



Chasing the American Dream

A NEHU Extension Lecture on the topic “Situation of Immigrants from the Indian Sub-continent: An exploratory study” was given by Dr. Kamala Ramadoss, Assistant Professor in the Department of Human Development and Family Science, Syracuse, New York, USA on November 16, 2017 at the VC'S Conference Room.

Chaired by Professor H. Lamin, Pro-Vice-Chancellor, the lecture threw light on the hardships faced by immigrants from India. Dr. Ramadoss says her work mainly focuses on the work-family conflict, work stress and health. She has also been working on gender and work, work family conflict and social support and conducted several workshops and seminar on these issues.

Before coming to the situation of immigrants in the US, Dr.



Ramadoss gave a little background information about the actual situation in the US. She said that though the US is an advanced economy, in 2008-2009, however, it had a very bad economic recession. “People were laid off and so they were unable to support their families. And the reason for that is a lot of economic changes that were happening. More and more jobs are not like 20 years ago in the US. People then took up jobs and stayed with that organization for their entire careers and then they retire. That’s

not the case in the US anymore,” she revealed. “Researches tell us that people who are entering the workforce today in the US can expect to change 10 different careers, which means constant skill restructuring, constant learning. So job security is not there. More and more jobs are becoming contract jobs. Everything is going to be outsourced. And we’re going more and more towards online teaching and outsourcing all those things,” she added.

Dr. Ramadoss further revealed that the

average work hours in Europe, Australia and others is 34-36 hours per week. In the US it is 45-50 hours per week. In the US there is zero paid vacation days compared to other countries which have anywhere between 2 weeks to 3 weeks of paid vacation days in a year.

There were other challenges like child care, which is very expensive. “Even for someone with middle class jobs like engineers, teachers, doc-

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The next issue of **NEHU News** will come out in March 2018. Materials & Articles have to be sent well in advance. Anything sent beyond **March 2018** first week cannot be included unless very important. email (nehupro@gmail.com & gumdor@nehu.ac) in and pen drive are preferred.

Sounding the Alarm on Diabetes

World Diabetes Day was observed at NEHU in the form of an awareness program for university students, faculty and staff on November 14, 2017. The program was organised by the NEHU Health Centre in association with Meghalaya Diabetes Association and North East Diabetes Society.

Inaugurating the event as the chief guest on the occasion, Professor S.K. Srivastava, Vice-Chancellor, NEHU remarked on the fact that the day coincides with Children's Day, and as the children are the future, it is important that they grow up healthy. Prof. Srivastava appreciated the initiative shown by the Health Centre led by Dr. C. Mukhim to organise the program in NEHU, and hoped that that in future, camps or Diabetes Day run could also be organised to further spread awareness about this disease.

Following the Vice-Chancellor's speech there was an eye-opening talk and presentation on 'Diabetes and its Complications' by Dr. D. S.



Prof. S.K. Srivastava presents a memento to Dr. D.S. Sethi. Publication Photo

Sethi, president of MDA. With the help of slides which were simple enough that even a lay person could understand, Dr. Sethi, who is a Cardiologist and Diabetologist in Shillong with 31 years of experience in these fields, explained what is diabetes, its causes, symptoms and complications. He also debunked some myths or perceptions about the disease namely that it affects only the rich or those who live in cities. Dr. Sethi said every 7 seconds someone somewhere in this world dies of diabetes and its growing very rapidly and particularly in India and the sub-continent. "India is now the diabetes capital of the world and unlike our

perceptions where possibly it affects only the rich or people who are in cities, the truth that is uncovered is different. Diabetes is growing more rapidly in smaller towns as it affects the poor the most who cannot afford healthy diet."

Coming to the disease, Dr. Sethi informed that it is a long standing disease characterised by high sugar (glucose) levels in the blood. "When there is excess it leads to spillage of blood glucose in the urine. Glucose is the nutrient that provides energy for the proper function of the body cells just like fuel is essential for a car to run. In a person suffering from diabetes, either no insulin is pro-

duced or there is insufficient supply of insulin," Dr. Sethi said while explaining that insulin (a hormone secreted by the pancreas) is needed for glucose to enter the cells of the body where it is utilized. "It is as if insulin is a key which opens the doors of the cell to allow glucose to enter."

He went on to list the disease as Type I where there is deficiency of insulin (these constitute 0.5 per cent) and Type 2 where there is an insulin resistance. The latter accounts for 99 per cent of diabetes cases.

Dr. Sethi also listed the symptoms of diabetes which include excessive thirst, hun-

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NEHU Student Selected for Japan Exchange Prog

Mr. Kenny R. Shullai, a third semester M.A student of the Department of Economics, NEHU, Shillong has been selected by the Government of India to visit Japan under SAARC-JAPAN Network Program People-To-People Exchange (Economic Cooperation) from November 27 to December 5, 2017. Kenny is one among the 16 university students selected in the country to avail of this opportunity.

Earlier, the Department of Economics, NEHU through a tough competition had selected and forwarded his name to the SAARC division, in the Ministry of External Affairs, Government of India. Kenny is

expected to participate in lectures, keynote addresses and breakout sessions relating to the economy of Japan and participating countries.

He is also required to visit local industries and companies, observe cutting edge technologies in universities and research institutes, make courtesy call on local government and opinion exchanges and survey traditional cultures, community life and environment protection measures in Japan. At the end of the program, he is required to make an action plan which should contribute to promote economic relations, trade and investment with Japan and among SAARC

Reserve Bank of India Half-Day Seminar

The Department of Economics, NEHU hosted a half day seminar on “Monetary Policy” which was conducted by the Reserve Bank of India (RBI) on November 9, 2017. This is part of the RBI’s outreach programme on Monetary Policy.

The experts from RBI who took part in the seminar include Dr. M D Patra, Executive Director, Dr. Pragya Das, Director, Dr.



Participants are photographed at the seminar.
Contributed Photo

Pratik Mitra, Director and other officials from Monetary Policy Department, RBI, Mumbai.

The faculty, Post-graduate students of both semesters and re-

search scholars of the department also attended the seminar.

There were presentations and an interactive session on the changing scenario of the economic policies.

Scholarships for ST Students

The Exim Bank has awarded annual scholarships to the meritorious Scheduled Tribe (ST) students of North Eastern origin, of the Economics Department, based on their academic performance. The names of the awarded students are Austrian Mawrie, Baiasuklang Kurkalang, Bandakerlin Lyngdoh, Ibalarimon Khonglam, Adoreena B. Diengdoh, Kelhouvinuo Metha, Lal-mawizuala, Vepelo-O-Koza and Chekam Ch. Marak.

Narratives of Violence and Terror in South Asia

An international seminar on ‘Narratives of Violence and Terror in South Asia (NOV-ATISA)’ organised by the Department of English, NEHU was held on November 16 in the auditorium of the Old Guest House, NEHU. In his inaugural address, Dr. A.S. Guha, Regional Director, IGNOU highlighted the importance of looking beyond the depiction of violence and terror and to focus instead on the quest for peace.

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tors, if they have two or three children, it's cheaper for one of them to quit their job and stay home rather than pay for day care," Dr. Ramadoss informed.

Coming to the situation of immigrants from the Indian sub-continent to the US, Dr. Ramadoss said the immigrant experience differs depending on what category they come from. "New immigrants that were coming in were into careers which were more service oriented. And large number of them came in as family migration. So it's lower income, high levels of unemployment," Dr. Ramadoss revealed. "The wait for green cards today from India is huge. The US takes 2 per cent every year from a particular country. Today if a person applies for a green card the wait is about 20-22 years. So what happens is that in the interim period if you lose your job you are eligible to remain in the country but then finding another job becomes very challenging. So then they end up working as help in restaurants, other

things because they do not want to come back home. It's a face saving thing. So we see high levels of poverty among immigrants from the Indian population."

She went on to describe the H1 work visa which is otherwise known as work permit. "What happens is that when you are on a work permit, you cannot apply for the visa. Only an employer can apply it for you. And if you lose your job, you will have to leave the country in 2 months. What it means is that it puts the employee in a very vulnerable position - that your employer can exploit you. And that's why many of them will do whatever the employer wants. They don't question anything. They know they are being exploited but they put up with it till they get their green card. And if the wait is 20 years, that's a long time to be exploited."

Dr. Ramadoss said this visa policy also creates transgenerational families. "Part of the family is in the US and part of the family is in the home country. For some of them, the

spouse and child visa was rejected. When people migrate as an entire family -- husband, wife and children are in the US - while aging parents in India, it creates a lot of heart-ache particularly among adult sons. If you're waiting for your green card you cannot cross national borders. The guilt leads to depression, migraine headaches, psychosomatic illnesses and chronic back pain."

Coming to the literature on acculturation and health, Dr. Ramadoss said there is very little research. From the few studies that are there only one focuses on immigrants from India and that is the study done by Mishra and Gupta (2004). "What they found is that age, long hours at work and change to western diet, was significantly associated with health promotion behavior. In our study what I proposed was that new immigrants will have to work long hours and will have to work hard to establish themselves in a new country. So high job demand will be associated with poor

health and that's what it says in the literature. Ability to adapt to a new environment and spill over from work to family, family to work and all of these things will be associated strongly with both physical health and mental health. Better acculturation resulted in better health. Faster to adapt well equals better health. Women adjusted better than men."

Dr. Ramadoss went on to add that in the US if you don't have health insurance you cannot see a doctor if you get sick. And health insurance is typically provided by an employer. "Because of the very high job insecurity, people were afraid of losing their job and as a result their health insurance as well. So they cannot afford to get sick. So they took extra care of their health by joining a gym and working out."

In terms of psychological stress, it was a negative spillover from family to work that was actually causing high stress, Dr. Ramadoss said.

Vigilance Awareness Week Observed

NEHU kicked off the Vigilance Awareness Week, 2017 with the reading of the pledge by University authorities, teachers, students and staff, in front of the V.C's office, Administrative building on November 2 at 11 am.

Addressing the gathering, Professor S.K. Srivastava, Vice-Chancellor, NEHU said this initiative by the Government of India is to ensure that we are highly accountable to the society. "In NEHU we are guided by the acts, statutes, regulations etc., as far as academic and administrative matters are concerned and since we are a centrally funded institute we also have to follow all the relevant financial rules from time to time as communicated to us," he added. "We need to have the highest of standards for compliance of these rules and regulations and whatever is communicated from the government we have to ensure the compliance and also report back to them. As good public servants we are doing the need-



From left: Prof. Lamin, Prof. Srivastava and Dr. Nayak in front of the Administrative Building. **Publication Photo**

ful and all such initiatives ultimately ensure that each and every rupee which is given to us by the government is spent fully to the benefit of the society."

According to Professor Henry Lamin, Vice-Chancellor, poverty is the root cause of corruption and that it needs to be eradicated. "Though it is a challenging task as our country is so vast and diverse, we need to work together to eradicate it," he said. Prof. Lamin also called for cooperation among all the stakeholders to root out corruption and to spread the message of the pledge. "Until and unless corruption is rooted out, we will not be able to progress. Corruption applies to so many things be it

corruption of ideas, time, activities. Whatever is given to us let us utilize to the fullest for the benefit of those it is meant for. As a centre of learning we need to lead by example and spread the message," he concluded.

In his speech, Dr. J. N. Nayak, Registrar said that through this Vigilance Awareness Week, the government of India reminds us of what we are supposed to do. "Our PVC has rightly said it is not only in terms of monetary aspects, but in how we lead our lives, how we use our time. What is my contribution to the society, what is my contribution to my organization? If I'm here to work for which I'm being paid, if I'm not giv-

ing 100 per cent of myself that also means corruption. So friends, corruption does not mean only corruption or generation of money but it gives rise to something else.

"We are all government servants and since we are servants we have to serve the nation, we have to serve the society and let us serve the society in a befitting way. Let us simply take a pledge that I must do what I'm supposed to do. If I do that, I owe nothing to the society," Dr. Nayak added.

It may be mentioned that "My Vision-Corruption Free India" has been chosen as the theme for Vigilance Awareness Week this year by the Commission.

National Education Day Celebrated

To celebrate National Education Day (November 11), the Department of Education, NEHU, Shillong organised a one-day programme on the theme “Contribution of Dr. A.P.J Abdul Kalam towards Education” on November 14.

It was in 2008, that the Ministry of Human Resource and Development made a formal announcement

to celebrate National Education Day every year on November 11, 2017 recalling Maulana Abul Kalam Azad’s significant contribution to the cause of education.

In the inaugural address, Prof. C. Nongbri, Head, Department of Education, NEHU spoke on the contribution and quality of life led by the late scientist and former President of India and how he continue to inspire the

youths till today.

The programme continued with various events including a presentation on the life and works of Dr. Kalam and a quiz show based on him. The students were inspired by the great contributions made by Dr. Kalam to the advancement of science and technology and his scholarly research publications, books and articles which have opened up

new avenues for research and studies in the areas of metallurgy, ballistics and aeronautics.

Prof. S. M. Sungoh, Dean, School of Education, NEHU, Shil-long gave away the prizes and certificates to the winners and the participants.

The programme concluded with a vote of thanks by Dr. B.B. Kharbirymbai, co-ordinator.

NEHU Observes Constitution Day

In keeping with the University Grants Commission (UGC) directive to all varities to celebrate November 26 as “Sanvidhan Divas” to commemorate the adoption of the country’s Constitution, the faculty and non-teaching staff of NEHU read out the Preamble and fundamental duties on November 27 at the Committee Room, permanent campus.

“Activities like reading out the Preamble to the Constitution during a morning assembly, reading out the fundamental duties, one lecture in every educational institution



Faculty and staff stand for the reading of the Preamble. Publication Photo

on the importance of fundamental duties and putting up information on fundamental duties on notice board of colleges (should be carried

out),” the UGC said in a communication to all Vice Chancellors.

“You are requested to kindly ensure that these activities

are undertaken in your university and in the colleges affiliated with your esteemed university,” it added.

Sounding the Alarm on Diabetes

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ger, frequent urination, weight loss, tiredness, blurred vision and wounds that take longer to heal.

“So who gets diabetes? As of today, any age, gender and race. Being Asian is itself a risk factor and being an Indian is a much greater factor for many reasons which is out of the scope of this lecture,” Dr. Sethi said adding that 30 per cent of the population (not counting the rural population) is either diabetic or pre-diabetic.

Dr. Sethi revealed an important fact about diabetes which is a ‘trigger’ that results in diabetes and that trigger is our lifestyle. “Eating high calorie food like junk food, not exercising, obesity and stress are some of the trigger-pulling effects which land you into diabetes,” he informed.

Dr. Sethi also listed the complications that result from the disease. “People wait till complications occur which strikes mainly the eyes, kidneys, heart and nerves before they see a doctor. In India this is a leading cause of kidney transplanta-

tion and a leading cause in patients undergoing dialysis. About 30 to 40 per cent of patients get kidney disease,” the doctor informed. “Anyone inflicted by diabetes has 25 times more chances of going blind, 5 times more prone to gangrene, 17 times more prone to kidney disease and 90 times more prone to neuropathy,” Dr. Sethi warned.

Coming to the control or management of diabetes, Dr. Sethi said cutting out all processed food and food rich in carbohydrate is essential. Another important nugget he revealed is that our eating habits are “programmed” when we were in our mother’s womb. “So if your mother eats pasta, your digestive system and pancreas is designed to digest and absorb pasta,” he said adding that there is nothing wrong in enjoying food which is not programmed in us once in a while. “But you cannot make it your staple food. It is very important that you stick to your traditional diet on a daily basis,” Dr. Sethi said.

He also had some advice for the students, which is to utilise what the campus has to offer, to take care of their health, not to smoke and to exercise regularly. He also urged the NEHU administration to encourage good food habits. “We have to have some administrative shakeups by which you encourage people to have fruits, fruit juices, or milk in the campus. You could also organise food festivals celebrating the local and traditional food of the people to ensure that nutritious food is being encouraged,” he concluded.

In her presentation on Dietary Management of Diabetes, dietician and consultant of Hope Clinic, Shillong, Sagarika Dey explained that while there is no one diet that would suit all as everyone is different, it should be a healthy and enjoyable one suitable for the entire family. “Learning what you can eat and how different foods affect your body is important,” she said adding that food choices have a very significant impact on one’s glucose, cholesterol,

blood pressure and overall health. In short a balanced diet rich in fibre and restriction of oil, carbohydrates and sugar is advisable.

Dr. Milan Chettri, a physiotherapist spoke on lifestyle modifications which is nothing but an evidence based practice which helps individuals adopt sustain healthy behaviours that affect the quality of life. “It includes identification of risk factors, managing them through a combination of not only physical, medical and interventional therapy but even behavioural modification. Upto 80 per cent of our diseases, stroke and Type 2 diabetes could be prevented by preventing obesity, unhealthy diet and physical inactivity,” he said.

In medical conditions, hypertension, diabetes, obesity and cardiac diseases can be modified. The behavioural we can do by controlling or giving up smoking, alcohol, physical inactivity, stress and unhealthy diets. To modify the risk factors, Dr. Chettri said quitting the sedentary lifestyle for a more active one could go a long way in keeping such diseases at bay.

IEEE Outreach Program Concludes

The Institute of Electrical and Electronics Engineers (IEEE) Kolkata section and IEEE Joint CSS-IMS Chapter Kolkata organised a one-day IEEE Outreach Program in collaboration with the Department of Biomedical Engineering, NEHU, Shillong on October 9 at the University campus.

The first of its kind program provided a platform to young faculty members, scholars and students working in different fields to acquire knowledge and skills from speakers of the IEEE Community. The various theme areas of the program include Cardiovascular Health Monitoring; CT Image based Cancer Detection, Medical Imaging & Image Processing, Machine Learning Tools for Signal processing, Artificial neural network and Bioinstrumentation.

The targeted audiences of the outreach program were UG students, PG students, researchers (from physics, chemistry, mathematics, statistics and life sciences), engineers and faculty members (M.Sc./M.Tech/Ph.D



A group photograph of speakers and participants. Contributed Photo

in related fields of biomedical engineering, computer engineering and electronics engineering). The program was also open for young faculty/scientists with demonstrated interests in the field. Thirty participants registered for the IEEE outreach program from various institutes in the North-Eastern region.

The program kicked off with an inaugural session graced by Prof. H. Lamin, Pro Vice-Chancellor, NEHU, Shillong as the chief guest, Prof. Goutam Saha, Dean School of Technology, NEHU, as the guest of honor and three key speakers namely Dr. Jayanta K. Chandra, Associate Professor & Head, Department of

Electrical Engineering, Purulia Government Engineering College, West Bengal, Dr. Rajarshi Gupta and Dr. Kaushik Das Sharma - both Associate Professors, Department of Applied Physics, University of Calcutta. Dr. Dinesh Bhatia, Convener and Head, Biomedical Engineering Department, NEHU, Shillong and Mr. G. K. Mourya and Mr. Shyamal Mandal (Coordinators of the IEEE Outreach programme) were also present.

Dr. Rajarshi Gupta, currently the Secretary of Joint IEEE Control Systems Society - Instrumentation & Measurement Society (CSS-IMS) Chapter Kolkata, and a member of Executive commit-

tee in IEEE Kolkata Section was the first key speaker of the program and his talk on "Cardiovascular Health Monitoring" aroused keen interest among participants by exposing them to modern cardiovascular health monitoring.

He was followed by Dr. Jayanta K. Chandra whose topic was "Machine Learning Tools for Biomedical Signal Processing" where he emphasised on the use of machine learning tools for processing of biomedical signals.

The third key speaker was Dr. Kaushik Das Sharma who presently serves as Executive Committee Member of IEEE

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ACHIEVEMENT

PhD Awardees

Mr. Vitsosie Vupru has been awarded a PhD in Economics by the University for his thesis titled *Determinants of the demand for housing in Dimapur: A hedonic pricing approach*. Mr. Vupru worked under the supervision of Prof. Utpal Kumar De.

Md. Shaikhul Islam Khan has been awarded a PhD in Zoology by the University for his thesis titled *Limnological studies in selected floodplain lakes of Lower Assam with emphasis on plankton diversity and their ecological relationships*. Md. Khan worked under the supervision of Prof. B.K. Sharma.

Mr. Seikhogin Haokip has been awarded a PhD in Political Science by the University for his thesis titled *Kuki militant movement in Manipur: A study of Kuki National Organisation*. Mr. Haokip worked under the supervision of Prof. H. Srikanth.

Mr. Roohollah Sobhani has been awarded a PhD in Biotechnology and Bioinformatics by the University for his thesis titled *Studies on enzyme inhibitors related to Alzheimer's disease in some plants from North East India*. Mr. Sobhani worked under the supervision of Prof. Kripamoy Aguan.

Mr. Soibam Teinkoo has been awarded a PhD in So-

ciology by the University for his thesis titled *A sociological study of bandhs and strikes in Manipur*. Mr. Teinkoo worked under the supervision of Prof. D.V. Kumar.

Mr. Thoudam Sumon Singh has been awarded a PhD in Adult & Continuing Education by the University for his thesis titled *Impact of post literacy programme on adult learners in Imphal East district of Manipur*. Mr. Singh worked under the supervision of Dr. Jemino Mawthoh.

Ms. Lendina has been awarded a PhD in Library and Information Science by the University for her thesis titled *Information communication on*

rural development programmes to the villages in Mokokchung district of Nagaland: An impact assessment. Ms. Lendina worked under the supervision of Prof. Moses M. Naga.

Ms. Bonani Chakrabarty has been awarded a PhD in English by the University for her thesis titled *The legacy of Ayn Rand: A critical study of her objectivism, capitalism and ethics*. Ms. Chakrabarty worked under the supervision of Prof. S. Gurudev.

Mr. Anirbam Uttam Sharma has been awarded a PhD in Philosophy by the University for his thesis titled *Alternate ratio-*

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NEHU Football Team in All India Tourney

The North-Eastern Hill University men football team has qualified for the All India Inter University Football Tournament 2017-18 to be held at Calicut University, Kerala from December 31st to January 5th, 2018.

The team took part in the East Zone Inter University Tournament held at the Rajiv Gandhi Univer-



The team at Rajiv Gandhi University. Contributed Photo

sity, Itanagar, Arunachal Pradesh under the aegis of Association of Indian Universities,

New Delhi from November 27th to December 5th. The team was declared third place

holder in the tournament out of 36 participating universities.

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nality: *An investigation into its possibility and silence*. Mr. Sharma worked under the supervision of Prof. Vanlalnghak.

Ms. Caressa Mae-bha Thabah has been awarded a PhD in Zoology by the University for her thesis titled *Effects of pH and food on the development and morphology of hyloid and dicroglossid anuran tadpoles*. Ms. Thabah worked under the supervision of Prof. (Mrs) R.N. Hooroo.

Mr. Challang R. Marak has been awarded a PhD in Education by the University for his thesis titled *A study of the managerial creativity of the heads of primary schools in selected districts of Garo Hills*. Mr. Marak worked under the supervision of Dr. J.V. Madhusudan.

Ms. Rahmi Mili has been awarded a PhD in Education by the University for her thesis titled *A study on the academic achievement in relation to academic anxiety and academic motivation of secondary school students of lower Assam*. Ms. Mili worked under the supervision of Prof. P.K.

Gupta.

Mr. Bashemphang R. Syiem has been awarded a PhD in Economics by the University for his thesis titled *A study of the state of finance of Autonomous District Councils in Meghalaya*. Mr. Syiem worked under the supervision of Dr. Sumarbin Umdor.

Mr. Lohit Kumar Ray has been awarded a PhD in English by the University for his thesis titled *Violence, angst and the female body: A select study of Partition novels by women*. Mr. Ray worked under the supervision of Dr. Jova Marak (Supervisor) and Prof. S. Gurudev (Jt. Supervisor).

Ms. Athokpam Sumita Chanu has been awarded a PhD in Hindi by the University for her thesis titled *Samkaleen Hindi kahani mein abhivyakta bal-jeewan*. Ms. Chanu worked under the supervision of Dr. B.P. Tripathi.

Ms. Sanatombi K. Sangma has

been awarded a PhD in English by the University for her thesis titled *Transformation myths: A study of Garo narrative*. Ms. Sangma worked under the supervision of Dr. Angela R.W. Ingty (Supervisor) and Dr. F.K. Marak (Jt. Supervisor).

Ms. Shyamalima Gogoi has been awarded a PhD in Zoology by the University for her thesis titled *Anthelmintic effects and toxicity assessment of *Caesalpinia Bonducella* (L) roxb. and *Croton joufra* roxb., used by the Mishing tribe in Assam*. Ms. Gogoi worked under the supervision of Prof. Arun Kumar Yadav.

MPhil Awardees

Mr. Subhajit Sarmar has been awarded an MPhil in Geography by the University for his dissertation titled *Impact of sand quarrying on selected parts of the Mahananda River, Siliguri, West Bengal*. Mr. Sarkar worked under the supervision of Prof. Sunil Kumar De.

Mr. Fabian Lal-thathanga has been awarded an MPhil in Geography by the University for his dissertation titled *Morphometric analysis of Serlui River basin, Mizoram*. Mr. Lal-thathanga worked under the supervision of Prof. H.J. Syiemlieh.

Mr. Amit Sardar has been awarded an MPhil in Geography by the University for his dissertation titled *Livelihood adaptation of the Lodhas in Rarh and Terai regions of West Bengal: A comparative study*. Mr. Sardar worked under the supervision of Prof. D.K. Nayak.

Mr. Manoj Debnath has been awarded an MPhil in Geography by the University for his dissertation titled *Inter-district variation in rural out-migration in West Bengal*. Mr. Debnath worked under the supervision of Prof. D.K. Nayak.

Ms. Maybecalljane Marbaniang has been awarded an MPhil in Khasi by the University for her dissertation titled *Ka kwah-rhah ka jingiakhing bad ka jingynjar ha u doctor Phastos: Ka bishar bniah*. Ms. Marbaniang worked under the supervision of Dr. Bandarilin Bairo.

IEEE Outreach...

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Kolkata Section, IEEE Joint CSS-IMS Kolkata Chapter and IET (UK) Kolkata Local Network. His topic was

“CT Image Based Cancer Detection” where he spoke about the use of image based techniques for detection of cancer.

North-Eastern Hill University Publications

(Selected Titles)

1. 1997	D. R. Syiemlieh	Anecdotes of an Indian Life	Rs. 170.00
2. 1996	Daniel O'Connor	A Liberating Force and a Friend	Rs. 140.00
3. 1999	S. K. Bose	Coins and Tokens of Assam	Rs. 340.00 (HB) Rs. 250.00 (SB)
4. 1999	R. P. Sharma	Critical Asides: Musings on Language, Literature & Life	Rs. 200.00
5. 2000	P. P. Gokulanathan	Environmental Education	Rs. 80.00
6. 1986	Mrinal Miri (Ed)	Five Essays on Kant	Rs. 40.00
7. 1995	G. Hargopal	Gandhian World View	Rs. 120.00 (HB) Rs. 65.00 (SB)
8. 1996	H. K. Barpujari	Problems of the Hill Tribes (Vol.I)	Rs. 220.00 (HB) Rs. 160.00 (SB)
9. 1998	H. K. Barpujari	Problems of the Hill Tribes (Vol. II)	Rs. 210.00 (HB) Rs. 150.00 (SB)
10. 1986	A. J. M. Mills	Report on Khasi & Jaintia Hills	Rs. 225.00
11. 1986	J. B. Bhattacharjee (Ed)	Studies in the History of North-East	Rs. 200.00
12. 1996	F. S. Downs	The Christian Impact on the Status of Women in Northeast	Rs. 170.00
13. 1996	N. Hasan	Thomas Hardy	Rs. 40.00
14. 1997	B. N. Saraswati	The Sacred Science of Nature	Rs. 150.00
15. 1999	Helen Giri	U Khasi, ha ka Por u Phareng	Rs. 150.00
16. 1998	Nari Rustomji	Verrier Elwin : Philanthropologist	Rs. 275.00
17. 1998	Nari Rustomji	Verrier Elwin and Indian's North- Eastern Borderlands	Rs. 45.00
18. 2000	Ramchandra Guha	12th Elwin Memorial Lectures	Rs. 50.00
19. 2002	Sujata Miri & Jagat Pal	Introduction to Social & Political Philosophy	Rs. 120.00
20. 2002	V. Tandon	SEM Pictorial Guide to Trematodes of Livestock and Poultry in India	Rs. 700.00
21. 2003	T. Ao	Songs from Here and There	Rs. 105.00
22. 2003	Kynpham Singh Nongkynrih & Robin Singh Ngangom (Ed.)	Anthology of Contemporary Poetry from the Northeast	Rs. 230.00 (SB) Rs. 320.00 (HB)
23. 2003	S. K. Barpujari	The Nagas : The Evolution of their History and Administration (1832-1939)	Rs. 550.00 (HB)
24.		The NEHU Journal (Bi-Annual)	Rs. 100.00
25. 2004	Reverend Robert Evans	The Great Earthquake of 1897 in the Khasi and Jaintia Hills (Translated by Basil Morris)	Rs. 95.00
26. 2004	M. N. Karna	Agrarian Structure and Land Reforms in Assam	Rs. 250.00
27. 2004	A. N. Rai & M. B. Syiem	Laboratory Safety Guidelines	Rs. 60.00
28. 2006	B. Kharbuli, H. Kayang, D. Syiem (Ed.)	Bio-diversity in North East India	Rs. 420.00 (HB) Rs. 370.00 (SB)
29. 2006	Esther Syiem	The Idiom of the Allegorical Mode: A Study of Six Novels	Rs. 150.00 (SB) Rs. 200.00 (HB)
30. 2006	Helen Giri (Ed.)	Katto Katne Shaphang ka Put Ka Tem Tynrai	Rs. 60.00 (SB)

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Published by NEHU Publications, Shillong - 793022 Telephone: 272 1423/24