filled with sadness and longing.

"I saw her again yesterday." Teary eyed Abhimanyu frowns as he seats on the comfortable couch of the doctor's lobby.

Silence engulfed the entire room.

"I see. What did she say, son?" Doctor

Parikh clears his throat as he tells him to continue.

"Killed." Popping his head up with his elbow he looked at the doctor slouching in the sofa with his fingers intertwined as he starts. "She says she was killed. It was not an accident."

A pinch of a pin hit on the doctor's heart with grief and confusion. Perhaps the agony of the mother's death is unbearable. The doctor understands but seeing an entity is unexplainable.

Throughout their sessions, Abhimanyu opens up about his memories of his mother, their unbreakable bond and the dreams they shared. Dr Parikh, with his expertise, is trying to help the poor boy explore the possibility that his mind is creating these visions as a way to cope with the overwhelming sorrow. For the moment, he delves into the realms of the human mind seeking an understanding of the mysterious occurrences himself.

It was the elder sister, Shweta Verma, who sought help. She bought her brother to Dr. Parikh after her departure to South Carolina for her three-year-old daughter's deteriorating health. "We thought it was just grief, but it is getting worse. I am giving my brother to you, Uncle. Take care of him. I will come by again." requested the sister.

During the initial session, Abhimanyu hesitated before revealing the haunting experiences that plagued him. Dr. Parikh with a reassuring demeanour encouraged him to share his thoughts and feelings. As Abhimanyu poured his heart out, the psychiatrist listened attentively probing gently into the depths of his grief and visions that tormented him.

The therapy progresses but the mother's sightings does not stop. Three weeks passed.

Her ghostly figure would be felt again in the corner of his room. Night after night, her ghostly figure would appear, silent and spectral, leaving Abhimanyu to the core.

This Wednesday evening, Dr. Parikh again calls Abhimanyu for a therapy session. Upon reaching, Abhimanyu parks his car in the portico of the psychiatrist's house. He straight away enters his therapy room. While waiting for the doctor, he notices the room. Today, the room, adorned with muted colours and soft lighting, offered a sense of calm that sharply contrasted with the turmoil within Abhimanyu's mind.

The doctor enters the room and starts his session. The man sits across from Abhimanyu whose eyes betrayed a mix of apprehensive and longing. The room offers a soothing atmosphere conductive to delicate exploration of Abhimanyu's experiences.

"Son, I want you to take a deep breath and relax. Close your eyes if that feels comfortable for you. Let your mind settle." Dr. Parikh starts.

As the nineteen-year-old compiled, the room fell into a gentle hush, and Dr. Parikh's voice assumed a measured cadence.

The therapy session became a space for Abhimanyu to express the whirlwind of emotions he experienced, from grief to anger and everything in between. Dr. Parikh's role evolved into that of a compassionate guide, helping Abhimanyu confront the harsh reality while providing the support he needs throughout the session.

Within a few moments of the therapy session, the room seems blur at the edges. A faint glow materialises and the outline of a figure took shape- a spectral image.

"I see her." Abhimanyu begins softly. "She is here."

Meanwhile, Dr. Parikh is befuddled. The room, now bathed in a otherworldly glow, took on an ethereal quality of Dr. Parikh, while professionally composed, could not shake the unsettling feeling that the boundaries between the seen and the unseen were dissipating.

"Son, describe what you see?" The therapist continues, now anxiously.

"She is standing there, just like in my room at night. But this time she is looking at us." Abhimanyu looks at the vacant space in the corner before meeting the doctor's now fearful eyes. "At you."

Doctor Parikh, initially, intrigued by the therapeutic exploration suddenly felt a chill run down his spine. The spectral gloomy figure is the mother, Alakananda. As her spectral form lingered in the therapy room, her presence seemed to intensify. The temperature dropped further, and a soft, eerie humming filled the air. Dr. Parikh, usually grounded and composed, could not conceal a flicker of unease. *How is this possible? This is unexplainable. This is outside the realm of science. This means Abhimanyu was not lying about his mother's ghost?* He gulps the uncanny sensation that is starting to suffocate his whole existence.

"Abhimanyu, let's take a moment. This is unusual, but we will navigate through it together."

Alakananda's ghost, though silent, emanated a palpable sense of emotion. Her eyes, fixate on Dr. Parikh, conveyed a mixture of sadness and regret. Questions filled her eyes which is unanswerable. The therapist, caught in a moment that defines rational explanation, grappled with a creeping unease.

"It's...it's not something I can fully explain, my son. But we are here to understand-"

"She is asking you a question. Answer her." Abhimanyu interrupted the doctor. His eyes are now devoid of any emotion. Eyes full red and curious with silently intertwining both his palm, he again looks directly into the eyes of the anxious doctor looking for the answer.

The therapy room, once a haven for healing, had become a nexus where the mystical and the tangible converged- a moment etched in the now memories of Dr. Parikh, challenging the perceptions of the seen and the unseen.

"What- What does she say, son? Doctor Parikh stammers. The therapist could not shake the growing unease. This is not the same Abhimanyu he has known since childhood. This is completely different. Vexation surrounds the young boy's ambience.

Abhimanyu took a long pause acknowledging the silence the mother's ghost emits with hurt in her eyes. As quickly as it began, the ghostly encounter dissipated. But her question is still on the frontline. He composes himself before revealing the question encountered a moment ago to the doctor.

"Why...? He composes himself before revealing the question encountered a moment ago to the doctor, his trustworthy therapist.

The silence after the question raised was ethereal. The room echoed with the weight of betrayal and Doctor Parikh's world is shattered as he absorbed the harsh reality that has eventually come to light.

"Why did you kill my mother, Uncle?" ◀◀

POSITIVE ATTITUDE

● **Gazala Kauser**
MSW 3rd Semester

NEVER GIVE UP

In a village, there was a school, the owner of which was very polite and considerate. Initially, the school performed very well, but after a few years, the number of students started decreasing. As a result, the owner had a great loss.

The people of the village also came to know that the school was going to be closed soon. But, the owner of the school didn't give up hope and decided to revive it with his hard work.

Again, he started working hard and managed everything the same way that he used to. After a few months, the school got the same popularity and image in the village as it had before.

Seeing this, all the villagers were astonished and appreciated his work.

Positive attitude – The owner of the school didn't give up hope and decided to revive the school with his hard work.

CONVERSATION BETWEEN TWO MERCHANTS

There lived a wheat merchant in a town. He had several bighas of land. Whenever wheat from his fields came to his house, the house was filled with sacks of wheat.

Since wheat sacks were sold at good prices, he used to take the sacks back while selling wheat to the people.

One day, another merchant came to him

to buy eighty sacks of wheat. He bought wheat and went away from there. Suddenly the wheat merchant remembered that he had forgotten to take back the sacks, he called him and said, "I've sold you wheat, not sacks, so please return the sacks as soon as possible."

The other merchant thought a little and replied, "I was also about to call you and ask you to get your sacks back, otherwise you will lose your sacks and be disappointed.

Positive attitude – The other merchant was not offended when asked to return the sacks, but he gave a solid answer in a positive way.

NATURE OF A BEE

An ascetic was doing penance in the forest. There was a clean pond nearby. After getting up from the penance, when he started taking water from the pond, he saw that a bee was drowning in the water.

He tried to get the bee out but as soon as he took it out, it would bite him. Even after biting him many times, the ascetic was trying to get it out.

A man standing in the distance was watching the scene. When he asked that ascetic, "Why are you taking her out if it's biting you repeatedly?"

The ascetic replied, "As biting is the nature of a bee, in the same way, it's my nature to save a life."

Positive attitude – As biting is the nature of a bee, in the same way, it's my nature to save a life. ◄◄

"Education is the most powerful weapon which you can use to change the world."

Nelson Mandela

JAILHOUSE ROSES

● **Ankita Sharma**

BA 5th Semester, Department of English

People keep telling me to change my ways.
But they don't know that I'm stuck in my head,
I'm drowning yet my head's above the surface.
I'm trying so hard,
Yet no one believes me.
I'm trying to move on,
But I reach back at square one again and again.

I'm trying to bloom a rose in my prison cell.

The moonlight streams in through the broken windows,
Lighting up a hollow shell.
I grab a myriad of dreams and roll them up,
Just to get high like never before.
I've got some leftover confidence,
Guess I'll just throw it into the flames.

Would you like a glass of tears?
Because that's all I've got in this jail. ◀◀

A SUDDEN DESIRE

● **Anusua Biswas**

B.A 5th Semester

My life was so much racked, enduring endless rejections;
Yet I gave my all to be content sans objections; while trudging this morning,
I witnessed two finches on the mango tree branches,

Both were happy being closer, pressing together, when it reminded me
Of you, and only you my dear!
There, two tiny pointed beaks locked up, as in kissing
It appeared a divine love, one which for me was missing;

Their chirping music in that fine weather,
Gave my ears a pure pleasure;
I realised their love was truly warm, warmth they shared with each other.

Even those birds, I thought, were lucky,
Lucky to have someone, to love and care in the days darker;
Am I the only one who finds walking alone so much harder?
Or, am I having a sudden desire for a true life partner! ◀◀

STILL I RISE *BY- MAYA ANGELOU*

● **Bhagyanshi Nayil**
BSW 3rd Semester

You may write me down in history
With your bitter, twisted lies,
You may tread me in the very dirt
But still, like dust, I'll rise.
Does my boldness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.
Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.
Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops.
Weakened by my soulful cries.
Does my pride offend you?

Don't you take it awful hard
'Cause I laugh like I've got gold mines
Digging' in my own back yard.
You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.
Does my desires upset you?
Does it come as a surprise?
Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.
Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise. ◄◄

SEESAW

● **Ankita Sharma**

5th Semester, Department of English

I have seen some blue days,
And some inky skies,
I am so used to be lost,
Now I am scared of the stars.

I have tried to make things work,
People have it worse,
That's what they say,
Is that true?
I guess that's true.

You are polluting my mind with useless words,
You are toxic,
Yet I cling to you.

Our conversations are like a seesaw ride,
Up and down,
Simply pointless.

In the beginning we got the euphoria when we noticed the difference,
Now the same thing happens,
Yet I can't find the high.

One of us has to get down now,

Yet we just stare at each other,
Face void of emotions.

When you look into the mirror,
Who do you see?
Do you see a hollow shell,
Or a blank face?

Should have thought before sitting on the seesaw,
Now I just got to deal with these thoughts,
While waiting for the end.

When will you get tired of me?

Well, I guess that you finally got tired of me,
I have abandoned myself,
Now I try to cling onto this darkness.

Someday I want to come back to this seesaw again,
I want to stand here alone,
Without having to kill a part of me again.

Should have enjoyed this happiness while it lasted,
I was scared to get on this seesaw,
And now I am scared to get down. ◀◀

SWAN SONG

● **Ankita Sharma**

B.A 5th Semester, Department of English

Losing your passion hurts a lot and watching yourself let go of your dreams hurt the most.

When you realize that your dreams are never becoming a reality, you feel lost and frustrated. You watch people achieving great things while you're stuck in the same place, no matter how much you try to run, you keep sinking down and a time comes when you just let yourself drown.

Slowly you start going through your bucket list and plans to delete some of your 'unrealistic' dreams just in the hopes that you will finally have a realistic approach to life. You start trying your best to fit in while cutting off your wings. You start ripping off your wings with your own bare hands just to feel like you still have control over something.

You just long to feel accepted and needed and you want people to listen to you even if it's just for a moment. No matter how much it hurts, you keep dragging yourself in the hopes of finding a place to belong.

Slowly you start wondering what's the point of dreaming when you know that you'll never achieve your dreams. You feel disgusted by the way you thought that you'd be able to achieve great things. You slowly lift your head and see that you have reached nowhere and everyone else is way ahead of you. Then you start listening to what people say about you and you slowly start to curl up and one day, you just disappear.

Suddenly there's no 'you' anymore, it's just a hollow shell of who you used to be and who you wanted to become. No one bothers to call out your 'name' after that.

When you're forced to jam yourself into a mould crafted by the world, your hopes, dreams and your wings are stripped off of you and you stand there feeling vulnerable and lost.

Then comes a day when you feel like you are doing something for the last time and this is the moment you just know that it's going to be your 'swan song' and after that grand performance you just disappear. ◀◀

MY FUTURE SELF?

● **Tannu Kumari Singh**
BA 1st Sem. Pol. Science

Haven't heard from my future self yet
She hasn't told me which path I should take or where should I be?
Shall I continue on this void path
Which I'm not sure about
Or shall I just stand still and let this void path engulf me.

To my future self which hasn't told me what I should be
And for whom I should be that person?
Shall I thrive to be a person as bright as the sun or as dark as the night sky
Shall I become such person for my parents who were always there for me,
Or for the Lord who created me.

My future self which hasn't given me any fair answer to my question yet
I shall try to be what I can afford for
Or something my parents can be proud of
I too am not sure about you, my future self
But I shall not fail you
And so, I must do my utmost. ◀◀

THE EARTH IS MY MOTHER

● **Tanmoy Swargiary**

MBA 1st Sem., Management Department

The Earth is my Mother
The Earth is mother. She's good to me.
She gives me everything that I ever need.
Food on the table. The clothes I wear.
The sun and the water and the cool fresh air.
The earth is my mother and my best friend too.
The great provider for me and you. Her ways are gentle, her life is strong.
Living in tune like a beautiful song.
The earth is my mother and my best friend too.
The great provider for me and you. ◀◀

YOU HAVE COME A LONG WAY

● **Kristisikha Bujar Baruah**
BA 5th Sem. English Department

You have come a long way of self-reflection and gratitude, lots of self-mending and processing.

It's just things don't bother you anymore or it do but in low intensity.

You have grown your own ways to deal with them so your response to it is just a
dot or a sigh.

No one can tune into your frequency with the exact precision.
You have your own spectrum of uniqueness; you expressing love and grief is unique, it can be crying
in a shower to legitimately feel you're an influencer.

Breath slow listen to some brown noise, appreciate your effort in every tiny thing like eating cake or
brewing yourself a coffee.

Be happy for even a crumb!

You' are special and you matter. ◀◀

অসমীয়া

বন্ধুত্ব আৰু জীৱন

● ভনিতা দাস

এম বি এ তৃতীয় ষান্মাসিক

'বন্ধুত্ব' কি যে এক মিঠা শব্দ। এজন বন্ধুৰ আন এজন বন্ধুৰ প্ৰতি কিমান বিশ্বাস, ভালপোৱা আৰু আন্তৰিকতা থাকে তাক কোনো মূল্যৰে জুখিব নোৱাৰি। এটা সুন্দৰ জীৱন অতিবাহিত কৰিবলৈ হ'লে এজন সচা বন্ধুৰ বহুতেই প্ৰয়োজন হয়।

বন্ধুত্ব আৰু জীৱন এই দুয়োটা এটাৰ লগত আনটো ওতঃপ্ৰোতভাৱে জড়িত হৈ থাকে। এজন ব্যক্তিৰ আন এজন ব্যক্তিৰ ওপৰত বিশ্বাস, বুজাবুজি আদি নাথাকিলে কেতিয়াও এক সঁচা বন্ধুত্ব গঢ় লৈ উঠিব নোৱাৰে। 'বন্ধুত্ব' —এই শব্দটোত ধনী, দুখীয়া, জাতি-ধৰ্ম আদিৰ কোনো ভেদ নাই। কিন্তু অতীতৰ বন্ধুত্ব আৰু বৰ্তমানৰ বন্ধুত্বৰ মাজত এতিয়া আকাশ পাতাল পাৰ্থক্য পৰিলক্ষিত হয়। অতীতৰ বন্ধুত্ব আছিল চিৰস্থায়ী, চিৰযুগমীয়া; কিন্তু বৰ্তমানৰ বন্ধুত্ব হৈছে স্বাৰ্থপৰতা, প্ৰবঞ্চনা আৰু হিংসাৰে জৰ্জৰিত। এনে কিছু বন্ধু আছে যিজনে আন এজন ব্যক্তিৰ মিছা কথাত মোহিত হৈ আন এজনৰ লগত থকা বন্ধুত্বক আঁতৰাই পেলায়। কিন্তু এটা কথা সঁচা যে বৰ্তমান সময়তো আমাৰ সমাজত অ'ত-ত'ত দুই এজন সঁচা বন্ধু লুকাই আছে আৰু থাকিবও।

মানুহৰ জন্মৰ পৰা মৃত্যুৰ সময়লৈকে জীৱনৰ এই দীঘলীয়া সময়ছোৱাত প্ৰতিটো মুহূৰ্তৰে এজন সঁচা বন্ধুৰ প্ৰয়োজন অনুভৱ কৰা দেখা যায়। যেনে বাল্যকালত খেলা-ধূলা কৰিবৰ বাবে, যেতিয়া আমি পূৰ্ণবয়স্ক হওঁ সেই সময়ত সুখত আৰু আগুৱাই যাবলৈ উৎসাহ যোগাবলৈ,

দুখৰ সময়ত সমভাগী হ'বলৈ বৃদ্ধ কালত দুই-এষাৰ কথা পাতিবলৈ আমাৰ সকলোকে এজন বন্ধুৰ প্ৰয়োজন। বন্ধু সদায় সহযোগিতামূলক আৰু সহঁাৰি জনোৱা হ'ব লাগে।

কিন্তু বহুতো লোকে এতিয়াও বন্ধুত্বৰ দৰে এটা মধুৰ সম্পৰ্কক আঁকোৱালি ল'ব পৰা নাই। তাৰ এটা কাৰণ হৈছে— বৰ্তমান যুগটো যান্ত্ৰিকতাৰ যুগ। এই যুগত বহুতো লোকে ব্যস্ততাৰ মাজেৰেই জীৱন অতিবাহিত কৰিব লগা হয়। তাৰ মাজত কিছু লোকে এনে ব্যস্ততাৰ মাজতো বন্ধুত্বক ৰক্ষা কৰি আহিছে।

আমি সকলোৱে আমাৰ মাজত থকা বেয়া গুণবোৰ পৰিত্যাগ কৰি ভাল গুণক আকোৱালি লে আমাৰ মাজত সঁচা বন্ধুত্ব গঢ়ি তুলিব নোৱাৰোনে? আমি যেতিয়া সকলোৱে বন্ধুত্বৰ এই মধুৰ সম্পৰ্ক গঢ়িবলৈ আগ বাঢ়িম। তেতিয়া আমি প্ৰত্যেকজনেই প্ৰতিজ্ঞাবদ্ধ হ'ব লাগিব যে আমি আমাৰ এই সম্পৰ্কক কেতিয়াও শেষ হৈ যাবলৈ নিদিওঁ। জীৱনৰ প্ৰতিটো সময়তে সুখ-দুখতে এজনে আনজনৰ সমভাগী হ'ম। এইদৰেই আমি আমাৰ সমাজখনক এখন সঁচা বন্ধুত্বৰে ভৰা সমাজ ৰূপে গঢ় দিব পাৰিম। ◀◀

প্ৰবন্ধ

গ্ৰাম্য শিবিৰৰ এক অভিজ্ঞতা

● ময়ূৰী বৰা

স্নাতকোত্তৰ তৃতীয় ষাণ্মাসিক, সমাজ কৰ্ম বিভাগ

সমাজ কৰ্ম বিভাগৰ পাঠ্যক্ৰমৰ অন্তৰ্ভুক্ত এক গুৰুত্বপূৰ্ণ বিষয় হ'ল— গ্ৰাম্য শিবিৰ। গ্ৰাম্য শিবিৰ কৰিবৰ বাবে বিভাগটোৰ স্নাতক দ্বিতীয়, চতুৰ্থ, ষষ্ঠ আৰু স্নাতকোত্তৰ দ্বিতীয় ষাণ্মাসিকৰ ছাত্ৰ-ছাত্ৰী আৰু ৩গৰাকী ছাৰ-বাইদেউ সহিতে ২০২৩ বৰ্ষৰ ২৫ মাৰ্চ তাৰিখে ৰাওনা হৈছিলো গন্তব্য স্থান মানস ৰাষ্ট্ৰীয় উদ্যানৰ কাষতে লাগি থকা এটি অঞ্চল— বনচোম বাগানলৈ।

মহানগৰীৰ যান্ত্ৰিকতাৰ পৰা আঁতৰি ৭টা দিন আমি অতিবাহিত কৰিছিলো এক মনোমোহা প্ৰাকৃতিক সৌন্দৰ্যৰ মাজত। অঞ্চলটোৰ চাৰিওকাষৰ সেউজীয়া গছ-গছনি আৰু গাঁৱৰ মাজেৰে পাৰ হৈ যোৱা সৰু নদী কেইখনে গাঁওখনৰ সৌন্দৰ্য দুগুণে বঢ়াই তুলিছিল। তাত থকা সেই ৭টা দিন আমাক বাদাৰী ইক' কেম্পত আমাক থাকিবলৈ দিয়া হৈছিল। তাত গৈ পোৱাৰ পিছৰে পৰা আমাৰ গ্ৰাম্য শিবিৰৰ লক্ষ্যসমূহ আগত লৈ আমি নিজ কামত ব্যস্ত হৈ পৰিছিলো। শিবিৰত থকা দিনকেইটা আমি আৰম্ভ কৰিছিলো পুৱাৰ ৫ বজাৰ যোগাসনেৰে। ইয়াৰ পাছতে দৈনিক কাৰ্যসূচী অনুসৰি সকলোৱে নিজ নিজ কামত ব্যস্ত হৈছিল। শিক্ষাগুৰু সকলে ভগাই দিয়া গোট অনুসৰি সকলো গোটৰ সদস্য সদস্যাই নিজ কাম কৰিছিল। গ্ৰাম্য শিবিৰলৈ যোৱাৰ আমাৰ মূল উদ্দেশ্য হৈছে আমাৰ পাঠ্যক্ৰমৰ অন্তৰ্ভুক্ত কিছু

দিশৰ বিষয়ে ব্যৱহাৰিক জ্ঞান লাভ আৰু গ্ৰাম্য অঞ্চলৰ লোকসকলৰ জীৱন যাপন পদ্ধতি সমূহৰ লগতে তেওঁলোকৰ সুবিধা - অসুবিধা সমূহৰ বিষয়ে অৱগত হোৱা।

সেয়ে আমাৰ নিজ উদ্দেশ্য আগত ৰাখি প্ৰতিদিনে আমি আমাৰ নিৰ্দিষ্ট কামসমূহ কৰি গৈছিলো যেনে— ট্ৰেনজেক্ট ৱাক, অঞ্চলটোৰ জনসাধাৰণৰ সৈতে লগ লাগি অঞ্চলটোৰ মানচিত্ৰ অংকন, অঞ্চলটোত উপলব্ধ সম্পদসমূহ কোন ঠাইত অৱস্থিত তাৰ এক মানচিত্ৰ অংকন, ঋতুগত বৰ্ষপঞ্জী তৈয়াৰ কৰা ইত্যাদি। ইয়াৰ ওপৰি তেঁওলোকৰ সুবিধা অসুবিধা সমূহৰ বিষয়ে অৱগত হৈ ইয়াৰে ওপৰত এখন সজাগতামূলক বাটৰ নাট প্ৰস্তুত কৰি তেঁওলোকৰ আগত প্ৰদৰ্শন কৰা ইত্যাদি।

বনচোম বাগান ঠাইখন যদিও মানস ৰাষ্ট্ৰীয় উদ্যানৰ গাতে লাগি থকা এটা অঞ্চল, তথাপি অঞ্চলটো বহুপৰিমাণে পিছপৰা। অঞ্চলটোৰ ৰাস্তাসমূহ কেঁচা হোৱাৰ লগতে গাঁওৰ মাজেৰে পাৰ হৈ যোৱা নদীসমূহৰ ওপৰতো কোনো পকা দলং দেখা পোৱা নগ'ল। তাৰ পৰিবৰ্তে বাহেৰে নিৰ্মিত দলং দেখা পোৱা গৈছিল যাৰ বাবে সেই অঞ্চলটোলৈ কোনো গধুৰ যান-বাহন যাব নোৱাৰৰ বাবে অঞ্চলটোত পৰিবহণৰ ক্ষেত্ৰত বহু অসুবিধাই দেখা দিয়ে। ইয়াৰোপৰি অঞ্চলটো শিক্ষা আৰু স্বাস্থ্য ক্ষেত্ৰতো বহু পৰিমাণে পিছপৰা। শিক্ষাৰ বাবে অঞ্চলটোত কেৱলমাত্ৰ এখন প্ৰাথমিক বিদ্যালয় আছিল আৰু ইয়াৰ পৰৱৰ্তী শিক্ষাৰ বাবেও অঞ্চলটোৰ ছাত্ৰ- ছাত্ৰীসকলে বহুদূৰ যাব লগা হয়। লগতে অঞ্চলটোত সঘনাই হোৱা হাতী-মানুহৰ সংঘাতেও

অঞ্চলটোৰ জনসাধাৰণৰ অৰ্থনৈতিক ক্ষেত্ৰত এক বিৰূপ প্ৰভাৱ পেলাইছিল।

২৫/০৩/২০২৩ৰ পৰা ৩১/০৩/২০২৩লৈ হোৱা এই গ্ৰাম্য শিবিৰ জৰিয়তে আমি বহুখিনি নজনা কথা জানিব পাৰিলো। ইয়াৰ লগতে দিনটোৰ নিজ নিজ কামৰ শেষত সন্ধিয়া সময়ত হোৱা বিভিন্ন আলোচনা চক্ৰ সমূহত অঞ্চলটোৰ জনসাধাৰণৰ লগতে অঞ্চলটোৰ আন প্ৰভাৱশালী ব্যক্তি উপস্থিত থাকি আমাক অঞ্চলটোৰ বিষয়ে জনাত সহায় কৰিছিল। গ্ৰাম্য শিবিৰৰ শেষৰ দিনা হোৱা সাংস্কৃতিক অনুষ্ঠানটিত অঞ্চলটোৰ লোকসকলে তেঁওলোকৰ জনজাতীয় নৃত্য- গীত পৰিৱেশনৰ লগতে আমাৰ বিভাগৰ ছাত্ৰছাত্ৰী সকলৰ দ্বাৰাও পৰিৱেশন কৰা বিভিন্ন গীত-নৃত্যৰে সেই সন্ধিয়াটো খুব সুন্দৰ হৈ পৰিছিল।

এই গ্ৰাম্য শিবিৰে আমাক বহু নজনা কথা জনাত সহায় কৰিলে। বৰ্তমান সময়ত আমি মোবাইল ফোনৰ অবিহনে এটা দিন অতিবাহিত কৰিবলৈ বেয়া পাঁও তেনে স্থলত সম্পূৰ্ণ ৭টা দিন ফোন অবিহনে কৰা এই গ্ৰাম্য শিবিৰে আমাক বহু কথা জনাৰ সুযোগ প্ৰদান কৰাৰ লগতে এক অন্যতম সুকীয়া অভিজ্ঞতাৰ সাক্ষী কৰি তুলিলে। ◄◄

প্ৰবন্ধ

স্বাভিমান

● সাগৰীকা শৰ্মা
স্নাতকোত্তৰ প্ৰথম যাণ্মাসিক, সমাজ কৰ্ম বিভাগ

কিছুদিন পূৰ্বৰে পৰা গুৱাহাটীত উৰণীয়া সেঁতুৰ নিৰ্মাণ কাৰ্য চলি থকা হেতুকে প্ৰতি দিনেই ঠায়ে ঠায়ে সঘনে যানজঁট দেখা যায়। বহুদিনৰ মূৰত গুৱাহাটীলৈ উভতি অহাৰ পৰত বশিষ্ট চাৰি আলিটোত বহুত সময় ৰৈ দিব লগা হোৱাত এজনী কণমানি লেতেৰা পোচাক পৰিধান কৰা যাযাবৰী ছোৱালীয়ে গাড়ীখনৰ কাষত, হাতত এমুঠি কলম লৈ, দৌৰি আহি বন্ধ গ্লাছৰ বাহিৰৰ পৰা কলম বিক্ৰী কৰিবলৈ কাকূতি-মিনতি কৰিবলৈ ধৰিলে। গ্ৰীষ্মৰ প্ৰখৰ ৰ'দত অতিষ্ঠ মনেৰে ৰঞ্জিতাই হাত জোকাৰি নালাগে বুলি কোৱাত ছোৱালীজনীয়ে হাতৰ ভঙ্গীৰে ভোকৰ ইংগিত দিলে। গাড়ীখনৰ গ্লাচ নমাই বেগৰ পৰা দহ টকা এটা দিয়াত ছোৱালী জনীয়ে গাড়ীৰ ভিতৰলৈ কলম এটা দলিয়াই দিলে। নিজেই নিজৰ ওচৰত লাজ পালে ৰঞ্জিতাই। পাৰ্চৰ পৰা টকা উলিয়াই লৈ গোটেই কেইটা কলমেই কিনি লবলৈ নমাই থোৱা গ্লাছৰ ফাঁকেৰে কণমাণি ছোৱালীজনীক বিচাৰিলে। তাই তেতিয়ালে বহুত দূৰলৈ আতৰি গ'ল। ৰঞ্জিতাই গাড়ীৰ গতি লাহে লাহে বঢ়াই ভাবিলে তাইৰ স্বাভিমান আৰু এইয়া মেহনতী মানুহৰ জবাব। ◀◀

মহিলা সৱলীকৰণ আৰু বাধা

● সাগৰীকা শৰ্মা
স্নাতকোত্তৰ প্ৰথম ষাণ্মাসিক, সমাজ কৰ্ম বিভাগ

সাম্প্ৰতিক সময়ত কোৱা হয় পশ্চিমীয়া সংস্কৃতিৰে মিশ্ৰিত হৈ গৈছে আমাৰ আধুনিক অসমীয়া সমাজ। কিন্তু তথাপিতো আজিৰ সমাজত মানৰ জাতিৰ এটা অংশই নিজৰ সুৰক্ষা, মৰ্যদা আৰু অধিকাৰৰ বাবে সংগ্ৰাম কৰ আহিব লগীয়া হৈছে। মহিলা সৱলীকৰণ কথাষাৰ বহু দিশত মোৰ কেতিয়াবা হাস্যকৰ যেন অনুভৱ হয়। যি নাৰী বৈদিক সময়ছোৱাত পুৰুষৰ সমানে সমানে স্থান লাভ কৰিছিল, সেই নাৰী সময়ৰ সোঁতত লাঞ্ছিত আৰু বঞ্চিত। এইয়া আমাৰ সমাজৰ বাবে গ্ৰহণ কৰিবলগীয়া এক নিষ্ঠুৰ সত্য।

মহিলা সৱলীকৰণৰ ধাৰণাটো ১৯৮৫ চনত পোণ প্ৰথম বাৰৰ বাবে ব্যৱহাৰ কৰা হৈছিল। সাম্প্ৰতিক সময়ত এই ধাৰণাটোৱে গোটেই বিশ্বৰ দৃষ্টি আকৰ্ষণ কৰি আহিছে। মহিলা সকলক আৰ্থিকভাৱে স্বাৱলম্বী আৰু আত্মনিৰ্ভৰশীল কৰাই হৈছে মহিলাসৱলীকৰণৰ মূল উদ্দেশ্য। মহিলা সৱলীকৰণে এই কথাও স্পষ্ট কৰে যে তেওঁলোকৰ প্ৰতি পুৰুষসকলে প্ৰকাশ কৰি অহা বিদ্বেষমূলক আৰু নেতিবাচক মনোভাৱ আতৰ কৰি মহিলাৰ আৰ্থসামাজিক বিকাশ সুনিশ্চিত কৰা। মহিলা সৱলীকৰণ এনে এক প্ৰক্ৰিয়া যাৰ যোগেদি মহিলা সকলে কোনো দিশ বা পক্ষৰ প্ৰতিবন্ধকতা নোপোৱাকৈ মুক্ত আৰু স্বাধীনভাৱে নিজৰ চিন্তা আৰু ক্ৰিয়া সম্পাদন কৰা।

বৰ্তমান সময়চোৱাত কেন্দ্ৰীয় আৰু ৰাজ্য উভয় চৰকাৰে বিভিন্ন পদক্ষেপ গ্ৰহণ কৰি আহিছে। বিশেষকৈ মহিলাৰ শিক্ষা আৰু অৰ্থনৈতিকভাৱে সুদৃঢ় কৰিবলৈ বিভিন্ন আঁচনি গ্ৰহন কৰা হৈছে। উদাহৰণ স্বৰূপে 'বেটী বাচাও, বেটা পঢ়াও', 'প্ৰধান মন্ত্ৰী মহিলা শক্তি কেন্দ্ৰ আঁচনি' আদি।

মহিলাসৱলীকৰণৰ ক্ষেত্ৰত কিছুমান বাধা

এতিয়াও আছে। বিশেষকৈ মানসিকতাৰ পৰিৱৰ্তন। পিছপৰা সমাজৰ মহিলা কৰ্মৰ ওপৰত বাধা আৰোপ দেখা যায়। ইয়াৰ উপৰিও সততে দেখা পোৱা অন্য এটা বাধা হৈছে মহিলাৰ বিৰুদ্ধে সংঘটিত অপৰাধজনিত ঘটনা। প্ৰকাশিত তথ্য অনুসৰি ১৯৭১ চনৰ তুলনাত ২০১১ চনলৈকে ধৰ্ষণৰ ঘটনা ৮৭৫ শতাংশ বৃদ্ধি পাইছে। আকৌ বিগত ৬টা দশকত হত্যাকাণ্ডৰ ঘটনা বৃদ্ধি হৈছে প্ৰায় ২৫০ শতাংশ। ২০১৭-১৮ বৰ্ষত এই তথ্যতকৈ ৫.৬৬ শতাংশ বৃদ্ধি হৈছে। ইয়াৰ মূলতঃ একাংশৰ চিন্তাধাৰাত মহিলা কেৱল মাত্ৰ এটি ভোগৰ সামগ্ৰী।

দুখৰ বিষয়টো হ'ল— NCRBৰ প্ৰকাশিত প্ৰতিবেদন অনুসৰি বিগত ৫ বছৰত মহিলাৰ বিৰুদ্ধে সংঘটিত অপৰাধজনিত ঘটনাত অসম দেশৰ ভিতৰতে প্ৰথম। NCRBৰ ৬৪.৫ শতাংশ হোৱাৰ বিপৰীতে অসমৰ হাৰ ১৬৮.৩ শতাংশ। এতিয়া আপুনি নিজে চিন্তা কৰক এনে এক পৰিস্থিতিত প্ৰকৃতাৰ্থত মহিলা সৱলীকৰণ সম্ভৱ নে !

শেষত কও যে সমাজৰ লিংগ বিভাজনৰ সমাপ্তি ঘটাই মহিলা সকলৰ সামাজিক, ৰাজনৈতিক, অৰ্থনৈতিকভাৱে স্থিতি উন্নত কৰিব লাগে। কাৰণ যেতিয়া মহিলা সকলৰ বিভিন্ন ক্ষেত্ৰত বিকাশ হয় তেতিয়া পৰিয়াল, সমাজ সমান্তৰালভাৱে দেশৰো বিকাশ সম্ভৱ হয়। ◄◄

চুটিগল্প

জুই আৰু গোন্ধ

● প্রিজাঞ্জী হাজৰিকা
স্নাতকোত্তৰ প্রথম সান্মাষিক, সমাজ কর্ম বিভাগ

জুই

নেৰানেপেৰা বৰষুণজাকে শ্রমিকসকলক ত্রাহি মধুসূদন দেখুৱাবলৈ ধৰিলে। এমাহৰো অধিক সময় পাৰ হৈ গ'ল, ৰাস্তা বনোৱাৰ কাম আগবঢ়াব পৰা নাই। অতদিনে কাম বিচাৰি ঘূৰি ফুৰা ৰামুৰ আশাবিলাক ক্রমশঃ জুইলে ৰূপান্তৰিত হ'বলৈ ধৰিলে। জুইকুৰাৰ লেলিহান শিখা আৰু স্মৃতি-ভঁৱালৰ খালী পেটকেইটাৰ চিঞৰে ৰামুৰ চকু-মুখ আৱৰি ধৰিলে।

গোন্ধ

লাহে লাহে মানুহগৰাকী শুকাই-খিনাই যাবলৈ ধৰিলে। বিদেশৰ বিলাসিতাৰ আমেজই যেন কাল মাতি আনিলে এগৰাকী মাতৃৰ জীৱনলৈ। মাত-বোল কৰি থকা মানুহবোৰৰ আচৰণো যেন লাহে লাহে অচিনা হ'ল। এনেকৈ পাৰ হ'ল সপ্তাহ, পষেক, মাহ… কাৰোৱে আহ-যাহ নথকা জুপুৰিটোৰ পৰা অহা এটা গোন্ধ চৌপাশে বিয়পি পৰিল। ◀◀

ৰিতা

সপোন

● **সিদ্ধাৰ্থ সিংহ**
স্নাতকোত্তৰ তৃতীয় সান্মাষিক, সমাজ কৰ্ম বিভাগ

হৃদয় খুলি দিলেও যদি নাহে সুখৰ ঘুমটি
আঁকোৰালি থাকিলেও যদি আঁতৰি যায় জীৱনৰ
সুৰাগমণি,
নিজেই নিজৰ বাবে ন- নক্ষত্ৰ হ'বা
বুকুৰ সপোন জীৱন হৈ নুফুলালে নিজৰ বাবেই যুঁজি যাবা।
যদিও
জীৱন মৃত্যু, সুখ ,দুখ
একেটা মুদ্ৰাৰে ইপিঠি -সিপিঠি
সেয়ে ধুমুহাৰ নিশাও সাৰি নাযাবা,
অত পৰাজয়ৰ পিছতো আকাশলৈ চাবা ॥
সপোনে যদি শিলৰ অভেদ্য ৰেখা পাৰ নকৰে
বুকুত হাত থৈ দৃহতাৰে ক'বা
তেতিয়া আঁৰ-বেৰহীন ভয় ◀◀

অবুজ মন

● **ধীৰাজ শইকীয়া**
স্নাতকোত্তৰ তৃতীয় সান্মাষিক, সমাজ কৰ্ম বিভাগ

ভালপোৱাৰ পৰশ সানিব
নুখুঁজো তোমাৰ দুচকুত!
দুটি ওঁঠৰ মিঠা সুৰত
প্ৰেমৰ গান গাব নুখুজো!
আলফুলীয়া চুলিৰ খোপাত
যেন সৰাপাতৰ ৰং সানিব নিবিচাৰোঁ!
সন্ধিয়াৰ ছন্দৰাগীত
প্ৰেমৰ বাৰ্তালাপ কৰিব নুখুঁজো!
আন্ধাৰৰ ইপাৰে থকা
হৃদয়ৰ কম্পনাংকৰ
উমান ল'ব নিবিচাৰোঁ!!
সঘনাই হোৱা প্ৰেমৰ আড্ডাবোৰ
সুঁৱৰাব নিবিচাৰোঁ!! ◀◀

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উদ্যমহীনতা

● সংকলিপ্তা হাজৰিকা

স্নাতক তৃতীয় সান্মাষিক, ইংৰাজী বিভাগ

উৎকণ্ঠা জীৱনটো যেন উদ্যমহীনতাৰে ভৰা।
বয়ঃসন্ধি কালৰ অন্ত নপৰোতেই,
মনলৈ আহে যেন অশেষ চিন্তা ধৰা।।

হেৰাই যোৱা শৈশৱ কাল ঘূৰাই পোৱাৰ আশাত।
বিভুৰ মোৰ অস্থিৰ মন।।

হাঁহি, ধেমালীয়ে জীৱন বাটত লগ এৰা।
চকুলো, দুখ চিন্তাৰে সাজে মোৰ নতুন ধৰা।।

সাহসী হৈও আগ বাঢ়িবলৈ সাহস নাই।
যোদ্ধা হৈও যেন মনৰ যুদ্ধত যুঁজিব পৰা নাই।।

আজি মোৰ ভয় যদি সাহসী হৈ যুঁজিব যাওঁতে,
হেৰুৱাব লগা হয় মোৰ নিজৰেই ঠিকনা।

সময়ৰ লিলা-খেলা বুজি নাপালোঁ।
পানীৰ সোঁতত এখিলা পাত উতি যোৱাৰ দৰেই
মোৰো জীৱনটো যেন উটি গৈ আছে সময়ৰ সোঁতত। ◄◄

STUDENT EDITORIAL

শিক্ষা আৰু সাহিত্য— দুয়োটা ইটো আনটোৰ পৰিপূৰক। বিশেষকৈ শিক্ষানুষ্ঠানসমূহত সাহিত্যৰ আন এক সম্বন্ধ দেখা পোৱা যায়। বিদ্যালয়, মহাবিদ্যালয়সমূহত প্রকাশিত প্রাচীৰ পত্রিকা আৰু আলোচনীসমূহ হৈছে ছাত্র-ছাত্রীৰ সাহিত্যিক বিকাশৰ আন এক মাধ্যম। এন.ই.এফ. মহাবিদ্যালয়ৰ "প্রজ্ঞা— এক সাতোৰঙী বতৰা" আলোচনীও এইক্ষেত্রত ব্যতিক্রম নহয়। ই মহাবিদ্যালয়ৰ ছাত্র-ছাত্রীৰ সাহিত্যৰ ক্ষেত্রখনত থকা সুপ্ত প্রতিভা বিকাশ কৰাত অন্যতম ভূমিকা পালন কৰিছে।

"প্রজ্ঞা— এক সাতোৰঙী বতৰা"ৰ ২য় সংস্কৰণৰ সম্পাদনা সমিতিৰ এগৰাকী যুটীয়া সম্পাদক হিচাপে মই নিজকে খুবেই সৌভাগ্যৱান বুলি গৌৰৱবোধ কৰিছো। লগতে "প্রজ্ঞা— এক সাতোৰঙী বতৰা" আলোচনীৰ হৈ কাম কৰিবলৈ সুবিধা দিয়া মোৰ শ্রদ্ধাৰ প্রতিজন শিক্ষাগুৰুক ধন্যবাদ জনাইছো। তদুপৰি আমাৰ অনুৰোধৰ প্রতি সঁহাৰি জনাই সময়মতে নিজৰ লেখাসমূহ প্রেৰণ কৰি আমাক আলোচনীখন প্রকাশ কৰাত সহায় কৰা প্রতিজন ছাত্র-ছাত্রী তথা শিক্ষাগুৰুসকলক মোৰ আন্তৰিক ধন্যবাদ জ্ঞাপন কৰিলো। ◀◀

ধন্যবাদেৰে—
ময়ূৰী বৰা

MESSAGE FROM ALUMNI

It gives me great pleasure to say with pride that I have completed my MBA from NEF College. The individual attention and care by all the faculty to each student is highly commendable that helped me to secure First Class Third position within the University. My department encouraged me to explore my potentials by providing an integrated learning experience. I express my heartfelt thanks to NEF for giving me the opportunity to explore myself. ◄◄

Regards
Jitupon Lahon
(MBA 2011-13)
Assistant Manager,
Assam Gramin Vikash Bank

Dear NEFIAN

Warm greetings to each one of you as we embark on the journey of creating the second edition of our beloved college magazine, **PRAJÑĀ** (ek xaatrongi botora). As an alumni who once walked the hallowed halls of this institution and now proudly serves as a teacher, my heart swells with pride and excitement at the prospect of capturing and celebrating the essence of our alma mater once again. This magazine tells the story of our

shared experiences, successes, and the spirit that connects us. It shows the lasting legacy we've created over the years. It's like a canvas where we depict our academic, cultural, and personal growth. Each page shares a story, a memory, and a testament to the unbreakable spirit of the NEFIAN family. As an alumnus, I vividly recall the fond memories, lifelong friendships, and invaluable lessons that shaped my journey within these walls. Now, as a teacher, I am privileged to witness the next generation of NEFIANs carving their own paths to greatness. The passion, enthusiasm, and commitment I see in my students are a constant reminder that the legacy we have built together is in capable hands. To the editorial team and contributors, I extend my heartfelt appreciation for undertaking the noble task of capturing the spirit of **PRAJÑĀ** (ek xaatrongi botora). In this second edition. Your dedication and hard work will undoubtedly make this magazine a true reflection of our alma mater's excellence. May the pages of this magazine continues to resonate with the laughter, achievements, and dreams of every student and teacher who has been in these hallways. Cheers to celebrating our shared history, embracing the present, and looking forward to a future where NEFIAN continues to excel in education.

Best wishes to everyone involved in bringing the second edition of **PRAJÑĀ** (ek xaatrongi botora) to life. May it be a masterpiece that truly represents the spirit of our beloved institution. ◀◀

With enthusiasm and warmest regards,
Nazrana N. Akhtar
Proud NEFIAN Alumnus
and Current Teacher
Batch (2015-2017)

ADMINISTRATIVE STAFF

FACULTY OF ARTS

The Faculty of Arts, NEF College Guwahati, was established in the year 2018. With the primary aim to hone the academic and creative skills of the students, it has become over the years a centre for teaching, university examinations and research, composing of academics from eight disciplines: Sociology, Political Science, English, Psychology, Economics, Education, Mathematics and Environmental Science. The Department of Sociology has the Post Graduate course apart from thecourses for graduates, while the wide range of core and elective courses in the other disciplines cater to graduates, all designed according to the syllabi and content devised by the Gauhati University. The faculty comprises twenty highly qualified and competent members. Three batches in the various undergraduate honors disciplines and two post-graduate batches (Sociology) have passed till date with notably good results, a few students even securing top positions. In Bachelor of Arts, Jennifer Rahman bagged the first postion (Sociology Honors, 2023 batch), Urbbi Boro secured the third position (Sociology Honors, 2023 batch), Pratiksha Goswami got the 3rd position (Sociology Honors, 2022 batch) and Jitmitra Kashyap also came first (Sociology Honors, 2021 batch). In the Masters 2021 batch, Shiny Bharadwaj, Ragini Priyadarshini Saikia and Puja Kalita were the leading performers. ◀◀

FACULTY OF ARTS

BA 2nd Semester

MA (Sociology)

BA 6th Semester

BA 6th Semester (Sociology)

BA 4th Semester

BA 6th Semester (Political Science)

BA (Psychology)

BA (English Honours)

FACULTY OF COMMERCE

NEF College, a distinguished and vibrant Academic institution since long has been providing Quality Education garnering widespread recognition in the field of both traditional and professional Courses. With the optimistic Views of Dr. Zakir Hussain, Director, NEF College, the Department of Commerce as a stream was introduced in NEF College, Lokhra Campus in the year 2018. In the era of Commerce vs. Science, the Commerce as a stream has been recognised as a niche Course providing a multitude of knowledge in the field of Finance, Economics, Business and Accounts. The Department of Commerce, since its inception from the year 2018 has proved its excellence, culminating to the glory of NEF College and can also be backed by records of academic success with a student securing 10thrank in the Assam Higher Secondary Education Council Examination. Over the years students from the Bachelor of Commerce course have also passed out with good academic marks keeping the consistency. The Department of Commerce has been blessed with experienced teachers in the field of academics fulfilling all the requisites to provide quality education thereby fostering the needs as well as helping the students to excel in every field apart from their basic course curriculum. For the Course Curriculum have been imbibed with building healthy social skills, critical thinking skills, character formation, conflict resolution skills to encourage participative nature of the students. ◂◂

B.Com 6th Semester

B.Com 4th Semester

B.Com 2nd Semester

FACULTY OF MANAGEMENT

The Department of Management was established in the year 2008 with the introduction of BBA course under Dibrugarh University. Subsequently, it introduced MBA course from the session 2010-11. The department aims at promoting excellence in business education and research through industrial collaboration that maximizes the intellectual, social and economic potential of Management graduates. Management course equips students with the methodology and analytical skills so that they can effectively gather, analyze, and interpret information for use in business decision making. The department caters to indulge students with theoritical as well as practical knowledge of business administration so that the students can thrive through the tough corporate life. Our course curriculum is designed to offer a range of industry relevant programs, designed to meet the demands of today's ever changing job market. The department also looks after Campus Placement activities so that the students can join the corporate world right after completion of their studies which helps them in starting their career. ◀◀

MANAGEMENT FAMILY

MBA 4th Semester

MBA 2nd Semester

BBA 2nd Semester

BBA 4th Semester

BBA 6th Semester

FACULTY OF SOCIAL WORK

The Department of Social Work of NEF College established in 2009, is pioneering excellence in social Work education, and which has been at the forefront of imparting transformative education. The Department holds the distinction of being the first of its kind to introduce the Master of Social Work (MSW) course in Guwahati under Dibrugarh University, marking a significant step towards nurturing compassionate professionals. Over the years our students have consistently achieved commendable ranks within Dibrugarh University

In 2012, the college expanded its commitment to social service by introducing the Bachelor of Social Work (BSW) course with the approval of Dibrugarh University and Govt of Assam. The department's proactive engagement with the community is exemplified by its adoption of Satar Gaon under the National Service Scheme (NSS) by the NSS unit of NEF College under the NSS cell of Dibrugarh University. Here, students actively volunteer, contributing to the welfare of the local community and has successfully organised various health camps, workshops, awareness programs and also provided support to persons with TB undergoing treatment in Kamalpur area under the 'Pradhan Mantri TB Mukt Bharat Abhiyan' by the Ministry of Health and Family Welfare, Govt of India.

The Department of Social Work has also gained national recognition, securing the 49th position in India Today's ranking of the best social work colleges. Additionally, it proudly holds the 12th spot among emerging MSW colleges in the country. This acknowledgment speaks volumes about the department's dedication to academic excellence and social impact.

Notably, the college's commitment extends beyond education to practical placement opportunities. The department take pride to announce that over the years under the leadership of Head of the Department, Dr. Alia Zebin Ahmed, the passed out students have been placed in various organizations either

aided or owned by state government and Central Government such as Indian Railways, Social Welfare Department (Government. of Assam), Department of Women & Child Development, National Rural Livelihood Mission, National Rural Health Mission. In addition, our students are successfully making their careers in different sectors under the different roles such as Women Welfare Officers, Employee Welfare officers, Psychiatric Social Workers, Gender Specialists, Legal adoption Agents, District Coordinators, Project Coordinators, Project Managers, Deputy Executive Officers, Faculties etc. in various renowned organizations across the nation such as UNICEF, Assam AIDS Control Society, Tata Institute of Social Sciences, B Borooah Cancer Institute, Assam Network of Positive People just a few to mention. In this direction, very recently 6 no. of our students have been placed in GNRC as Trainee Area Managers.

NEF College's Department of Social Work continues to inspire and produce socially conscious leaders, making a tangible difference in communities and healthcare institutions alike. As it forges ahead, the department remains a beacon of excellence in social work education, embodying the spirit of service and empowerment. ◄◄

SOCIAL WORK FAMILY

MSW 4th Semester

MSW 2nd Semester

BSW 6th Semester

BSW 4th semester

BSW 1ˢᵗ Semester

Department of Social Work

DIFFERENT CELLS & COMMITTEES

1. EXAMINATION COMMITTEE (Under Gauhati University)

Officer-in-charge:	Dr. Ghanashyam Nath, Principal, NEF College
Asstt. Officer-in-Charge	Dr. Pallavi Sharma, HoD, Faculty of Arts
Members:	Dr. Rinku Borah, HoD, Department of Sociology
	Mr. Ankur Goswami, HoD, Department of English
	Dr. Arijit Mishra, Assistant Professor, Department of Mathematics
	Ms. Nasrin Begum, Assistant Professor, Department of Economics
	Mr. Bhaskar A. Deka, Assistant professor, Department of Commerce

2. EXAMINATION COMMITTEE (Under Dibrugarh University)

Officer-in-charge:	Dr. Alia Zebin Ahmed, HoD, Department of Social Work
Asstt. Officer-in-Charge	Dr. Rinku Agarwal, HoD, Department of Management
Members:	Mr. S. Srinivas Rao, Assistant Professor, Department of Social Work
	Ms. Paridhi Baruah, Assistant Professor, Department of Social Work
	Mr. Manoj Sarma, Assistant Professor, Department of Computer Sc. & Applications.

3. NSS (Under Dibrugarh University)

Chairperson:	Dr. Ghanashyam Nath, Principal, NEF College
Program Officer:	Mrs. Panchali Choudhury, Assistant Professor, Department of Social Work
Members:	Ms. Soma Chanda, Assistant Professor, Department of Management
	Mr. Ruhul Amin, Assistant Professor, Department of Management
	Ms. Paridhi Baruah, Assistant Professor, Department of Social Work
	Ms. Nabanita Dutta, Assistant Professor, Department of Social Work

4. NSS (Under Gauhati University)

Chairperson:	Dr. Ghanashyam Nath, Principal, NEF College
Program Officer:	Ms. Bhaskar A. Deka, Assistant professor, Department of Commerce
Members:	Mr. Ankur Goswami, HoD, Department of English
	Dr. Arijit Mishra, Assistant Professor, Department of Mathematics
	Ms. Minakshi Das, Assistant professor, Department of Political Science

5. DISCIPLINARY COMMITTEE

Chairperson:	Dr. Ghanashyam Nath, Principal, NEF College
Members:	Mrs. Farhana Ahmed, Assistant Director, NEF College
	Ms. Padumi Deka, Administrative Officer
	Dr. Alia Zebin Ahmed, HoD, Department of Social Work
	Dr. Rinku Agarwal, HoD, Department of Management
	Dr. Pallavi Sharma, HoD, Faculty of Arts
	Dr. Rinku Borah, HoD, Department of Sociology
	Mr. Ankur Goswami, HoD, Department of English

6. STUDENTS' GRIEVANCE REDRESSAL COMMITTEE

Chairperson:	Dr. Ghanashyam Nath, Principal, NEF College
Convener:	Dr. Alia Zebin Ahmed, HoD, Department of Social Work
Members:	Dr. Rinku Borah, HoD, Department of Sociology
	Dr. RinkuAgarwal, HoD, Department of Management

7. RESEARCH & DEVELOPMENT AND JOURNAL PUBLICATION COMMITTEE

Chairman:	Mrs. Farhana Ahmed, Assistant Director, NEF College
Editors:	Dr. Alia Zebin Ahmed, HoD, Department of Social Work
	Dr. Rinku Borah, HoD, Department of Sociology
	Dr. Rinku Agarwal, HoD, Department of Management
	Dr. Pallavi Sharma, HoD, Faculty of Arts
Members:	Mr. AnkurGoswami, HoD, Department of English
	Dr. Arijit Mishra, Assistant Professor, Department of Mathematics
	Mr. Bedanta Kalita, Librarian
	Mr. Biswadeep Bora, Assistant Professor, Department of Management
	Ms. Anjumara Hussain, Assistant Professor, Department of English
	Mrs. Panchali Choudhury, Assistant Professor, Department of Social Work
	Mrs. Paridhi Baruah, Assistant Professor, Department of Social Work

8. CULTURAL PROGRAMME SCREENING COMMITTEE

Conveners:	Mrs. Puspakshi Sarma, Asstt Prof., Dept. of Computer Sc. & Application
	Ms. Nabanita Dutta, Assistant Professor, Department of Social Work
Members:	Mr. KalpaJyoti Nath, Assistant Professor, Department of Sociology
	Ms. Minakshi Das, Assistant Professor, Department of Political Science
	Ms. Arihana Hazarika, Asstt. Professor, Department of Political Science.
	Ms. Soma Chanda, Assistant Professor, Department of Management
	Mrs. Saswati Goswami, Assistant Professor, Department of Commerce
	Mrs. Writumoni Sarma, Asstt. Prof., Department of Social Work

9. PLACEMENT COMMITTEE

Department	Members
Department of Management	1. Dr. Rinku Agarwal
	2. Biswadeep Borah
Department of Social Work	S. Srinivash Rao
Department of Commerce	Farha Naaz
Department of Arts	KalpaJyoti Nath

10. ALUMNI COMMITEE

Chief Patron:	Dr. Zakir Hussain, Director, NEF Group of Institutions
Patron:	Dr. Ghanashyam Nath, Principal, NEF College
Members:	Dr. Rinku Agarwal, HoD, Department of Management
	Mr. Arup Das, HoD, Department of Computer Sc.& Application
	Ms. Nazrana Akhtar, Asstt. Prof., Department of Social Work

MINUTES FROM THE WORKSHOPS

One day Talk on Effective Communication Strategies
Speaker: K.M. Baharul Islam, Professor of Communications and Chairperson of the Centre for Public Policy and Government, IIM Kashipur.

A Workshop on "Financial Education", sponsored by National Institute of Securities Market (NISM, an Educational Initiative of SEBI), presided over by Dr. Bimal Deb Nath, Assistant Professor, NEHU, Tura Campus.

Launch of Jio True 5G Services in NEF College, Lokhra campus, demonstrating the benefits of True 5G to the students and the faculty members of the institution

A one-day workshop on Cyber Security Awareness was jointly organised by The Faculty of Arts and IQAC, NEF College, in collaboration with Gratia Technology under the aegis of The Department of Higher Education, Govt. of Assam

A one day workshop on deceased organ donation organised by Zublee foundation.

A one-day workshop on Soft Skills was conducted by Mr. Ankur Goswami, Head, Department of English, NEF College, on the 8th of February, 2023, attended by B.A. students from different departments of the college.

A workshop conducted on the raising awareness on the Alzheimer's disease.
Speaker of the programme Dr. Sushil Agarwalla, MD in Psychiatry and a renowned consultant at
Apollo Hospital.
Mr. Hrishikesh Bharadwaj, CEO of ADIMASH.

Celebration of Social work day .
Speaker Jhanabi Goswami, CEO of Assam
Network of Positive people.

ACADEMIC ACHIEVEMENTS

OUTSTANDING PERFORMERS IN BBA FINAL EXAMINATION 2023

Mehnaaz Hussain
Rank : 1st class 8th position
Percentage : 77.22%

OUTSTANDING PERFORMERS IN MBA FINAL EXAMINATION 2023

Puja Mudi
Rank :1st Class 3rd Position
Percentage : 80.9%

Jintimani Kalita
Rank : 1st Class 10th position
Perecentage :78.82%

Akhlasur Rahman
Rank: 1st Class 9th position
Percentage: 79.15%

DEPARTMENT OF COMMERCE

Neha Dutta
Percentage : 88%

Aditi Nath
Percentage: 85%

Parthib Roy Choudhury
Percentage: 79.3%

DEPARTMENT OF SOCIAL WORK – MSW (BATCH 2021-2023)

Dipshikha Boruah
Percentage : 95%

Jesmina Begum
Percentage : 88%

Archita Boruah
Percentage : 86%

Preeti Borah
Percentage : 86%

Aditya Mitra
Percentage : 85%

Hiyana Das
Percentage : 82%

Sagarika Devi
Percentage : 81%

DEPARTMENT OF SOCIAL WORK – BSW BATCH 2020-2023

Dawansaphi Shylla
Percentage : 89%

Nandita Das
Percentage : 81%

FACULTY OF ARTS

Jeniffer Rahman
Percentage : 88.9%
1st position in BA Sociology
under Gauhati University
Batch: 2020 - 2023

Urbbi Boro
Percentage : 88.1%
3rd position in BA Sociology
under Gauhati University
Batch: 2020 - 2023

Reisha Baro
Dept. : Political Science (BA)
CGPA : 8.68
Batch: 2020 - 2023

Mansa W. Sangma
Dept. : Education (BA)
CGPA : 8.20
Batch: 2020 - 2023

Anisha Das
Dept. : English (BA)
CGPA : 7.89
Batch: 2020 - 2023

PLACEMENT RECORD

CAMPUS PLACEMENT BY RELIANCE RETAIL LIMITED

Very proud to announce that 14 of our students have been placed at Reliance Retail Limited for the position of DMIT in the campus placement conducted by the placement cell of the Department of Management.

CAMPUS PLACEMENT BY ICICI PRUDENTIAL LIFE INSURANCE

Another campus placement drive successfully conducted by the Placement Cell for the students

of MBA (2021-23 batch) on 11th March 2023. The recruiting company was ICICI Prudential Life Insurance. Established as a joint venture between ICICI Bank Limited and Prudential Corporation Holdings Limited, ICICI Prudential Life is engaged in life insurance and asset management business. In 2016, the company became the first insurance company in India to be listed in the domestic stock exchanges. We are glad to have been able to create a symbiotic relationship with such a brand name which will definitely go a long way for the benefit of the students.

CAMPUS PLACEMENT BY
BAJAJ ALLIANZ LIFE

Another campus placement drive was successfully conducted by the Placement Cell for the students of MBA (2021-23 batch) and BBA (2020-2023 batch) on 2nd June 2023. The recruiting company was Bajaj Allianz Life!!! We are glad to have been able to create a symbiotic relationship with such a brand name which will definitely go a long way for the benefit of the students.

OUR LIST OF RECRUITERS:

- Kotak Mahindra Life Insurance Pvt. Ltd.
- ICICI Bank
- Reliance Retail Limited
- Marico Limited
- BYJUS
- ICICI prudential Life Insurance
- Aditya Birla Group
- TCS
- Bajaj Allianz
- Bandhan Bank
- Stock Holding Corporation of India Ltd.
- Porhaxali Edutech pvt.Ltd.
- Kurl-On
- IndusInd Bank
- Shriram General Insurance
- Flipkart
- Axis Bank
- ESAF Small Finance Bank
- Karvy Stock Broking
- Arohan
- Janalakshmi
- KL Dynamics
- Topcem Cement
- Talent Corner
  and many more…

PLACEMENT PICTURE FROM 2023

DEPARTMENT OF SOCIAL WORK

Ms Jesmina Begum, a MSW student from the outgoing batch of 2023 has been placed in VimoSEWA as a District Field Coordinator .

Aditya Mitra, a MSW student from the outgoing batch of 202 got placed at SATHII organisation at Srijangram Block as Community Resource Coordinator.

Dipshikha Boruah, a MSW student has been selected through Campus Placement for the position of Trainee Area Manager in GNRC Hospital, Guwahati.

Karishma Gogoi, a MSW student from the outgoing batch of 2023 has been placed at Apollo Hospital, Guwahati as a Medical Social Worker

Archita Boruah, a MSW student has been selected through Campus Placement for the position of Trainee Area Manager in GNRC Hospital, Guwahati.

Hiyana Das, a MSW student has been selected through Campus Placement for the position of Trainee Area Manager in GNRC Hospital, Guwahati.

PHOTO GALLERY

NEF COLLEGE

BEFORE ITS TOO LATE

প্রজ্ঞা

এক সামাজিক বার্তা