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VOLUME II

# KAJENGLEI

THE ANNUAL COLLEGE MAGAZINE



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TATHOT SIJA PAUL MANIPUR WOMEN'S  
COLLEGE  
2023-2024



**TATHOT SIJA PAUL MANIPUR WOMEN'S  
COLLEGE**

Mongshangei, Imphal West,  
Manipur - 795003

*Presents*

**‘KAJENGLI’**

*Volume - II*

The Annual College Magazine of T.S. Paul Manipur  
Women's College, Mongshangei.

2023-2024

# 'KAJENGLI'

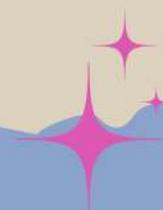
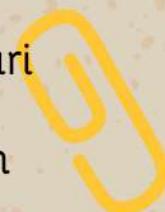
*Volume - II*

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**T.S. Paul Manipur Women's College, Mongshangei,  
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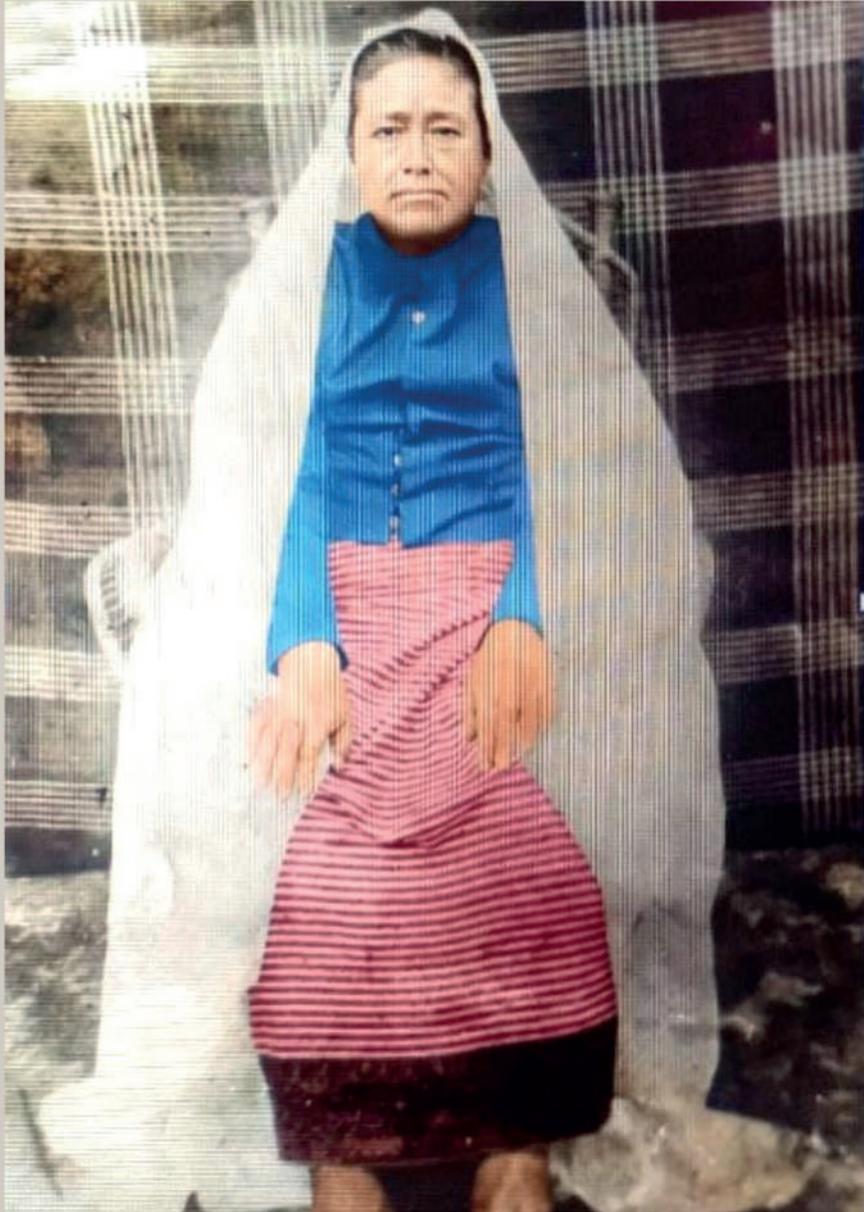
**Magazine Committee**  
TSPMWC



Aerial view of the College Campus

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**Smt. Tathot Sija Paul**

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*Th. Basanta Kumar Singh*

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Message

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Imphal  
The 5<sup>th</sup> March' 2024

It gives me an immense pleasure to contribute a message for "KAJENGLEI", an annual college magazine of T.S. Paul Manipur Women's College.

I feel that T.S. Paul Manipur Women's College has a rich legacy, nurturing young minds and empowering women to become leaders, thinkers, and change-makers. The dedication of faculty, the enthusiasm of students, and the unwavering support of staff continue to shape the future of our nation.

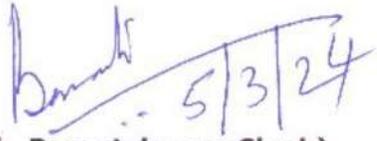
In this annual magazine "Kajenglei", we can witness the kaleidoscope of talents - be it in academics, arts, sports, or community service. Each article, poem, and photograph reflects the spirit of resilience and creativity and defines the college.

As we navigate the challenges of the modern world, let us remember that education is not merely about textbooks and exams. It is about fostering empathy, critical thinking, and a sense of responsibility towards society. The college embodies these values, and I encourage every student to embrace them wholeheartedly.

To the graduating class, I extend my heartfelt congratulations. Your journey here has equipped with knowledge and character. As we step into the wider world, carry the torch of T.S. Paul Manipur Women's College with pride. Be compassionate, be courageous, and be the change you wish to see.

I express my best wishes to the college administration, the editorial team, and all contributors who will make this magazine possible. May it inspire generations to come.

I wish the magazine grand success.

  
(Th. Basantakumar Singh)



**Dr. Rangitabali Waikhom, IAS**  
**DIRECTOR**



Office Address  
NITYAIPAT CHUTHEK  
NEAR RAJ BHAVAN  
IMPHAL – 795001

March 4, 2024

## Message

It gives me great pleasure to learn that T.S. Paul Manipur Women's College, Imphal is releasing its Annual College Magazine (KAJENGLEI) for the academic session 2023-24.

On this occasion, I convey my best wishes to the Principal, Faculty members, other staff, and students of the College. I also congratulate the Editorial Team for their tireless hard work and effort in bringing out the College Magazine (KAJENGLEI).

Lastly, I wish the publication of the Annual Magazine of T.S. Paul Manipur Women's College, Imphal, 2023-2024 a grand success.

**(Dr. Rangitabali Waikhom)**  
Director of University & Higher Education  
Government of Manipur

# MESSAGE FROM THE CHAIRMAN



I am happy to learn that our College Magazine entitled “Kajenglei - Volume II” is being published on the 8th Day of March, 2024, the day on which the International Women’s Day is also celebrated throughout the world. Imparting of higher educational knowledge and skill in tune with the NEP - 2020 is the sole motto of our college. We as a whole, are making greater strides towards all round development of the College both in academic as well as in co-curricular activities.

The college has produced many toppers in academic fields as well as in sports meets conducted by the Manipur University. It may not be an exaggeration to say that our college has stood the test of time and has now become one of the best private colleges in Manipur.

Lastly, I express my heartfelt gratitude to the editorial team of the magazine and also to all the contributors, without which the publication would not be entirely possible. I wish the publication of “Kajenglei - Volume II” a grand success.

**Elangbam Dolendra Singh**  
Chairman, TSPMWC

# FROM THE DESK OF THE SECRETARY



I am glad to know that the College Magazine Committee of T. S. Paul Manipur Women's College, Mongshangei, Imphal West is going to publish its College Annual Magazine, "KAJENGLEI- Volume II. We all know that the magazine is one of the best mediums where the students can show their talents on creative ideas and writings in different fields during student's career. I hope the magazine will include various interesting articles covering on different topics showing their powers of creative writing and logical thinking for future generation.

I wish the publication of the 2nd volume of Kajenglei a grand success.

**Oinam Priyokumar Singh**  
**Secretary, TSPMWC**

# FROM THE PRINCIPAL'S DESK



It gives me immense pleasure and I extend my warmest greetings to all contributors and readers of our esteemed College Magazine, “KAJENGLEI – Volume II” for the year 2024. This publication stands as a vivid portrayal of the captivating creativity, profound intellect, and abundant talent that flourish within our academic community.

As we immerse ourselves in the pages of this magazine, we are presented with a rich array of ideas, perspectives and accomplishments. Each article, poem and artwork reflects the dedication and enthusiasm of its creators. These varied expressions not only broaden our perspectives but also motivate us to strive for greater achievements. It is through these diverse expressions that we enrich our understanding of the world and inspire one another to reach new heights. Our College is a hub of innovation and excellence, and the magazine provides a platform to showcase the remarkable endeavors undertaken by our students and faculty.

I extend my heartfelt gratitude to the editorial team for their hard work and unwavering dedication in bringing this magazine to life.

Lastly, I convey my sincere wishes for the utmost success to all contributors and readers of our Magazine, “KAJENGLEI - Volume II”. Together, let us embark on a journey allowing the ideas within to ignite our imagination and kindle the flames of inspiration.

**Thiam Nandita Devi  
Principal, TSPMWC**



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# MESSAGE FROM THE ASSOCIATE EDITOR

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Dear Readers,

I am delighted and excited to welcome you to the pages of “Kajinglei Volume II”, the pulse of innovation and wisdom at T.S. Paul Manipur Women’s College.

In this edition, you will discover a rich mixture of articles, stories, poems, and artwork that mirror the lively spirit of our college community. We are proud to create a space for the voices of our students, faculty, and staff, displaying the spectrum of viewpoints that make T.S. Paul Manipur Women’s College a distinctive and energetic educational institution.

I express my sincere appreciation to the devoted team behind Kajinglei Volume II – the writers, editors, advisors, and most importantly my beloved students and esteemed faculties who gave their time and passion to make this publication a reality. Your dedication to excellence is visible on every page.

To our readers, thank you for joining us on this literary adventure. Your involvement and support encourage us to keep exploring the limits of creativity and intellect. May this volume be a tribute to the power of words and the unstoppable spirit that characterizes T.S. Paul Manipur Women’s College.

Happy Reading!!

Naorem Rickey  
Asst. Prof & Assoc. Editor  
TSPMWC



## **T.S. PAUL MANIPUR WOMEN'S COLLEGE**

Motto: "Empowering women to empower the next Generation"

### ***Vision:***

Empowering Women at the Heart of Excellence: Our vision is to create an inclusive, intellectually stimulating, and well-equipped educational haven, where every student is nurtured with knowledge, integrity, and essential skills. We are committed to shaping them into visionary leaders and compassionate individuals who embrace the spirit of self-sacrifice, poised to make a lasting impact on society.

### ***Mission:***

At T.S. Paul Manipur Women's College, our mission is to:

1. Empower women to gracefully assume leadership roles in today's interconnected and demanding global landscape.
2. Champion the values of integrity, harmony, and moral responsibility, recognizing their profound impact on personal and societal well-being.
3. Foster a comprehensive educational environment that cultivates both social and academic maturity, equipping our students to embrace life's trials as invaluable opportunities for growth and development.

# About the College



Nestled in the heart of Imphal West, Manipur, Tathot Sija Paul Manipur Women's College, affectionately known as T. S. Paul Manipur Women's College in short TSPMWC, stands as a beacon of excellence in women's education. Since its inception in 1980, TSPMWC has been steadfastly committed to empowering women and nurturing their worthiness through the pursuit of quality education.

Our institution is affiliated with Manipur University, a Central University, and proudly holds recognition under section 2 (f) and 12 (B) of the University Grants Commission Act, 1956. With an unwavering dedication to academic excellence, TSPMWC offers a diverse range of undergraduate courses in arts and science, providing a platform for women to embark on their educational journey.

Amidst our vibrant living-learning community, we create an unequivocally women-centric environment, allowing each student to discover her unique path and potential. Over the years, TSPMWC has been the cradle of prominent academicians, scholars, artists, sports personalities, and more, a testament to our commitment to producing outstanding individuals who contribute to society in multifaceted ways.



Tathot Sija Paul Manipur Women's College (TSPMWC) embarked on its educational journey on November 23, 1980, as Manipur Women's College, initially operating as a morning college at Keishamthong Girl's High School. In 1984, a transformative moment occurred with a generous land donation, leading to its renaming in honor of Tathot Sija. The college shifted to its present location on September 7, 1987. As one of the few institutions exclusively dedicated to women's education in Manipur, TSPMWC stands as the sole women's college in Imphal West District, serving a densely populated area across four Assembly Constituencies. Over its 42-year history, the college has evolved into a respected institution, achieving Grant-in-Aid status from the State Government on March 27, 2021.

The college's infrastructure has seen continuous improvement, supported by community donations and government initiatives. Notable developments include the Ram Lal Paul Science Block, an auditorium inaugurated by the Chief Minister in 1997, and a state-of-the-art multipurpose hall funded by RUSA, inaugurated in 2023. TSPMWC has hosted distinguished dignitaries, enhancing its reputation as a hub of academic excellence. Today, the college stands as a fully-fledged Arts and Science degree institution offering 21 subjects. The dedicated team of educators has consistently guided students to excel in both university examinations and positions of distinction.

The growth and stature of TSPMWC are attributed to the commitment of the Governing Body, Teaching and Non-Teaching Staff, and the cooperation of the local community. The college takes pride in the sacrifices made by its Teaching Staff, essential in transforming it into an institution empowering women through knowledge, integrity, and academic excellence. Committed to its vision and mission, TSPMWC looks forward to fostering the growth of future generations of empowered women leaders and individuals of integrity.

# DEPARTMENTS OF THE COLLEGE



Sl.No	Name of the Department	Sl.No	Name of the Department
1	Anthropology	12	Home Science
2	Biotechnology	13	Manipuri
3	Botany	14	Mathematics
4	Chemistry	15	Philosophy
5	Computer Science	16	Physical Education
6	Economics	17	Physics
7	Education	18	Political Science
8	English	19	Sociology
9	Environmental Science	20	Statistics
10	Geography	21	Zoology
11	History		

At our college, we take pride in offering a comprehensive range of courses encompassing disciplines such as Anthropology, Biotechnology, Computer Science, Economics, and more. Our commitment to academic excellence is underscored by a team of highly qualified and experienced educators who guide students through their academic journey, fostering a holistic learning experience.

Our well-established faculty, with a wealth of knowledge and expertise, ensures that the students receive quality education across various disciplines. From the intricacies of Biotechnology to the historical narratives explored in our History department, each faculty member is dedicated to nurturing a deep understanding of the subject matter. Whether delving into the world of Environmental Science, grappling with complex mathematical concepts, or exploring the nuances of political structures in Political Science, our students benefit from a rich and diverse learning environment. As we collectively strive for excellence, our mission is to empower students with the skills and knowledge needed to navigate a rapidly evolving world, fostering not only academic achievement but also personal growth and a lifelong love for learning.

# CLUBS & COMMITTEES TSPMVC

## CO-CURRICULAR CELLS/CLUBS:

- ECO- CLUB
- HEALTH & WELLNESS CLUB
- LITERARY CLUB
- NSS (NATIONAL SERVICE SCHEME)
- YRC (YOUTH RED CROSS)
- UBA (UNNAT BHARAT ABHIYAN)

## STUDENTS & COLLEGE WELFARE CELLS/COMMITTEES

- ANTI - RAGGING & INTERNAL COMPLAINTS COMMITTEE
- WOMEN'S CELL
- CAREER COUNSELLING CELL
- ALUMNI COMMITTEE
- SKILL DEVELOPMENT COMMITTEE
- CAMPUS MONITORING COMMITTEE
- ENVIRONMENTAL COMMITTEE

# T.S.P.M.W.C Log

2023-24

## AUGUST

### • August 13, 2023

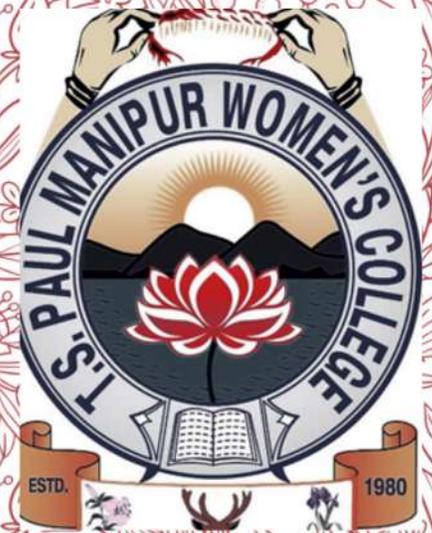
Patriot's Day was observed in the college premise. Floral tributes were held paying homage to Yubraj Tikendrajit in remembrance of their bravery and love of their motherland.

### • August 19, 2023

A One Day Training Programme on "Value addition of Essential oil & Prospects of Entrepreneurship" jointly organised with MSME Technology Centre Imphal, Manipur was held in the campus.

### • August 21, 2023

The college held its students induction programme in the college conference hall. The Chairman, Principal and Secretary warmly welcomed the newly admitted students.





## • August 29, 2023

As part of National Sports Day on August 29th 2023, the college celebrated by organizing various activities in which both teachers and students actively participated. The programme was organised by the department of Physical Education.



## SEPTEMBER

## • September 4, 2023

An Entrepreneurs Meet aimed at promoting the products produced by the displaced people taking refuge at different relief camps and the local entrepreneurs was held at the campus. It was organised by IQAC in connection with world Entrepreneurs Day. The programme was attended by eminent personalities like Bala, Soma, Jenny, Arbind etc.



## • SEPTEMBER 30, 2023

Celebrating 127th birth Anniversary of Jananeta Hijam Irabot at T.S Paul Manipur Women's College. Floral Tributes were paid by the faculties.



# OCTOBER

## • October 2, 2023

The college celebrated Gandhi Jayanti in the campus. "SWACHHATA HI SEVA" Painting Competition under the theme " Garbage free India" held on 1st october at T.S Paul Manipur Women's College.



## • October 12, 2023

One Day National workshop on 'Ethics of writing and publishing a scientific paper' held on 12th october 2023 at Conference Hall. The workshop was organised by the department of Biotechnology & IQAC, TSPMWC.



## • October 16, 2023

Early detection and prevention of cancer in collaboration with Karkinos Healthcare North East private limited held on 16th october 2023 in the college conference hall.



# NOVEMBER

## • November 8, 2023

One Day Workshop on, “Remote Sensing, GIS, and Modelling” was organised by the department of Environmental Science, in the conference hall. Eminent retd. scientist Ramananda Loukrakpam of MARSAC, gave a lecture on the emerging trends of remote sensing and GIS.

## • November 23, 2023

The 43rd Foundation Day of the college was held in the conference hall on Thursday, 23rd November. The event was graced by former Mayor of Imphal Municipal Corporation, Shri L Lokeshwor Singh as the chief guest. Further, prizes were distributed to the meritorious students of the college.

Book launch programme published by the college faculties was also held. (i) Convergence of Science: exploring physicochemical, biological and computational synergies, edited by Dr. Khumukcham Nongalleima and Dr. Bijaya Thongatabam

(ii) Manipur: A land of Diverse Arts, Culture and Traditions, edited by Dr. Nongmaithem Suraj Kumar and Oinam Swarnalata Devi.



# DECEMBER

## • December 12, 2023

Campus Cleaning Programme in Observance of “Nupi Lal Day” was held in the campus. All the teaching and non-teaching staffs participated in the programme.



## • DECEMBER 21, 2023

Exploring the World of Words! Students and faculty from TSPMWC immersed themselves in the literary haven of the 30th Imphal Book Fair on 21st December 2023. A day filled with knowledge, inspiration, and the joy of discovering new stories.



## • December 22, 2023

A One-Day Personality Development Program held on December 22, 2023 in the conference hall. The programme was organised by IQAC, Department of English, NSS and YRC.





## • December 22, 2023

Educational Expedition to ICAR, Lamphel! Students from T.S. Paul Manipur Women's College and Universal College Yairipok embarked on a fascinating visit on December 22, 2023. Exploring the realms of biotechnology, fostering knowledge, and forging memories.



## • December 23, 2023

A One day Workshop on NAAC Accreditation in collaboration with Regional College, Lilong Chajing was held at Regional College.



## • December 23, 2023

A One-Day Workshop on Arangpham organised by the Manipuri Department.



## • December 28, 2023

The Department of Manipuri organised a study tour at Kangla.



# JANUARY

## • January 04- 10, 2024

Comprehensive Faculty Development Programme on Mushroom Cultivation with Hands on Training was held in the campus. The programme was organised by IQAC, the Department of Biotechnology & Department of Botany, TSPMWC.



## • January 15-20, 2024

One-Week Comprehensive Faculty Development Programme on, "Traditional Knowledge System and Modern Disciplines" was organized in the campus by the Department of Political Science, TSPMWC. Enthusiastic participants from various colleges across Manipur were present



## January 23, 2024

One Day Programme on, "Data Collection, Compilation and Dissemination", was organized by IQAC, TSPMWC.

# FEBRUARY

## February 1, 2024

A panel discussion on "LEGITIMATE STREET PROTEST AND CONSTITUTIONAL IMMORALITY" was held on Saturday, 3rd February 2024, under College Student Mentoring Initiative, COSMI under the sponsorship of Directorate of University & Higher Education.

JOIN US FOR A  
**PANEL DISCUSSION**  
ON  
**"LEGITIMATE STREET PROTEST AND CONSTITUTIONAL IMMORALITY"**  
(Under College Students Mentoring Initiative, COSMI)

**MODERATOR**

**SATURDAY**  
**3<sup>rd</sup> FEB' 24**  
11:00 AM

**T. S. PAUL MANIPUR WOMEN'S COLLEGE**  
Mongshangei

**YUNNAM RUPACHANDRA**  
Editor-in-Chief, IMPACT NEWS

**PANELIST**

**DR. RK NIMAI SINGH**  
Retd. Commissioner of Youth Affairs  
And Sports

**K. BIPIN CHANDRA SHARMA**  
Retd. District and Session Judge  
Manipur West

**POTSANGBAM DHANAKUMAR SINGH**  
Retd. IPS

**DR. MC ARUNKUMAR**  
Professor, Dept. of Anthropology

WISDOMS Volume II 19



## • February 2, 2024

The Department of Environmental Science in collaboration with the Eco Club & IQAC, TSPMWC observed World Wetland Day by organizing a sensitisation program at Scholars Academy, Heirangoithong.



## • February 3, 2024

The students and staff of T.S. Paul Manipur Women's College donate relief materials at Relief Camp, Mangolnganbi College, Ningthoukhong, Bishnupur. Spreading smiles, sharing support.



## • February 22, 2024

A one day session conducted on Bioenzyme in collaboration with Happy In-Khol, organised by the Department of Biochemistry.



## • February 23, 2024

A 'Green Campus Campaign' was organised in the college lawn. with the theme "GROW THE FUTURE, NURTURE THE PRESENT: TOGETHER LET'S GREEN OUR CAMPUS FOR A SUSTAINABLE TOMORROW".



# *Why Kajenglei. ?*

Kajenglei is a decorative crown worn by Meitei brides as part of their wedding attire, originating during the reign of King Nongda Lairen Pakhangba when Queen Laishna adorned it during their coronation. Since then, it has become a tradition for Meitei brides. Initially crafted from gold in ancient times, it is now commonly made from brass or other materials with a golden hue.

The Kajenglei is emblematic of virginity and is exclusively worn by unmarried women, as it carries significant values such as chastity and modesty. It symbolizes the elevated virtues of women and their integrity. Kajenglei represents the highest standard of respect deserved by a women in a society, just like our students.

Interestingly, in our college logo, one can observe a depiction of a woman's hands holding the Kajenglei, serving as a symbolic representation of purity and righteousness.



# ENTREPRENEURS MEET

**E**ntrepreneurs Meet event, was organized by the Internal Quality Assurance Cell (IQAC), T.S. Paul Manipur Women's College, at the Multipurpose Hall of the college in connection with World Entrepreneurship Day under the banner Swavalambi Bharat Abhiyan. Its an initiative to promote the products produced by the displaced people taking refuge in different relief camps and the local entrepreneurs. A total of 25 entrepreneurs namely; Longboard Women United (Mekola Relief Camp), Khuman Lampak Relief Camp, Bakers Bakery, Kumshung, Bags and Accesories, Gera, Eratmei, Non-Teaching Staff TSPMWC, Rashmani Jewellers, Keithel , Happy In Khol, Weeken and many more.



This event was organized with a view to promote the spirit of entrepreneurship among the students. The main moral highlight is that chasing governmental services is not the only way to move forward but to showcase our own interest and putting the idea into reality overcoming various hardships, struggles and challenges to finally become the ONE we wish to become. Happiness does not always lies on receiving monthly salaries but doing what we really want.!

# 43rd FOUNDATION DAY, 2023

The 43rd Foundation Day was celebrated on Thursday, the 23rd of November 2023. The event was graced by esteemed individuals including E. Dolendra Singh (Chairman of the Governing Body, TSPMWC), O. Priyokumar Singh (Secretary of the Governing Body, TSPMWC), Th. Nandita Devi (Principal, TSPMWC), L. Lokeshwar Singh (Mayor of Imphal Municipal Corporation) and Ksh. Devendra Singh (Teacher Representative on the Governing Body).

In the event, E. Dolendra Singh provided a captivating insight into the rich history and journey of the college highlighting its growth and contributions over the years since its establishment. Th. Nandita Devi, Principal, shared inspiring stories of the academic and athletic achievements of the students throughout the current year.



The Foundation Day Celebration Event was continued by Book Release Function and distribution of prizes for the meritorious students, who have brought fame and reputation of the college both in Academic as well as in sports field. The two insightful books released on the day are “Convergence of Science: Exploring physiochemical, biological and computational synergies, edited by Dr. Khumukcham Nongalleima and Dr. Bijaya Thongatabam” and “Manipur: A land of Diverse Arts, Culture and Tradition, edited by Nongmaithem Suraj Kumar and Oinam Swarnalata Devi”.

The meritorious students who received the awards are Ms. Penuka Samom (1st Position in Environmental Science), Ms. Thingom Prinalini Devi (5th Position in Political Science) and Ms. Kanghujam Pushpa Chanu (8th Position in Home Science). In addition, T.S. Paul Manipur Women’s College clinched the championship position in Women’s Section in the recently held Manipur University Inter-College Basketball Tournament, 2023-2024.



# ભાઈ જીવિયારાણી જયકટે

શ્રી.પં.લ. વેરસ. ભૂષણકટે

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# ਜ਼ਿੰਦਗੀ ਕਹਾਣੀ

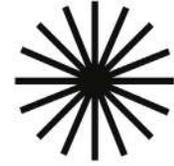
ਡਾ. ਘੋਲ. ਘੋਲ. ਲੁਧਿਆਣਾ

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# MUSINGS



## THE BRAVE WARRIORS

*In the land of brave warriors,  
With swords and shields they stand,  
Fearless and strong they fight,  
To protect their homeland.*

*Their hearts filled with courage,  
They never back down,  
With honour and valour, they march,  
In the name of victory.*

*Through battles and hardships,  
They never strike, they defend,  
Their people and their land.*

*Oh, brave warriors!  
Your tales shall live on,  
In the hearts of those who remember,  
Your sacrifice and bravery.*

*In the land of warriors,  
Their legacy remains,  
For they are the guardians,  
Of our cherished land.*

**Monalisa Kamei**

**B.A. 1st Sem Home Science**

**Roll No - 118**

## NATURAL DISASTER

*The earth trembles with a rage unknown,  
Mountains rumble and rivers groan,  
Volcanoes erupt in fiery wrath,  
Leaving destruction in their path.*

*Tornadoes twist and turn in the sky,  
Ripping through cities, making them cry,  
Home deneolished, lives torn apart,  
Nature's fury, an unrelenting art.*

*Hurricanes swirl a deadly force,  
Leaving behind a devastating course,  
Flooding streets and fields alike,  
Leaving survivors to pick up the spike.*

*Earthquake shake the ground below,  
Destroying buildings in a mighty blow,  
The ground splits open, swallowing all,  
A reminder of nature's unstoppable call.*

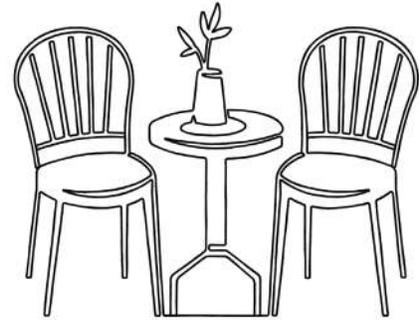
*In the aftermath of each disaster's toll,  
Human being together, United and bold,  
Facing the challenges, rebuilding with pride,  
In the wake of nature's relentless stride.*

**Yurembam Babina**

**B.A. (H) Education**

**Roll 75**

# MUSINGS



## BEAUTIFUL SOUL OF MYSTERIOUS LIFE

*Born to be the SUNSHINE  
On the auspicious month of February,  
With the DIVINE GRACE of Lord.  
Life covers with tons of  
Mysteries and Miracles,  
Carefully taking each steps everyday  
Keeping all my FAITH to the Lord  
And his wonderful Blessings.  
First day I cried and slept,  
Some days I smile and laugh,  
Some days I win and dance,  
Some days I lost and overthink,  
Time rolls on,  
now I am heading towards  
My fabulous yet mysterious 23 years,  
On this beautiful yet materialistic Planet.  
All way seeking blessings from  
the Supreme Lord  
To transform my energy into,  
"EMOTIONAL but BOLDNESS,  
SOFT but STRONG Girl and  
TO LOVE without CONDITION."*

**-YUMNAM CHANU DIANAGRACE  
B.SC.(H) ZOOLOGY**

## HADEN

*Haden too poor to afford death,  
Miss death wrapped in her silkiest,  
whitest drapes,  
Gliding through the garden of flowers  
Picking up any flower as she pleases  
As if she owns the garden.  
With her lull and misty voice,  
She sings a lullaby us can't afford.  
Haden just hopes one day  
She will lull him to sleep,  
Will let him listen to her misty voice  
To the melancholic journey of sleep.*

**- Sarungbam Linthoingambi Chanu  
B.Sc. Botany, 2nd semester**



# TRIBUTE TO ARS

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*A poet has limitless words  
A painter has infinite imageries  
An actor has boundless characters  
A dancer has flexible steps  
A musician has ceaseless tunes  
A sculptor has enchanted hands  
Pooled together via  
One common bond – Baptised Art  
Groom midst the crowd  
Yet stands out  
Singly unique  
Heavenly predestine immortality  
Fulsome wisdoms, beliefs, philosophies  
Ground- breaking intents  
Embellishes the life ever  
Customarily homage ended  
Thanking thy epitaph...  
Luckless soul, I, self- blamed  
Yearn for Magic touch...*

**-Pangambam Sophia Devi  
Assistant Professor,  
Dept. of Sociology**

# HAPPY GUT, HAPPY YOU!



Dr. Bijaya Thongatabam  
Assistant Professor, Department of Zoology

The gut microbiome, consisting of bacteria, viruses, protozoa, and fungi, is a crucial part of the gastrointestinal tract (GIT) and can significantly impact our health. Balancing the ratio of good to bad bacteria within the gut microbiome is essential for overall well-being. However, each person's gut microbiome is influenced by factors such as delivery mode, breastfeeding, antibiotic usage, and the timing of solid food introduction. A healthy gut helps prevent chronic diseases, reduce inflammation, maintain brain health, and maintain a healthy weight. Consuming gut-friendly foods and those to be consumed in moderation is essential for overall well-being, as it contributes to digestion, immune function, and mental health.

## Gut-friendly Foods

### **Probiotics:**

Probiotics, a beneficial bacteria found in yogurt, kefir, sauerkraut, kimchi, and cheese, help maintain a healthy gut bacteria balance.

### **Prebiotics:**

They are non-digestible fibers that support good gut bacteria, found in various fruits and vegetables like onions, garlic, leeks, asparagus, bananas, raspberries, beans, legumes, oats, pears, watermelon, and apples.

### **Fiber:**

Soluble and insoluble fiber found in fruits, vegetables, whole grains, nuts and seeds are essential for gut health and it promotes regular bowel movements and provides nourishment

### **Polyphenols:**

Polyphenols, antioxidant compounds found in berries, dark chocolate, green tea, red wine, and certain fruits and vegetables, have anti-inflammatory effects and may promote beneficial gut bacteria growth.

### **Fermented foods:**

Fermented foods like yogurt, kefir, kombucha, miso, tempeh, and kimchi are rich in probiotics, supporting gut health, aiding digestion, and potentially improving nutrient absorption.

## Foods to be consumed in Moderation

### **Artificial Sweeteners:**

Excessive consumption of artificial sweeteners like aspartame, saccharin, and sucralose can disrupt gut bacteria and cause digestive issues, so it's crucial to limit their intake.

### **Red Meat:**

Consuming red meat excessively can lead to gut health issues like inflammation and bacterial imbalance, so it's recommended to consume it in moderation and opt for leaner cuts.

### **Processed Food:**

Processed foods, containing additives, preservatives, and unhealthy fats, can disrupt gut microbiota and promote inflammation. Limit consumption of processed snacks, sugary drinks, and trans-fat foods.

### **Alcohol:**

Consuming excessive alcohol can disrupt gut bacteria, increase intestinal permeability, and cause inflammation. Moderation is key, so opt for healthier alternatives like red wine.

# Yoga & Health

*the holistic approach*

Jenifer Thongam,  
BPES 1st Semester



As graduate students in Physical Education, our journey is inherently tied to promoting health and wellness. In this pursuit, the ancient practice of yoga emerges as a holistic approach that transcends the physical realm, addressing mental, emotional, and spiritual dimensions of well-being. The integration of yoga into our academic and practical knowledge can enhance our understanding of overall health, fostering a comprehensive approach to physical education.

#### **HISTORICAL ROOTS:**

Yoga, originating in ancient India, is a philosophy and lifestyle that seeks to harmonize mind, body, and spirit. Its historical roots provide a deeper understanding of its significance in promoting holistic health, offering numerous physical benefits.

#### **HEALTH BENEFITS:**

Yoga offers numerous physical benefits, including enhanced flexibility, strength, balance, and joint health, making it an ideal addition to physical education, complementing traditional exercise routines.

#### **MENTAL & EMOTIONAL WELL BEING:**

Future educators must prioritize mental and emotional well-being, using yoga's mindfulness, meditation, and breath control to manage stress, anxiety, and improve focus. Graduate students should understand these components to promote physical health and mental resilience in students.

#### **STRESS REDUCTION:**

Yoga, a practice that promotes controlled breathing and relaxation techniques, can be beneficial in managing stress in graduate studies, serving as a practical example for students and promoting a balanced lifestyle.

#### **ADAPTING YOGA FOR DIFFERENT POPULATIONS:**

Physical Education graduates can work with diverse populations, as yoga's adaptability allows it to cater to individuals of all ages and fitness levels, enabling them to tailor programs to meet the specific needs of diverse populations.

#### **YOGA IN SPORTS TRAINING:**

Yoga principles are being integrated into sports training programs, enhancing athletes' performance by improving flexibility, preventing injuries, and promoting mental resilience, especially among Physical Education graduates.

# CULTIVATING OPPORTUNITIES: MUSHROOM FARMING AS A SKILL DEVELOPMENT AND ENTREPRENEURSHIP PROGRAM

*Beeta Khaidem,  
K. K. S. Shingamla,  
Elam Shilpa,  
Sonia Kshetrimayum*

*B.Sc. (Hons) Biotechnology  
First Semester*

Mushroom cultivation offers a sustainable and rewarding venture for individuals, promoting skill development and entrepreneurship. The New Education Policy of 2020 includes a Skill Enhancement Course-I for biotechnology students, providing a holistic approach to learning. This course combines biology, agriculture, and sustainable practices, empowering students for personal entrepreneurship and societal betterment, promoting a holistic approach to livelihood development.

Mushroom cultivation introduces enthusiasts to the fascinating world of mycology, providing a hands-on understanding of fungal biology and the intricate processes involved in cultivation. From substrate preparation and inoculation to monitoring environmental conditions, individuals engaged in mushroom farming develop a comprehensive skill set that includes biology, agriculture, and business management.

## LOW COST START-UP WITH HIGH RETURNS

One of the appealing aspects of mushroom cultivation is its relatively low cost of entry. Compared to many other agricultural ventures, mushroom farming requires minimal infrastructure and space. With basic equipment and readily available materials, individuals can set up small-scale mushroom farms, making it an accessible option for aspiring entrepreneurs, especially in urban and peri-urban areas.

## MYCELIUM IN SUSTAINABLE FARMING PRACTICES

The diversity of mushroom varieties, from oyster mushrooms to shiitake and more, opens up a range of business possibilities. Entrepreneurs can cater to diverse market preferences, exploring culinary, medicinal, and even cosmetic applications of different mushroom species. This versatility allows for niche market targeting and expansion into various product lines.

## HEALTH AND NUTRITION: MEETING THE DEMAND FOR FUNCTIONAL FOODS

Mushrooms' nutritional benefits, rich in protein, fiber, vitamins, and minerals, are gaining market attention due to their health-conscious nature. Entrepreneurs can capitalize on this trend by offering nutritious and natural food sources.

## COMMUNITY IMPACT: MUSHROOM FARMING FOR SOCIAL DEVELOPMENT

Mushroom cultivation programs can extend beyond individual entrepreneurship to community-level initiatives. Training programs and cooperative mushroom farms empower local communities, offering a sustainable source of income, improving nutrition, and fostering a sense of collective ownership. This social impact enhances the overall economic resilience and well-being of the community.

## GOVERNMENT SUPPORT AND INCENTIVES: ENCOURAGING MUSHROOM ENTREPRENEURSHIP

Governments worldwide recognize the potential of mushroom farming and often provide support in the form of subsidies, training programs, and market linkages. Entrepreneurs can take advantage of these initiatives, enhancing their skill development and ensuring a smoother transition from training to successful mushroom cultivation businesses.

# Shijagurumayum Priyoshree

B.Sc. (Hons) Biotechnology  
First Semester

## **Manipuri Classical Dance: The Elegance of Ras Leela**

Manipuri dance, known for its lyrical grace and spiritual depth, is exemplified by Ras Leela, a dance depicting the divine love between Radha and Krishna. The dance features vibrant traditional attire and elaborate jewelry, showcasing intricate footwork and expressive gestures.

## **Lai Haraoba: Ritualistic Dance Celebrating Life**

Lai Haraoba is an ancient ritualistic dance celebrating cosmic cycles of creation and destruction, performed during festivals. Dancers, dressed in elaborate costumes, convey Manipuri mythology narratives through symbolic movements, symbolizing the harmonious coexistence of nature and humanity.

## **Thang Ta: The Martial Dance of Manipur**

Thang Ta is a traditional martial art that combines combat techniques with rhythmic dance movements, showcasing courage and discipline. It is practiced with weapons like swords and spears, reflecting the age-old martial traditions of Manipuri warriors.

## **Maibi Jagoi: The Enchanting Priestess Dance**

Maibi Jagoi is a mystical dance form performed by Manipur's Maibis, a priestesses, involving ethereal movements and rituals to invoke spirits and divine forces, offering a unique insight into Manipuri society's spiritual beliefs.

## **Pung Cholom: The Energetic Drum Dance**

Pung Cholom, also known as Dhol Cholom, is a vibrant Manipuri drum dance featuring acrobatic movements and twirls. It's a popular part of festivals and celebrations, captivating audiences with its infectious enthusiasm.

## **Preserving the Essence**

Manipuri dance forms, each with unique styles, symbolize the cultural bond between Manipur's people and their heritage. Dancers, dressed in traditional attire, gracefully convey stories and emotions while safeguarding the artistic tradition.

# Healthy Drinks



*Gracy Warepam, Huidrom Linda Chanu & Loubuktongbam Dina*  
*B. Sc. (Hons) Zoology First Semester*

Water forms the best source to stay hydrated flush out toxins and in maintaining healthy organs. Besides water there are several healthy drinks that don't contain artificial or sugary ingredients and are both easy to prepare at home and inexpensive

**Green tea:** - Green tea is regarded as one of the healthiest drinks, as it is rich in polyphenols and natural antioxidants that can slow down aging and protect cells from toxins and carcinogens. Green tea also contains fluoride, which strengthens teeth and flavonoids, which strengthens bones.



**Kombucha:** - Kombucha is a fermented tea beverage that offers a unique flavor profile and potential health benefits due to its probiotic content. Kombucha is said to boost immune system, aid in weight loss, maintain blood pressure, prevent heart disease and prevent cancer.

**Mint tea:** - Mint is an antispasmodic and help in relaxing muscles and reduce stiffness and aches. It also aids in digestion by promoting the movement of food through the digestive tract. Mint has a cooling effect, so it's great to drink to combat the heat.

**Black coffee:** - Black coffee is another healthy option if consumed in moderation. It provides protective benefits from heart diseases and dementia.

**Fat-free milk:** - Milk contains components of a healthy meal, including carbohydrates, protein, and a little fat. It therefore helps stabilize blood sugar and reduce cravings. Milk is also rich in calcium and contains vitamin D.



**Soy milk or almond milk:** - Soy milk is a great alternative to milk. Rich in fibre and protein, it helps lower bad cholesterol and triglycerides and reduces the risk of heart disease. Almond milk is rich in protein and extremely low in calories. It is also a good source of vitamin D and vitamin E. The fortified versions contain other vitamins and minerals making it even more nutritious.

**Hot chocolate:** - Chocolate milk without sugar can be healthy when consumed in moderation. Cocoa increases the production of serotonin, which helps regulate mood and reduce the risk of depression. Cocoa is also rich in polyphenols, which are natural antioxidants.

**Orange or lemon juice:** - Freshly squeezed orange or lemon juice is an excellent source of vitamin C. It is a potent antioxidant that can protect against a variety of diseases, reduce the risk of cancer, boost immunity, improve digestion, and help with skin tone.



# INSECT FARMING



*Preity Thongatabam and Laimayum Carolina*  
*2nd Semester B. Sc. (Zoology)*

Insect farming is the practice of raising and breeding insects for various purposes, such as food, feed, dye, or commodities. Insects are a sustainable and efficient source of food and other products, as they require less land, water, and feed than conventional livestock. Some examples of farmed insects are:

***Silkworms:*** They produce silk, an elastic fibre that is widely used in the textile industry. Silk is obtained from the cocoons of silkworms, which feed on mulberry leaves.

***Mealworms and buffalworms:*** They are larvae of beetles that have a long larval period of about six months. They are farmed for their high protein and iron content, which makes them suitable for human and animal consumption.

***Honeybees:*** They produce honey, beeswax, and other products that have medicinal and nutritional benefits. Honey is a natural sweetener and preservative, beeswax is used in candles and cosmetics, and other products include bee bread, bee pollen, propolis, and royal jelly.

***Lac insects:*** They secrete lac, a resinous substance that is used as a food additive, a colorant, or a wood finish. Lac is harvested from the branches of host trees, where the lac insects live and feed.

***Crickets:*** They are eaten by humans and animals as a source of protein and nutrients. They are also ground into cricket flour for cooking. Crickets are consumed in many parts of the world, either deep fried, boiled, dry roasted, or baked.

***Waxworms:*** They are larvae of wax moths that have high fat content. They are used as food, fish bait, animal testing, and plastic degradation. They are able to digest plastic and produce ethylene glycol, a compound used in antifreeze.

***Cochineal:*** They are scale insects that are made into carmine, a red dye that is used in various products, such as cosmetics, food, paint, and fabric. Cochineal is collected from the prickly pear cacti, where the insects feed on the sap.

Insects show promise as animal feed and have been used as feed supplements for poultry. Apart from that, insects have potential as feed for reptiles, fish, mammals, as well as birds. Today, insects are becoming increasingly viable as a source of sustainably produced protein, as conventional meat forms are very land-intensive and produce large quantities of methane. Selected species of crickets, grasshoppers, beetles etc are farmed for human consumption. There are many benefits of using insects as food. They lower amounts of resource and space use, lower amounts of waste produced, and emissions of very trace amounts of greenhouse gases. They contain several vitamins and essential minerals, contain dietary fiber and are good protein sources. As opposed to meat, lower costs are required to care for and produce insects.

# EXPLORING BIOTECHNOLOGY Trends in Manipur, North East India, and Career Perspectives, with a Spotlight on its Role During the COVID-19 Pandemic

*Dr. Dayabati Sagapam,*  
Assistant Professor, Department of Biotechnology, TSPMWC

Biotechnology, an applied science that integrates biology with technology, has shown transformative potential globally. In North East India, particularly in Manipur, the biotechnology sector has been a beacon of scientific advancement. The Institute of Bioresources and Sustainable Development (IBSD) at Takyel, the Council of Scientific and Industrial Research (CSIR) at Lamphel, the Central Agricultural University (CAU) at Imphal, and the Indian Council of Agricultural Research (ICAR) at Lamphel have all played crucial roles in advancing the field. The IBSD-JNIMS COVID-19 testing laboratory, a collaborative effort by the Department of Biotechnology, has received approval from the Indian Council of Medical Research (ICMR), New Delhi. The lab is now operational for independent testing, with a dedicated team of scientists, volunteer research associates, and scholars contributing to its success.

**BURGEONING RESEARCH INITIATIVES:** Manipur's biotechnological research initiatives, led by IBSD, CSIR, CAU, and ICAR, focus on biodiversity conservation, medicinal plants, and traditional knowledge systems, transforming research findings into practical applications.

**AGRICULTURAL BIOTECHNOLOGY:** Applied agricultural biotechnology, involving collaborations between research institutes and local communities, is gaining popularity in regions where agriculture is crucial for livelihoods.

**ETHNOBOTANICAL STUDIES:** IBSD, CAU, and ICAR are pioneers in ethnobotanical studies, integrating traditional knowledge with modern biotechnological applications, preserving indigenous practices and promoting sustainable economic development.

**BIOPHARMACEUTICALS AND HEALTHCARE:** The CSIR institute, along with CAU and ICAR, significantly contributed to the biopharmaceutical sector in Manipur, particularly during the COVID-19 pandemic, advancing vaccine development and diagnostics.

**ENVIRONMENTAL BIOTECHNOLOGY:** Institutes like IBSD are promoting eco-friendly waste management, pollution control, and sustainable resource utilization through initiatives supported by CAU and ICAR, aiming to preserve the region's unique environment.

## *Career Aspects in Applied Biotechnology in Manipur:*

**RESEARCH OPPORTUNITIES:** Applied biotechnologists in Manipur, through collaboration with institutes like IBSD, CSIR, CAU, and ICAR, have access to diverse research opportunities and positions like biodiversity, agriculture, healthcare, and pandemic response

**ENTREPRENEURSHIP AND INNOVATION:** Research institutes like CAU and ICAR in Manipur are fostering a conducive environment for applied biotechnology startups, enabling professionals to innovate and address real-world challenges.

**ACADEMIC EXCELLENCE:** Institutions like IBSD, CSIR, CAU, and ICAR in Manipur are fostering applied biotechnology in academic sectors, providing practical education and skill development opportunities for aspiring biotechnologists.

**GOVERNMENT INITIATIVES:** Government initiatives, supported by research institutions like IBSD, CSIR, CAU, and ICAR, encourage applied biotechnology in the North East, including Manipur, through grants, subsidies, and skill development programs.

**GLOBAL COLLABORATION AND NETWORKING:** The establishment of networks and collaborations with global research institutions in applied biotechnology, such as IBSD, CSIR, CAU, and ICAR, promotes career growth and global perspectives.

# Global Environmental Issues

A Call to preserve our Planet

*Khumukcham Silvia Devi*  
B.Sc. (Hons) Environmental Science  
First Semester



Earth faces numerous environmental challenges, including deforestation and pollution, threatening ecosystems, biodiversity, and human well-being. Urgent attention is needed for a sustainable future.

Climate change, caused by human activities like burning fossil fuels and deforestation, is a major environmental concern. It leads to global temperatures rising, melting ice caps, rising sea levels, extreme weather events, and ecosystem disruptions. Mitigating climate change requires reducing emissions, transitioning to renewable energy, and adopting sustainable land-use practices.

Deforestation and habitat loss threaten biodiversity and ecological balance, causing rapid clearing of forests for agriculture, logging, and urbanization. This contributes to climate change, endangered species survival, and disrupts ecosystem services. Protecting and restoring forests and promoting sustainable land management are crucial for preserving biodiversity and mitigating climate change.

Pollution, in its various forms, is another global environmental issue that demands immediate action. Air pollution from industrial emissions and vehicle exhausts to Water pollution from industrial runoff, agricultural pesticides, and plastic waste endangers aquatic ecosystems contaminating water sources and ultimately resulting pollution related disease. Addressing this requires stringent regulations, technological innovations, and changes in consumer behavior.

The depletion of natural resources like freshwater, minerals, and arable land poses challenges to sustainable development, threatening food security, livelihoods, and ecosystem resilience. Adopting sustainable resource management practices, circular economies, and international cooperation are crucial for equitable distribution and responsible use of natural resources. In conclusion, urgent action is needed to mitigate climate change effects, protect biodiversity, and preserve the planet for future generations.

# Euthanasia

Rita Thounaojam  
Department of Environmental Science

*There are times when one chooses death over living when he or she is terminally ill. Here, euthanasia comes into the limelight., the practice of ending the life of a patient to limit his or her suffering. It allows the patient to overcome a relatively good and dignified death over a slow, painful and undignified death.*

*Different practices fall under euthanasia which include active euthanasia, passive euthanasia, involuntary euthanasia, assisted, self-administered and other administered euthanasia.*

*In India, passive euthanasia, the withdrawal of life support to patients in a permanent vegetative state is legalised. Aruna Ramachandran Shanbaug (1 June 1948 to 18 May 2015), is an Indian nurse who was at the centre of attention in a court case on euthanasia after spending over 41 years in a vegetative state as a result of sexual assault in a famous case.*

*Euthanasia raises several agonising moral dilemmas: is it even right to end the life of a terminally ill patient who is undergoing severe pain and suffering? Under what circumstances can euthanasia be justifiable, if at all? Is there a moral difference between killing someone and letting them die?*

*There are many arguments both for and against euthanasia and assisted suicide. Most of these arguments fall into these main categories.*

*Morality and religion: Some people believe euthanasia is murder and find it unacceptable for moral reasons. Many also argue that the ability to decide your own death weakens the sanctity of life.*

*Physician judgement: physician-assisted suicide is only legal if someone is mentally capable of making the choice. However, determining someone's mental capability isn't very straightforward.*

*Personal choice: death with dignity is a movement that encourages legislatures to allow people to decide how they want to die. Some people simply don't want to go through a long dying process, often out of concern for the burden it puts on their loved ones.*

# *Stewarding the Commons*

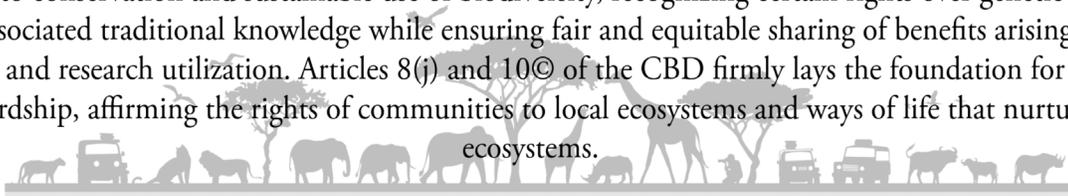
## Property and the Emergence of Biocultural rights

Dr. Langpoklakpam Ibechoubi

Assistant Professor, Department of Environmental Science

The legal discourse around biodiversity conservation during colonial and post-independence periods was based on a fines and fences approach, where historically stewarded land and waters were fenced off and classified as national parks or wildlife sanctuaries. This approach was justified by the theory of the "tragedy of the commons," which argued that long-term sustainability of common pool resources is best ensured when resources are privatized or state controlled. However, research has shown that communities can effectively conserve ecosystems under certain conditions.

The Convention on Biological Diversity (CBD) is a far-reaching legal instrument that recognizes the role of indigenous peoples and local communities in conserving ecosystems. It advocates for a rights and incentives approach to conservation and sustainable use of biodiversity, recognizing certain rights over genetic resources and associated traditional knowledge while ensuring fair and equitable sharing of benefits arising from commercial and research utilization. Articles 8(j) and 10© of the CBD firmly lays the foundation for a discourse of stewardship, affirming the rights of communities to local ecosystems and ways of life that nurture these ecosystems.



The emergence of biocultural rights, which are rooted in historical stewardship founded on cultural practices and spiritual beliefs, forces a rethink of property as private property. Biocultural rights argue that property need not be perceived purely as a thing that one has absolute rights over but can also be viewed as a network of use and stewarding relationships amongst various rights holders. A visual depiction of a discourse of biocultural rights would resemble a wheel with the circumference being the objective of conservation and sustainable use, the central hub being the ethic of stewardship, and the spokes being the different biocultural rights that communities require to protect their ways of life.

Biocultural rights in international environmental law have raised concerns about how to effectively affirm these rights to steward common pool resources. State parties often argue that third-party access to community-managed genetic resources or traditional knowledge commons is best for the state, as communities are neither homogenous nor have homogenous interests. The African Group of Countries and indigenous peoples groups in the Nagoya Protocol negotiations suggested biocultural community protocols (BCPs) as a solution. BCPs promote participatory advocacy for the recognition and support of sustainable use of biodiversity according to customary, national, and international laws and policies.

So in conclusion the value of BCPs lies in their process, representation, and future effects. Article 12.1 of the Nagoya Protocol requires parties to recognize BCPs as legal documents asserting community claims over common pool resources and providing rules and conditions of access to community commons by third parties. Increasingly, communities are developing BCPs as charters of biocultural rights asserting stewardship claims over community managed commons in areas such as mining, carbon stocks, and ecosystem services.

# EMBRACING THE LOVE FOR MY MOTHERLAND: AN ODE TO MANIPUR

Gracy Lairenjam,  
2nd Semester, B. Sc. Biotechnology



*In the heart of India's northeastern embrace lies Manipur, my beloved motherland, a haven of cultural richness, natural beauty, and an indomitable spirit. As I traverse the landscapes adorned with lush green hills, pristine lakes, and vibrant valleys, the love for Manipur resonates deeply within me, echoing the tales of a unique heritage and an unwavering sense of identity.*

## **CULTURAL TAPESTRY:**

Manipur is a living canvas of diverse cultures and traditions. The rhythmic beats of the traditional Manipuri dance, the vibrant colors of indigenous attire, and the melodious tunes of folk songs tell the story of a people deeply connected to their roots.

The cultural tapestry of Manipur is a testament to the resilience and continuity of traditions that have withstood the test of time.

## **NATURAL SPLENDOR:**

The ethereal beauty of Manipur is not just a visual treat but also a source of inspiration.

Loktak Lake, Northeast India's largest freshwater lake reflects the untouched purity of nature, and Ukhrul and Senapati hills symbolize nature's purity. Every corner of Manipur tells stories of nature's grandeur.

## **HISTORICAL RESILIENCE:**

Manipur's history is a testament to resilience, courage, and steadfastness, with tales of Rani Gaidinliu fighting against British colonialism and the people's unwavering commitment to freedom, justice, and defending their unique identity during times of turmoil.

## **NURTURING DREAMS & ASPIRATIONS:**

Manipur, a place of immense significance, nurtures dreams and aspirations through its vibrant educational institutions, encouraging environment for arts and sports, and constant community support. This love for Manipur drives its children to pursue excellence in various fields, transcending its physical boundaries.

In every sunrise that paints the Loktak Lake with hues of gold, in the laughter that echoes through the vibrant markets of Imphal, and in the warmth of the people who call Manipur home, I find an everlasting love for my motherland. Manipur, with its cultural richness, natural splendor, and historical resilience, encapsulates an essence that transcends the ordinary. As I carry the love for Manipur in my heart, I am reminded that it is not just a place; it is a sentiment, an identity, and a source of inspiration that continues to shape the person I am and aspire to become.



# Cellular Jail: Andaman & Nicobar Islands

## Department of Education

The Cellular Jail, located in Port Blair, Andaman and Nicobar Islands, was constructed by Britishers in 1906 as a National Memorial. It is a pilgrimage destination for freedom fighters who were sent into exile by the British conquerors. The prison was named "Kala Pani" (Black Water) due to its sea water surrounding it and the work Kala, associated with death.

The jail was designed using the Panopticon method, which allowed for visual contact between cells, allowing for easier control. Life in prison was difficult due to hard work, torture, poor diet, loneliness, and lack of cleanliness. Punishments were given if prisoners did not work at the required pace, leading to mental illness and suicide.

In the context of Manipur, the British exiled 23 Manipuris who fought in the Anglo-Manipuri War of 1891 to the penal colony in the Andaman Islands. These included the then Maharaja Kulachandra Singh and his brothers. As there was no Cellular Jail in Andaman then to house the prisoners, they were kept at Mount Harriet. The 23 are considered war heroes in Manipur. That is why Mount Harriet is an important symbol of the Anglo-Manipuri War of 1891.

The Anglo-Manipuri War was fought between the Manipur kingdom and the British in 1891. According to the Manipur State Archives, the royal family of Manipur was already divided into two factions after the accession of Prince Surchandra to the throne in 1886. Surchandra's younger brothers -- Kulachandra and Tikendrajit -- revolted against him. Surchandra sought the help of the Britishers in Calcutta.

Taking advantage of the internal discord among the princes, the British interfered in the administration. Kulachandra, rejected the aggressive imposition of the British law in the State. This led to the Anglo-Manipuri War of 1891. After an initial defeat, the British captured the Kangla Fort in Imphal and arrested Kulachandra and 22 others. Prince Tikendrajit was hanged with four others. As a result of the war, Manipur became a princely state under the rule of the British empire.

Today it has become one of the tourist spots visiting the said place to witness and understand the pain and agony the prisoners had to go through on daily basis just for the freedom of the nation.

# LIVING IN THE AGE OF FAKE NEWS

Words by

**Ngangbam Malesh Kumar**  
**Assistant Professor,**  
**Dept.of Sociology**

We live in the age of information, and technological advances gained over the last few decades have been a major boost for social connectivity in digital spaces. The rise of social media platforms such as YouTube, Meta, which include Facebook, Instagram, WhatsApp, and 'X' (formerly Twitter), has led to much greater access to information. With just a click on our smartphones, we can access any sort of information in a few seconds. And it is with this rise that the rampant rise of fake news and disinformation has followed. Studies by MIT have found that fake news tends to get shared and travel faster than the truth, wherein the most common subject matter is **false political news**. The rise of AI and the lack of media literacy have made many fall victim to it. The ever-evolving nature of fake news, misinformation and disinformation in digital spaces has made it very difficult to differentiate from factual news, and the boundaries between the two are eroding. Personal opinions have started becoming factual news, and this is largely shared among their common groups (ethnicity, religion, ideology, etc.).

The terms '**fake news**', '**misinformation**', '**disinformation**', and '**post-truth**' have increasingly become part of academic and public discourse in the present era. The emergence of cheap data rates has led to easy access to mobile data and information consumption. Bernd Carsten Stahl (researcher) highlights that 'misinformation' is information that is false, but the person who is sharing it with others believes that it is true, while 'disinformation' is information that is false, and the person who is disseminating it knows it is false. It is a deliberate, intentional lie. The 'legacy media' tends to be no longer the gatekeepers of information production and distribution, with the rise of digital platforms leading to the democratization of content generation. Further, studies have shown that the impact of this is a **double-edged sword**, as on the one hand, online media are useful tools for constructive communication as they give marginalized groups a voice; they inform people of the most recent scientific advancements etc., while on the other hand, online media feed fake news by taking advantage of the freedoms that characterize a democratic process. Selective exposure to ideological-based content due to the business model algorithm of gaining user attention has fueled the sharing of fake news.

Thus there is an urgent need for **constructive use** of such platforms, media literacy and fact-checking platforms to counter the rise of fake-news.

# SAY NO TO DRUGS

Drug abuse not only takes a toll on individual lives but also poses a significant threat to the well-being of our environment. The impact of drug-related activities, from cultivation to disposal, can have far-reaching consequences on ecosystems, wildlife, and the overall sustainability of our planet. It is imperative that we recognise the connection between drug abuse and environmental degradation and take a stand against this detrimental cycle.

**1. Illegal Drug Cultivation:** The cultivation of illegal drugs often involves deforestation, the use of harmful pesticides, and the pollution of water sources. The production and disposal of illicit crops, like marijuana or coca plants, often leads to deforestation as natural habitats are cleared for these illegal activities. This not only disrupts ecosystems but contributes to climate change by reducing the number of trees that absorb carbon dioxide. These activities

contribute to habitat destruction, loss of biodiversity, and soil degradation. By saying no to drugs, we can help mitigate the environmental damage caused by illicit cultivation.

**2. Chemical Contamination:** The production and processing of drugs often involve the use of hazardous chemicals. Improper disposal of these harmful substances contaminates soil and water, affecting both human and animal populations. By rejecting drug use, we reduce the demand for these harmful substances and help prevent chemical pollution.

**3. Waste Generation:** The drug manufacturing process generates significant waste, including by-products and discarded materials. This materials, if not properly managed, can find its way into waterways and ecosystems, posing a threat to aquatic life and disrupting the balance of our natural environment. Saying no to

drugs is a step towards reducing this environmental burden.

**4. Impact on Wildlife:** Illegal drug activities can encroach upon natural habitats, disrupting ecosystems and threatening wildlife. Additionally, the toxic substances associated with drug production can directly harm animals. By promoting a drug-free lifestyle, we can safeguard the well-being of our planet's diverse species.

**5. Community Well-Being:** Drug abuse often leads to social issues such as crime, violence, and poverty. Addressing these problems is essential for building sustainable and resilient communities. A drug-free society fosters a healthier environment where individuals can contribute positively to their surroundings.

**Preventive Measures:**

**1. Education and Awareness:** Promoting awareness about the environmental and social consequences of drug abuse is crucial. Educational programs can empower individuals to make informed choices and understand the broader impact of their actions.

**2. Community Support Programs:** Establishing support systems for individuals at risk of drug abuse and those in recovery is essential. By fostering a sense of community and belonging, we can help individuals make positive choices for themselves and their environment.

**Conclusion:**

Embracing a drug-free lifestyle is not only beneficial for personal well-being but also crucial for the health of our environment. By saying no to drugs, we actively contribute to the preservation of ecosystems, protection of wildlife, and the overall sustainability of our planet. It is a collective responsibility to create a world where individuals, communities, and the environment.

**Preety Yumnam, B.Sc Env. Science, Sem-1**

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# THE CHILDHOOD FRIEND

*Two young children named Sarah and David lived in a small, tight-knit neighbourhood. They were next-door neighbours and had been friends since they were toddlers. Their friendship was built on a foundation of trust, laughter, and countless adventures. Every day after school, Sarah and David would meet at their secret hideout in the old oak tree at the end of the street. They would share stories, play games and imagine themselves as heroes on grand quests.*

*Their imagination knew no bounds and their bonds grew stronger with each passing day. As they grew older, life's responsibility began to take hold. Sarah's family move away and David's parents become consumed with work. They found themselves drifting apart, their childhood memories fading into the background.*

*Years passed and one day, fate intervened. Sarah, now a successful architect, returned to her childhood neighbourhood for a project. By chance, she bumped into David, who had become renowned photographer. The spark of friendship reignited instantly.. they spent hours catching up, reminiscing about their adventures and the dreams they had shared. Sarah and David realised that despite the time and distance, their friendship had stood the test of time. They vowed to make an effort to keep their bond alive no matter where life took them.*

*From that day forward, Sarah and David were inseparable once again. They supported each other's dreams, celebrated each other's success and provided a shoulder to lean on during tough times. Their friendship was a reminder that true friends are always there for you, no matter how much time has passed, and that childhood bonds can withstand the trials of adulthood.*

**-Monalisa Kamei**  
**B.A. 1st Sem, Home Science, Roll No – 118**

# THE MAN WHO KNEW INFINITY

Every year **December 22** is observed as national mathematics day. It is the birthday anniversary of **Srinivasa Ramanujan**, a mathematical genius, who was born on December 22, 1887, in Erode, a small town in Tamil Nadu, India. Raised in a humble Brahmin family, Ramanujan's early years were marked by financial struggles, but his passion for mathematics became evident at a young age. Despite facing financial constraints that limited his formal education, Ramanujan delved into mathematics independently, driven by an innate curiosity and an extraordinary talent for numbers.

At the age of 16, Ramanujan discovered a book by G. S. Carr titled "**A Synopsis of Elementary Results in Pure and Applied Mathematics**," which became a pivotal moment in his life. This book served as a catalyst for Ramanujan's self-study, providing him with a foundation in mathematics that he used to explore advanced concepts. His breakthroughs during this period included independently deriving sophisticated theorems, such as the sum of cubes and the sum of squares. Despite his lack of formal education, Ramanujan gained recognition in the mathematical community in India.

His talents did not go unnoticed, and he secured a scholarship to pursue higher education at the Government Arts College in Kumbakonam. However, due to a lack of interest in subjects other than mathematics, Ramanujan struggled academically and eventually dropped out. Undeterred by academic setbacks, Ramanujan continued his **independent exploration of mathematics**, focusing on number theory, infinite series, and continued fractions. His work began to attract attention, and he started corresponding with prominent mathematicians in India, sharing his innovative results.

*In 1913, G. H. Hardy, a leading British mathematician, received a letter from Ramanujan containing a list of theorems and formulas. Intrigued by the depth and originality of the work, Hardy invited Ramanujan to Cambridge University. The young Indian mathematician arrived in England in 1914, marking the beginning of a collaboration that would redefine the landscape of mathematics.*

*In Cambridge, Ramanujan's unorthodox approach to problem-solving puzzled his colleagues. He had an almost mystical ability to intuitively arrive at solutions without providing the standard proofs that were customary in academic circles. Despite initial skepticism, Hardy and others were captivated by the depth and originality of Ramanujan's contributions. Ramanujan's work encompassed various areas of mathematics. His exploration of the partition function, mock theta functions, and highly composite numbers yielded groundbreaking results. One of his most notable achievements was the discovery of the **Ramanujan-Hardy number, 1729**, famously known as the "**taxicab number**." Unfortunately, Ramanujan's health deteriorated during his time in England. Malnutrition, cultural adjustments, and the harsh climate took a toll on his well-being. In 1919, he returned to India, where his health continued to decline.*

*Srinivasa Ramanujan passed away on April 26, 1920, at the age of 32, leaving behind a legacy that transcends cultural and mathematical boundaries. Ramanujan's impact on mathematics endures, with his theorems and formulas remaining fundamental to various branches of the discipline. His story serves as an inspiration, illustrating the potential of individual brilliance and the importance of perseverance in the face of adversity. Srinivasa Ramanujan's legacy continues to inspire mathematicians worldwide, encouraging them.*

**to explore the limitless possibilities within the realm of numbers and equations.**

**-Seram Tombi Singh  
Dept. of Mathematics**

# EMPOWERING DEMOCRACY: THE SIGNIFICANCE OF VOTING RIGHTS IN INDIA

-PUJYA POTSANGBAM, OINAM RANITA DEVI, SEM-2, B.A (H) POLITICAL SCIENCE

*As the **world's largest democracy**, India's political landscape is shaped by the voices of its citizens. At the core of this participatory democracy lies a fundamental right and responsibility – **the right to vote**. The awareness of voting rights is not merely a civic duty but a powerful tool that holds the potential to shape the nation's future and foster an inclusive and representative governance system.*

**1. The Pillar of Democracy:** *Voting is the cornerstone of any democratic society, and in India, it serves as the bedrock of our political system. The awareness of voting rights empowers citizens to actively participate in the decision-making process, ensuring that the government reflects the will of the people. Every vote is a voice, and collectively, these voices define the democratic fabric of the nation.*

**2. Inclusivity and Representation:** *One of the primary impacts of voting rights awareness is the promotion of inclusivity. When citizens, irrespective of their background or social standing, are aware of and exercise their right to vote, it results in a more representative government. A diverse electorate ensures that the concerns and aspirations of various segments of society are considered, fostering a governance system that is reflective of the nation's plurality.*

**3. Accountability of Leaders:** *Awareness of voting rights places the power to choose in the hands of the citizens. This act of choosing leaders imbues the elected representatives with a sense of accountability. Political leaders, conscious of the fact that they derive their authority from the electorate, are more likely to prioritize the interests of the public, knowing that they are accountable for their actions during the next election cycle.*

**4. Policy Impact and Socioeconomic Development:** *The impact of voting rights extends beyond the act of casting a ballot. Informed and engaged voters contribute to the development of policies that address societal challenges. When citizens are aware of their voting rights, they become active participants in shaping policies related to education, healthcare, infrastructure, and various other aspects crucial for the nation's progress.*

**5. Defending Democratic Values:** *Voting rights awareness acts as a bulwark against threats to democratic values. An informed electorate is less susceptible to manipulation or misinformation, safeguarding the integrity of the electoral process. In a time where democracies worldwide face challenges, the awareness of voting rights becomes a crucial defense mechanism against any erosion of democratic principles.*

**6. Youth Engagement: Nurturing Future Leaders:** *Young voters, often referred to as the torchbearers of the future, play a vital role in shaping the destiny of a nation. Voting rights awareness among the youth fosters civic engagement and encourages them to actively participate in the democratic process. This engagement not only influences current elections but also nurtures a generation of informed citizens who will become the leaders of tomorrow.*

**7. Celebrating Diversity:** *India's strength lies in its diversity, and voting rights awareness celebrates this diversity by giving a voice to every community, language, and culture. In a country as varied as India, where unity in diversity is a guiding principle, the act of voting becomes a unifying force that binds the nation together.*

**Conclusion:** *The awareness of voting rights in India is not merely a legal obligation; it is a societal commitment to the principles of democracy. Each vote cast is a testament to the collective strength of the people and their aspirations for a better future. As citizens become more aware of the impact of their voting rights, they contribute not only to the democratic process but also to the shaping of a nation that upholds the values of equality, justice, and representation. In embracing the significance of voting rights, India ensures that its democracy remains vibrant, inclusive, and responsive to the needs and aspirations of its diverse citizenry.*

# UNVEILING THE DRAPERY OF ADVANCEMENTS: TRENDS IN SCIENCE AND TECHNOLOGY

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*electorate, are more likely to prioritize the interests of the public, knowing that they are accountable for their actions during the next election cycle.*

**4. Internet of Things (IoT) and Smart Technologies:** *The proliferation of IoT devices and smart technologies is creating an interconnected world. From smart homes and cities to industrial applications, IoT is embedding intelligence into our surroundings. Understanding the intricacies of IoT and its applications empowers us to contribute to the creation of a more efficient, connected, and technologically-driven society.*

**5. Renewable Energy and Sustainable Technologies:** *In response to the global imperative of sustainable living, advancements in renewable energy and sustainable technologies are gaining prominence. From solar and wind energy to innovations in waste management, science and technology are driving solutions to mitigate environmental challenges. As stewards of the planet, our engagement with these trends will play a pivotal role in shaping a sustainable future.*

**Conclusion:** *As we navigate the currents of academic exploration, the trends in the advancement of science and technology beckon us to be proactive participants in the evolving narrative. Our college years provide a fertile ground for cultivating a deep understanding of these trends, preparing us to be contributors, innovators, and leaders in the ever-evolving landscape of science and technology. Let us embrace the opportunities to learn, experiment, and collaborate, as we stand on the precipice of a future where the fusion of knowledge and technology holds the promise of addressing global challenges and fostering positive change.*

**Viveka Mutum, 2nd Semester, B. Sc. Biotechnology**

# EMBRACING GENDER DIVERSITY: NAVIGATING THE COMPLEXITIES OF IDENTITY AND EXPRESSION

*In today's rapidly changing society, discussions surrounding gender have become increasingly nuanced and multifaceted. As we continue to challenge traditional notions of identity and expression, it is crucial to explore the complex interplay between gender, sexuality, and societal norms. In this article, we delve into the intricacies of gender diversity, examining its varied dimensions and the evolving landscape of understanding and acceptance.*

*At the heart of the discussion lies the concept of gender itself. Gone are the days of rigid binary classifications, instead, we acknowledge a rich spectrum of identities beyond simply male and female. Gender identity is the deeply personal sense of experiences, including but not limited to transgender, non-binary, and genderqueer identities. By embracing this diversity, we validate the lived experiences of individuals who may not conform to traditional expectations. Moreover, gender expression is a powerful means of self-expression and communication. Whether through clothing, mannerisms, or other outward*

*cues, individuals convey their gender identity to the world in unique and authentic ways, breaking free from restrictive stereotypes, people are empowered to express themselves in alignment with their true selves, fostering a more inclusive and affirming society.*

*Yet alongside progress comes the recognition of ongoing challenges. Discrimination, prejudice, and violence against gender-diverse individuals persist, underscoring the urgent need for advocacy and challenging harmful stereotypes, we can work towards dismantling systemic barriers and creating safer, more equitable spaces for all.*

*In recent years, there has been a noticeable shift toward increased visibility and representation of gender diversity in the media, politics, and everyday conversation. From legal reforms to grassroots activity, there is a growing movement towards a future in which everyone's gender identity is acknowledged and cherished.*

**LONGJAM BONIKA**  
**B.A(H) SOCIOLOGY, 2nd SEM**



-New island emerges off Japan after volcanic eruption.

## JAPAN GETS A NEW ISLAND

*Japan, the land of the 'Rising Sun' is a country that is known for its many islands, some of which are formed by volcanic activity. In October 2023, an undersea volcano eruption created a new island in Japan's Ogasawara Island chain, to add to its already impressive collection. The island is about 100 meters in diameter and is made up of rock masses. It's located more than 1,000 kilometres south of Tokyo in the Pacific Ocean, near the crater of the undersea volcano.*

*It has been named Niijima — meaning "new island" in Japanese. The University of Tokyo says that the origins of Niijima can be traced to a volcanic eruption that began on Oct. 21, 2023. On Oct 30, between 12:20 and 12:35 local time, scorching hot magma from this volcanic activity met the ocean and exploded, forging rock chunks several feet long and launching them over 160 feet (50 meters) into the air.*

*The new island is about 66 feet above the ocean's surface and may not last very long. Pounding waves may limit the length of time the island remains intact.*

**-Naorem Rickey, Assistant Professor,  
Dept. of Environmental Science**

# COLOR PSYCHOLOGY FOR EDUCATION:

How does Colour Enhance the Learning Environment?

## Department of Education

It is thought that colour is the most significant visual experience for humans (Adams FM, Osgood CE, 1973).

Examine your surroundings.

How many hues are visible to you? Pay attention to how these hues make you feel. Do the colours and materials of an office setting encourage creativity? Can you focus, or is the colour scheme distracting you? Do the colours in your home help you feel secure, at ease, and at ease?

These types of questions are all too common in interior design for commercial and residential spaces but are often overlooked in education. Colour in the classroom boosts active learning, involvement, and information retention. To create a conducive learning environment, choose hues that evoke strong emotions and avoid overstimulation. Accent pieces and walls can also impact the learning environment. Here are five colour combinations for effective learning.

**When it comes to grabbing and maintaining the attention of your students, yellow is king. Yellow generates positive energy, encourages creativity and is the ultimate tool in capturing the attention of a restless classroom.**

**Green promotes calmness and a sense of relaxation and is great for encouraging long-term concentration and mental health. It is the most restful color for the eye and creates a feeling of ease when used in a classroom.**

**Red stimulates the adrenal glands and can generate feelings of energy and encourage creativity conducive to active learning. In your classroom, try using the color red in conjunction with repetitive or detailed oriented tasks. This will give students an energy boost.**

**The color orange encourages critical thinking and memory. Studies have shown that orange has a particularly high effect on circulation and the nervous system. It increases the oxygen supply to the brain, stimulating mental activity and loosening inhibitions.**

**The color blue has proved to have a calming effect on the heart rate and respiratory system of students. It encourages a sense of well-being, making it ideal for learning situations that are intensely challenging and cognitively taxing.**

# THE PLASTIC EATING MUSHROOM-FANTASTIC FUNGI

BY YUMNAM PREMJEET SINGH ASST. PROFESSOR DEPT. OF ENV. SCIENCE



Long before there were trees, the Earth was overrun by giant mushrooms. Fungi first showed up over a billion years ago as three-metre-tall fungus fingers that dominated the landscape, while plants have been around for a paltry 700 million years debuting as scruffy shrubs. A billion or so years on, the humble 'shroom is an unlikely champion in the war against plastic waste thanks to the discovery of a plastic-eating mushroom.

In the 100 years since it

was invented, plastic has gone from being a wondrous time-saving material to a modern-day scourge, clogging our landfills, killing marine life and swirling around our oceans in massive garbage gyres the size of countries. When Yale University students found *Pestalotiopsis* in the rainforests of Ecuador in 2011, they discovered the first fungus that not only has a voracious appetite for plastic but can thrive in oxygen-starved environments like landfills. They taste good too.

Austrian designer Katharina Unger teamed up with scientists from Holland's Utrecht University to develop the Fungi Mutarium, which uses pods of agar gelatine that nourish the fungus with sugars and starch until UV-treated plastic is stuffed into the middle. It takes a few months for the fungus to fully digest the plastic, leaving a puffy, mushroom-like cup with a sweet taste and a liquorice smell. Scientists foresee households owning a smaller-scale version to recycle their plastic waste and community recycling centres with larger systems.





**Anya Forger - Spy x Family**

*Angelina Wahengbam*

*B.Sc. (Hons) Environmental Science*

*First Semester*



The most courageous women on the planet are the Meitei Chanuras. Their might was demonstrated during the British Empire's rule over Manipur. The community's meitei ladies were referred to as the Meitei Chanuras.

In the realm of games and sports, they excel beyond reproach. Despite Manipur's modest size, the Meitei Chanuras of Manipur play a vital role in identifying their homeland globally.

**Submitted by:-  
L. Debola Devi  
B.A. 1st Semester, Dept. of  
Education**

Thougal Jagoi is the folk dance of the Meitei community performed during the Lai Haraoba festival before the deities. It is also known as 'Khamba Thoibi'. A variant of Thangal Jagoi, performed only by womendancers, is known as 'Leima Jagoi'.

**Submitted by:-  
Yumrembam Babina  
B.A. 1st Semester, Dept. of  
Education**

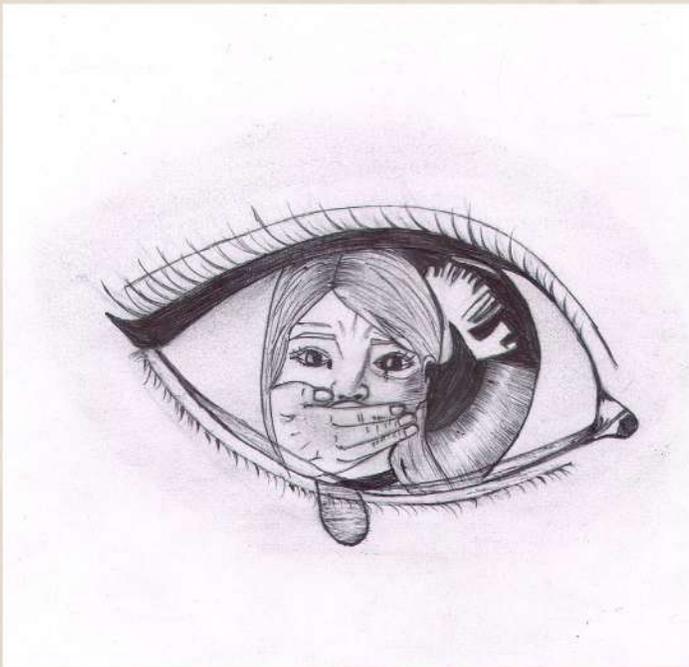




Keisham Mayabati Devi  
B.Sc. Botany  
First Semester



Doodle art  
Ksh. Surnalata  
HOD, Dept. of Manipuri



Violence against women  
isn't cultural. Its criminal.  
Equality cannot come  
eventually ,it's something  
we must fight for now

Babli khurajjam  
B.Sc. Zoology First Semester  
Roll 187



Laitonjam Julia Devi  
B.Sc. Botany First Semester

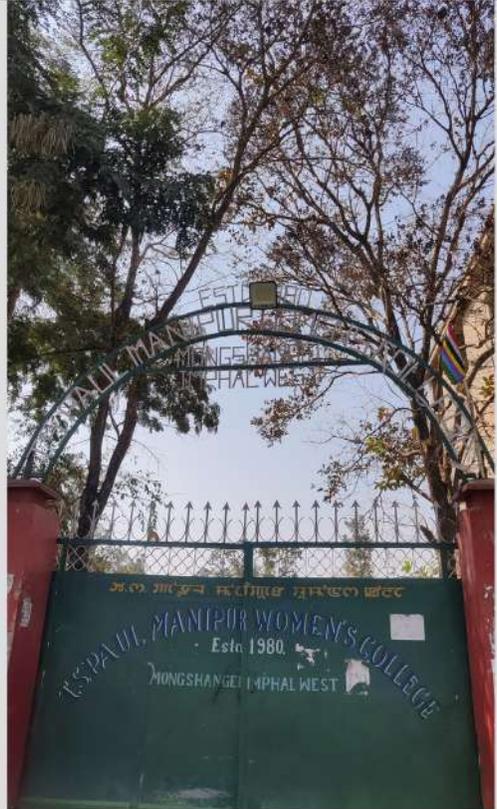


Ngangbam Riya  
B.Sc. Botany First Semester



# GALLERY





M O M E N T

R E C A P





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An  
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Monday 4<sup>th</sup> September 2023  
From: 11.00 am To 3.00 pm  
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T. S. PAUL MANIPUR WOMEN'S COLLEGE  
MONGSHANGELI, IMPHAL WEST  
MANIPUR

ANNUAL COLLEGE MAGAZINE

T.S.P.  
M.W.C

### Foundation day celebrated

**IMPHAL, Dec 1**  
T S Paul Manipur Women's College celebrated its 43rd foundation day on Thursday, November 23.

The event was graced by Elangbam Dolendra Singh, chairman of the governing body of TSPMWC; secretary

Oinam Priyokumar Singh; college principal Th Nandita Devi; former Mayor of Imphal Municipal Corporation, L Lokeshwor Singh and teacher representative of the governing body, Kshetrimayum Devendra Singh as the presidium members.

Elangbam Dolendra Singh, in his address, provided an insight into the rich history and journey of the college, highlighting its growth and contributions over the years, said a statement by the college.

Speaking at the occasion, Th Nandita Devi shared inspiring and success stories of the college and presented the achievements of the college for the current year.

Students of the college who had achieved commendable feats in the field of academics and sports thereby bringing laurels to the college were felicitated during the event.





2023-2024

volume #02



# Gallery



RECAP



KAJENGLEI

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VOLUME #02



# T.S.P.M.W.C





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