



## *Department Of Library & Information Science's Curriculum Stipulated Study Tour 2024*



**Date: June, 2024:** As part of CSST, a group of 26 students from the 2nd semester MLIS program at the Department of Library & Information Science, North-Eastern Hill University, Shillong, visited 8 different types of libraries and museums in Chennai from June 15, 2024, to June 24, 2024, under the leadership of Prof. Akhandanand Shukla. Each day, students visited two libraries, observing each institution's management, services, specialities, functioning, and purposes. They also gained hands-on experience in handling manuscripts, rare objects, preservation techniques, procedures, and related tools.

On the first day (June 17, 2024), they visited the Government Museum and Connemara Public Library in Egmore, Chennai. Connemara Public Library, one of India's oldest libraries, serves as a depository library of India.

On the second day (June 18, 2024), students visited the Central Library of IIT Madras, recognized as one of the best IIT libraries, followed by the Anna Centenary Library, Chennai's largest public library, housed in a nine-floor building with modern ICT infrastructure, including a preservation unit for manuscripts of various languages.



On the third day (June 19, 2024), they explored the Madras University Library, a historic institution where Dr. S. R. Ranganathan, the Father of Indian Library Science, made significant contributions. They also visited the Roja Muthiah Research Library, a special library preserving rare and ephemeral materials in both digital and analogue formats.



On the fourth day (June 20, 2024), students visited the American Centre Library in the US Consulate General Building, experiencing unique library stack arrangements and a conducive environment. Finally, they visited the British Council Library, dedicated to cultural exchange between the UK and India, providing numerous services within limited space and to a restricted number of users.

In summary, the students' study tour encompassed a variety of libraries, each offering distinct infrastructure, management styles, purposes, and services tailored to their respective user communities.

### ***Prof. Timir Tripathi was Elected as an Associate Fellow of the Indian National Science Academy (INSA)***

**Date: June, 2024:** Prof. Timir Tripathi from the Department of Zoology at NEHU has been elected as an Associate Fellow (2024) of the Indian National Science Academy (INSA), New Delhi.

This year, a total of 20 candidates have been elected as Associate Fellows of INSA from various scientific disciplines, including Mathematical Sciences; Physics; Chemistry; Earth and Environmental Sciences; Engineering and Technology; General Biology; Molecular and Cellular Biology; Biomolecular, Structural Biology and Drug Discovery; Health Sciences; and Agricultural Sciences. The awardees represent prestigious insti-

tutions such as IISc, various IITs, IISERs, TIFR, and NISERs, with only three candidates from the university system in India.

Prof. Tripathi has been elected in the section of Biomolecular and Structural Biology and Drug Discovery. His citation reads: “Dr. Tripathi is a molecular biophysicist interested in understanding protein function through its interactions and dynamics. He has published good quality work in multiple areas with a special emphasis on redox proteins from *Fasciola gigantica*, a disease-causing organism in ruminants.”

Prof. Tripathi’s election to this prestigious fellowship highlights NEHU’s commitment to excellence in research and development.

### ***Biomedical Engineering Society Club Hosted First Alumni Homecoming Event On “Career Perspectives In Biomedical Engineering”***



**Date: June, 2024:** The Department of Biomedical Engineering at North Eastern Hill University (NEHU), Shillong, was a hub of excitement as the Biomedical Engineering Society Club hosted its first Alumni Homecoming event centred on “Career Perspectives in Biomedical Engineering.”

A total of six invited alumni from biomedical engineering industries and academia, both from India and abroad, participated in the event. Additionally, about 100 participants attended, contributing to the vibrant and dynamic atmosphere.

The event commenced with a warm welcome from Dr. Nitin Sahai, Chairman of the Biomedical Engineering Society Club. His heartfelt words set an inspiring tone, emphasizing the significance of alumni reconnecting and sharing their professional journeys. Professor S. S. Ray, Head of, the Department of Biomedical



Engineering, then illuminated the room with his insights on innovation versus discovery, inspiring attendees with his visionary thoughts on the future of biomedical engineering.

The highlight of the day was undoubtedly the sessions with distinguished alumni, who shared their experiences both in person and virtually. Bimalendu Dekka, currently a Production and Quality Assurance Manager at Primary Health Tech Pvt. Ltd., spoke about his plans to pursue a master's degree at the University of Twente, Netherlands.

The virtual sessions were equally engaging. Mr Uddipta Bora from GE Healthcare delved into the complexities of Tele-ICU and Electronic Medical Records, illustrating how to architect the future of healthcare with innovation and compassion. Ms Dipanjana Paul from Kolkata discussed the intersection of technical expertise and marketing, promoting salesmanship in healthcare as a launchpad for fresh biomedical dreams. Ms Dhritica Bora shared her journey from NEHU to Ireland, encouraging students to utilize exams like the GRE and IELTS/TOEFL to achieve global opportunities. Ms Sudarshana Barman, a researcher at the University of Groningen, highlighted international research opportunities and the importance of scholarships, urging juniors to broaden their academic horizons and develop a global perspective.

Alumni bid farewell, promising to recreate this memorable day in future gatherings. The alumni, faculty, and students expressed their appreciation for the event, vowing to keep the spirit of this reunion alive. The homecoming event was a resounding success, marking the beginning of a cherished tradition for the Department of Biomedical Engineering at NEHU, Shillong. The department extends heartfelt thanks to all who attended and contributed to making the inaugural homecoming event both memorable and meaningful.

### *5-Day Yoga Camp Held At North-Eastern Hill University*



**Date: June, 2024:** As a countdown to mark the celebration of International Yoga Day on 21st June 2024, a 5-days Yoga Camp was organized during the morning hours from 11 to 15 June 2024 at the Community Hall located in the pristine campus of North-Eastern Hill University in Shillong. The first day of the camp saw an



enlightening introduction to the entire program from the resource person Dr.(Ms.) Anamika Upadhaya, Art of Living Foundation, Shillong Centre with the active participation of all those present comprising of Colonel Omkar Singh (Retired), Registrar, NEHU, Teachers, Non-Teaching Staff, Family Members, Guests and Students of the University.

During the 5-days Yoga Camp participants were introduced to the basic Yoga poses (Asanas) which offer flexibility and balance to the human body thus strengthening it when practised on a routine basis over some time. The activities during the camp were an opportunity for the participants to witness the demonstration of Breathe Control (Pranayama) techniques meant to calm the mind and improve focus while balancing the energy throughout the entire human body. Throughout the sessions, the participants experience the beneficial impact of the Yoga poses which could be safely practised to ensure proper body support and alignment thus balancing the human body and preventing injury.

The daily session of the camp concludes with the practice of Meditation techniques to control the human mind for long hours of concentration. Such techniques when practised daily will transform an individual to remain calm and alert along with a feeling of peace and happiness in one's inner soul.



The 5-days camp concluded on the 15th of June 2024 with Professor D.K. Choubey, Chairman, University Level Yoga Committee, NEHU expressing sincere gratitude to all those involved in the Yoga Camp, he also encouraged the participants especially the students to practice Yoga on their daily lives to imbibe a spirit of self-discipline and contentment.

On the last day of the camp, Dr. B. Langstang, a Naturopathist, demonstrated specific techniques and poses which when practised regularly will help to manage lifestyle ailments like hypertension and diabetes.

The 5-days Yoga Camp finally concluded with felicitation of the resource persons by Dr. F.R. Sumer, Convenor, University Level Yoga Committee, NEHU in the presence of other Committee Members.

## *Nehu's Entrepreneurship Spectacle: Unleashing Innovation And Dreams*



**Date: June, 2024:** The North-Eastern Hill University (NEHU) witnessed a momentous occasion with the inauguration of its new Entrepreneurship Development Centre (EDC). This significant event marks a milestone in fostering entrepreneurial spirit and innovation in the region. The EDC, generously sponsored by the North Eastern Council (NEC) and the Indian Institute of Entrepreneurship (IIE), Guwahati is strategically established at NEHU to serve not only the students and faculty of the University and affiliated colleges but also the broader community of East Khasi Hill region.

Entrepreneurship is more than just starting a business; it is about identifying opportunities, solving problems, and driving societal change. In today's rapidly evolving world, entrepreneurs play a crucial role in fostering economic development, creating jobs, and addressing pressing global challenges. Educational institutions such as NEHU are pivotal in equipping the next generation of entrepreneurs with the skills, knowledge, and mindset needed to succeed. The EDC at NEHU aims to be a beacon of innovation, encouraging students and faculty to take risks, think creatively, and transform their ideas into viable enterprises. By providing a supportive environment, the EDC will help unlock the potential of many aspiring entrepreneurs, contributing to the economic and social well-being of the region.

The event commenced with the Honourable Vice-Chancellor (VC) of NEHU, Prof. Prabha Shankar Shukla inaugurating "Entrepreneurship Development Centre"(EDC), with the officials from NEHU and IIE Guwahati. Mr. Pranab Kumar Sarma, Project Director and Mr. Himanshu Barman, Nodal Coordinator from IIE, Guwahati joined the inaugural programme virtually.

In his welcome remarks, Dr. Dinesh Bhatia, Project Leader of EDC outlined the vision and objectives of the EDC. He elaborated on the various programs and initiatives that the centre would undertake to foster entrepreneurial skills and knowledge among students and faculty. He also mentioned the support systems that



would be available, such as mentorship programs, workshops, awareness camps, and access to different incubation and funding opportunities.

Prof. Shukla emphasized the critical role of entrepreneurship in driving economic growth and societal development. The establishment of the EDC at NEHU is part of a broader initiative to cultivate a culture of innovation and entrepreneurship in the North Eastern region of India. He further highlighted the transformative potential of entrepreneurship. He discussed how the EDC would catalyze nurturing innovative ideas and providing essential support and resources to aspiring entrepreneurs within the university and the local community. The VC also underlined the importance of collaboration between academic institutions and industry to create a vibrant entrepreneurial ecosystem.

Prof. Hasan Askari, from the Chemistry Department as the Guest of Honour, shared his insights on the vital role of entrepreneurship in academia and its impact on regional development. He applauded NEHU's efforts in setting up the EDC and expressed optimism about the positive changes it would bring to the community and region.

Professor Sirsendu Sekhar Ray, Coordinator, EDC also delivered the vote of thanks, expressing gratitude to all the dignitaries, sponsors, and attendees for their support and participation. He emphasized on exploring different opportunities to empower students further. NEHU's commitment to progress and collaboration brightly on this auspicious day.

### *Understanding The Verdict Of 18th Lok Sabha Elections, 2024*



**Date: 10th June, 2024:** The Political Science Research Forum (PSRF) organized a panel discussion titled, “Understanding the Verdict of 18th Lok Sabha Elections, 2024” on the 10th of June 2024. The panel hosted Prof. H. Srikanth from the Department of Political Science, Dr. Batskhem Myrboh, from the Department of

Political Science, Prof. Prasenjit Biswas from the Department of Philosophy and Prof. J Prodhani from the Department of English. The panel was chaired by Prof. T.T Haokip, Head of the Department of Political Science.

The panel began with Prof. Prasenjit Biswas's talk who analyzed the overall election verdict from the national perspective followed by Prof. J Prodhani who focused on the verdict from the North-Eastern states. The results from Meghalaya and the rise of the Voice of People's Party (VPP) were discussed by Dr. Myrboh. Finally, Prof. Srikanth began his talk by drawing parallels between the current election verdict with the previous years and argued that the majoritarian tendencies of the BJP can be curbed with the presence of a noteworthy opposition in the Lok Sabha. Each speaker gave a detailed analysis of election data, electoral trends and voter sentiments to provide a comprehensive understanding of the Indian election results in 2024. The panel discussion ended with the Chair's remarks.

The panel discussion was attended by a large number of Master's students, PhD research Scholars, and faculty members from across different departments. The questions, comments and enthusiastic participation of the audience members made the event a grand success.

### *World Environment Day Celebration In The Department Of Sociology*



**Date: 5th June, 2024:** The Department of Sociology at North-Eastern Hill University (NEHU), Shillong, organized a special programme on June 5th, 2024, to commemorate World Environment Day. This significant event began with a cleaning drive, starting promptly at 9:30 am. The initiative saw active participation from a diverse group, including students from the M.A. 2nd and 4th semesters, research scholars, and faculty members of the Department. The event aimed to promote environmental awareness and community engagement, demonstrating the Department's commitment to fostering a cleaner and more sustainable environment.





A Panel Discussion at 2 pm followed this on the theme “Our Land Our Future” in which there were 3 panellists – Mrs Roshni Subba, President, SEED (Society for Empowerment Education and Development), Mr Bhogtoram Mawroh, (Senior Research Associate, NESFAS) and Mr Nicholas Kharkami, (School Teacher, Eco-Activist, Social Media Influencer, former Radio Jockey). The Head of Department Prof. B. Panda gave the welcome address. Dr. Rashi Bhargava moderated the programme and Prof. Rekha M Shangpliang, the Co-ordinator of the programme proposed the vote of thanks. The participants were engaged in fruitful discussions and interaction.

### ***Department of Education Celebrates Environmental Day***





**Date: June, 2024:** In a heartfelt tribute to our planet and its delicate ecosystems, students, research scholars and faculty members of the Department of Education, NEHU Shillong came together on 5th June 2024 to celebrate Environmental Day with enthusiasm and purpose. This annual event not only serves as a reminder of our collective responsibility towards nature but also ignites a sense of urgency to address pressing environmental issues.



Educational seminars were also held afternoon of the day, offering attendees practical tips on recycling, energy conservation, and wildlife preservation. Experts in environmental science and conservation shared their knowledge, encouraging attendees to adopt greener lifestyles and become advocates for sustainable development in their communities.

“We believe that every small action counts,” remarked by Prof. B.B. Kharbirymbai, Head, Department of Education, NEHU. Further, she stated Environmental Day is not just about celebration; it’s about sparking meaningful change. By empowering individuals with knowledge and inspiration, we hope to create a ripple effect that leads to a healthier planet for future generations. The festivities concluded with a tree-planting ceremony, symbolizing a commitment to reforestation efforts and carbon sequestration. Participants eagerly took part, each tree representing a tangible step towards combating climate change and preserving biodiversity.

Indeed, the celebration of Environmental Day on the NEHU campus served not only as a joyous occasion but also as a poignant reminder of the importance of environmental stewardship. As we look towards the future, let us heed the call to action echoed by this event and strive towards a greener, more sustainable world for all.

### ***Environment Day Cleaning Drive Organized By Department Of Khasi, NEHU, Shillong***

**Date: June, 2024:** The Environment Day cleaning drive was organized by the Department of Khasi as a part of the celebration of Environment Day. The collaboration between students, and faculty highlighted the importance of collective action in addressing environmental issues.





## *10th International Day Of Yoga (Idy)-2024 Celebration At NEHU Tura Campus*

**Date: June, 2024:** The North-Eastern Hill University, Tura Campus and NSS PG Unit NEHU Tura campus celebrated the 10th International Day of Yoga (IDY)-2024. The students, faculty members, officers, and staff joined the programme organised with the theme “Yoga for Self and Society”. The Chief Guest graced the celebration, Prof. Ganga Prasad Prasain, Hon’ble Vice-Chancellor of Tripura University.





In his address, Prof. Ganga Prasad Prasain emphasized the importance of the regular practice of yoga for achieving optimal physical and mental health benefits, particularly for students. Prof. J. U. Ahmad, Campus Director (i/c) of NEHU Tura Campus graced the programme as guest of honour. Prof. J. U. Ahmad spoke about the significance of yoga in daily life, while the Joint Registrar, NEHU, Tura shared his personal experiences of how yoga benefited him during the coronavirus pandemic and its overall advantages for students and teachers. More than 100 participants joined the celebration, including university teachers, non-teaching staff, and students. Dr. Sambu Aryal, a Yoga and Naturopathy physician, at Tura Civil Hospital, Tura took the Yoga training session for the participants.

### ***Skill Development Programme Conducted By The Department Of Education, NEHU Shillong***



**Date: 6th June, 2024:** In a bid to equip the next generation of leaders with essential skills for success, the Department of Education, North Eastern Hill University Shillong in collaboration with Meghalaya Together hosted a dynamic Life Skills Development Programme on 6th June 2024, drawing enthusiastic participation from students across disciplines. This initiative, tailored to enhance both academic and practical competencies, underscored the university's commitment to nurturing well-rounded professionals poised to make meaningful contributions to society. The programme kicked off with an inspiring welcome address by Prof. B.B. Karbirymbai, Head Department of Education, NEHU Shillong and a keynote address by Vegonia Nongluh, General Secretary, Meghalaya Together. Ms. Vegonia Nongluh emphasized the importance of adaptability, communication, and critical thinking in today's competitive landscape.

Throughout the daylong event, students engaged in a diverse array of activities and seminars designed to sharpen their skills and broaden their perspectives. Ice-breaking session by Mr. D. Joshi expert in life skills development provided invaluable insights into navigating the job market effectively. A session by Dr. Roshni Subha on Time Management provided skills in managing time. It is followed by a session on Personality devel-



opment by Prof. B.B. Kahrbyrmyabi, Leadership and Management session by Prof. Devesh Walia, Dean, School of Human and Environmental Science, NEHU Shillong and Communication Skills by Mr. H. Dutta, Member Meghalaya Together focused on holistic development through their sessions on leadership, teamwork, and emotional intelligence. Interactive activities and role-playing exercises encouraged students to collaborate, communicate effectively, and resolve conflicts constructively-a crucial skill set for future leaders in any field.



Looking ahead, the programme's impact promises to extend far beyond the campus walls, as students equipped with enhanced skills and confidence step into the professional arena, ready to make a positive and lasting impact on the world. The programme ended with a vote of thanks by Dr. Babli Choudhury, Faculty, Department of Education, NEHU.

### ***Lecture On The Sociological Perspective By Prof. Maitrayee Chaudhuri***

**Date: 20th June, 2024**

**Venue: Cluster Classroom Sociology (Room no. 303)**

On June 20, 2024, at the Department of Sociology, North-Eastern Hill University, Shillong, Prof. Maitrayee Chaudhuri, a renowned sociologist, former Professor at The Centre for the Study of Social Systems, Jawaharlal Nehru University, New Delhi and the current president of the Indian Sociological Society (ISS) delivered a persuasive special lecture (virtually) on "The Sociological Perspective" that provided diverse insights into the distinct nature of sociological inquiry. Prof. Chaudhuri's lecture offered a comprehensive overview of

the sociological perspective, its distinctiveness, its essential components/methods and its critical role in examining/interpreting/unravelling social realities.



The session commenced with a brief introduction of Prof. Chaudhuri by Dr. Rashi Bhargava, Assistant Professor, Department of Sociology, North-Eastern Hill University. This was followed by the Welcome Address by the Head of the Department of Sociology, Prof. B. Panda. The event ended with a formal vote of thanks by Prof. Rekha M. Shangpliang.





## *Special Lecture On Plagiarism*

**Date: 31st May, 2024:** On the 31st May 2024, a special lecture on Plagiarism was conducted at the Department of Khasi, NEHU, Shillong. The session aimed to educate students and faculty members on the importance of academic integrity and the various forms of plagiarism, as well as strategies to avoid it. The lecture was delivered by Dr. Manoj Rana, Assistant Librarian (Acquisition), at North-Eastern Hill University, Shillong. The key topics covered are Intellectual Property Rights, Types of Plagiarism, Consequences of Plagiarism and Preventing Plagiarism.



The participants are the students, researcher scholars and the teaching faculty members of the Department. The lecture included an interactive Q&A session where participants raised their concerns and queries about plagiarism. The lecture concluded with a reminder of the importance of maintaining academic integrity and the role of educators and institutions in promoting ethical behaviour.

## *Interactive Round Table Discussion With Visiting Scholars From Australia*



**Date: 31st May, 2024:** The Dean, School of Social Sciences in collaboration with the ICSSR-NERC and The Asian Confluence, East-West Centre organized an interactive Round Table Discussion with Visiting Scholars from Australia at the ICSSR-NERC Seminar Room on the 31st of May, 2024. The programme was attended by Dr Pradeep Taneja, Deputy Associate Dean-International at the Faculty of Arts, University of Melbourne and Dr Costas Laoutides, Associate Professor, in International Relations at Deakin University Australia who

made preliminary presentations around the theme ‘ History and Ecology of the Bay of Bengal: Perspective from the NorthEast Region. Their presentations were followed by an interaction between the visiting scholars and the attending participants which, among others included Prof. Devesh Walia, Dean, School of Environmental Sciences, Prof. Bhagirathi Panda, Hony. Director, ICSSR-NERC and Prof. C. A. Mawlong, Dean School of Social Sciences, NEHU. Prof. Mawlong chaired the discussions which witnessed enthusiastic participation from about 25 faculty members and research scholars from NEHU.

### ***Awareness Programme On The New Criminal Laws For The Local Community***

**Date: 29th June, 2024:** The Department of Law, North-Eastern Hill University, Shillong, conducted an awareness programme on new Criminal laws as part of its outreach activities on June 29, 2024, at Dorbar Hall, Mawkynroh, Umshing. More than thirty participants from the local community attended the programme. Dr. A. K. Singh, Associate Professor, Department of Law, North-Eastern Hill University, explained the provisions of the Bharatiya Nyaya Sanhita, 2023. Dr Ranjit Sil, Assistant Professor, North-Eastern Hill University, highlighted the key provisions of the Bharatiya Nagarik Suraksha Sanhita, 2023. Shri Shishir Tiwari, Assistant Professor, North-Eastern Hill University, summarized the provisions of the Bharatiya Sakshya Adhiniyam, 2023. Ms. Daiaman Langstang, a Research Scholar at the Department of Law, interpreted the lectures in Khasi for the convenience of the members of the local community. The members of the local community actively participated in the programme and asked various questions relating to the new criminal laws.



Dr. Shyamal Mandal and a few students from the University also took part in the programme. The programme was chaired by Shri Longshai Nongkhlaw, the Headman of Mawkynroh Umshing, and Shri Lassing



Diengdoh, General Secretary of Mawkynroh Umshing was also present there. Shri James L. Dkhar, Secretary of Block-I, Mawkynroh proposed the vote of thanks.



### *A Two Days Collaborative Programme Of NASI And NEHU At NEHU Campus, Shillong*

**Date: June, 2024:** A two-day programme on “ Science & technology Intervention for the development of North-east region involving women” organized by the National Academy of Sciences India (NASI) NER Chapter in collaboration with North-Eastern Hill University started at NEHU Campus Shillong with the Inaugural session graced by high profile scientists of the country.

The inauguration of the programme was held at the Golden Jubilee Auditorium of the University on 14th June 2024. Prof. S.R. Joshi, Secretary of NASI NER Chapter in his welcome address stated that the entire programme was conceived and developed by Dr Manju Sharma, Former Secretary to the Govt of India.

It was followed by an address by Dr Manju Sharma on the genesis of the Programme who briefed on the need to organize such an event and how it plays an important role in bringing to the masses the contributions of women scientists from the perspectives of Northeast India. She said that the young generation needs to be motivated and sensitized on the role and responsibility the youth of today have for the growth of our country. She emphasized the need for higher enrolment of students in mainstream science for the development of human resources pertinent to science and technology and illustrated how Northeast women have been making their mark in the scientific development of the country.



Prof. Nalin Mehta, Director of NEIGRIHMS in his special address highlighted the role of institutions located in the Northeast in the development of the region with special emphasis on health and hygiene. He mentioned that medical institutions while assisting the medical sector and the health of the region are making efforts to create a healthy human base in the Northeast. He narrated the importance of science education in schools and colleges and emphasized how significant traditional knowledge can be in preserving cultural and natural heritage. Prof. Balram Bhargava, Former Director General at the Indian Council of Medical Research, New Delhi and Secretary of the Department of Health Research; a division under the Ministry of Health and Family Welfare, Government of India gave the inaugural address..

Dr Archana Pant, the Young Women Scientist at NASI headquarters at Prayagraj, proposed the vote of thanks acknowledging the effort of the scientists in sparing their time to participate in the programme as a resource person and NEHU for coming forward to hold the programme.

The afternoon session on the Inaugural day had Dr Renu Swarup, Former Secretary to the Department of Biotechnology, Govt of India chairing the session on “ Health issues of women: Focus on malnutrition in NE India” which was co-chaired by Prof Madhumita Barooah of AAU, Jorhat. Dr Renu Swarup highlighted the institutional growth that has happened in the Northeast and how they have helped in developing human resources as well as technology for their societal benefits. She underlined the fact that scientists from the Northeast are making a mark in the national arena by way of outstanding contributions to science and technology and how vital nutrition and human growth are for the region and the nation as a whole.

The second day of the event had a session on ‘Gender issues in NE India’ which was chaired by Prof. Anupam Chatterjee., Dean, School of Biosciences at The Royal Global University Guwahati. Prof Dinabandhu Sahoo of the Department of Botany, University of Delhi spoke on the richness of diversity and resources and how women have been contributing but also a need for greater empowerment. It was followed by a talk by Prof. Latha Rangan from the Department of Biosciences and Bioengineering, IIT Guwahati who dwelt on the diverse aspects of resources, culture, family, rituals and society in general Northeast. She stressed the role of



women in the conservation and sustainable use of resources through traditional knowledge but cautioned that gender disparity and inequality persist in the Northeast and there is a need to change the mindset to equal participation. Prof Pratibha Jolly, Former Principal, of Miranda House, New Delhi gave her talk on efforts made at the national level and how 'GATI' can be adopted to analyse strengths and weaknesses at the institutional level.



The concluding session was chaired by Dr. Manju Sharma who summarised the sessions and she suggested planning such programmes in different institutions across the Northeast to benefit students from other regions as well. The programme was attended by students and teachers from different colleges of Shillong apart from the scholars and postgraduate students of the university. It experienced intense interaction between the participants and the resource persons. Resolutions were adopted on issues concerning discussed aspects and were suggested to be forwarded to appropriate government agencies for their consideration. The concluded with a summary and gratitude offered by Dr Santosh Shukla, Assistant Executive Secretary, NASI Head Quarters. Certificates to the participants were given away by Prof. Anupam Chatterjee and Prof. S.R. Joshi, the Chairperson and Secretary of the NASI NER Chapter.

### ***Invited Lecture Organized By The University Level Yoga Committee***

**Date: 20th June, 2024:** To mark the celebration of the International Day of Yoga to be held on 21st June 2024, an Invited Lecture was organized by the University Level Committee in the North-Eastern Hill University, Shillong on 6th June 2024 in the VC's Conference Hall, NEHU, Shillong. The programme was graced with the kind presence of Prof. Prabha Shankar Shukla, Hon'ble Vice Chancellor, NEHU as Chief Guest, Prof. Vijay

Kumar Dwivedi, Principal (I/C), North Eastern Institute of Ayurveda and Homoeopathy (NEIAH), Mawdiangdiang, Shillong as a Special Guest and Resource Person, Prof. D.K. Choubey, Chairman, University Level Yoga Committee, Col. Omkar Singh (Retd.), Registrar, NEHU, Dr. (Mrs.) C. Mawlong, Dean, School of Social Sciences, NEHU, Shri Debashish Chowdhury, OSD, College Development Council, Members of the University Level Yoga Committee, NEHU and other dignitaries which includes teachers, Officers & Staff, students and invitees of the University.



Dr. D.K. Choubey, Chairman of, the University Level Yoga Committee, NEHU extended a warm welcome to the dignitaries, invitees and all the participants. During his welcome address, he stressed the benefits of Yoga and its positive impact on the overall health of an individual.

Prof. Vijay Kumar Dwivedi, Principal (I/C), NEIAH, Shillong and an expert in Yoga while expressing his gratitude for inviting him as a Resource Person further spoke at length on the topic “Prevention of Non-Communicable Diseases (NCD) through Yoga”. He introduced the philosophy of Yoga which when understood and practised regularly will make a human being well-balanced, and improve in skill performance



leading to an all-round personal development and health. He listed factors to attain Siddhis which could be attained through dedicated practice of Yoga. The audience was highlighted on the Eight Fold Path of Yoga and eloquently expressed the different poses of Yoga specifically highlighting their benefits to combat common Non-Communicable Diseases prevalent across the globe. While concluding his talk, he also stressed the need to modify and maintain one's lifestyle together with a balanced diet and lifestyle combined with regular practice of Yoga which captivated the audience.

The lecture was followed by thought-provoking remarks from Prof. Prabha Shankar Shukla, Hon'ble Vice Chancellor, NEHU, Chief Guest of the function. In his opening remarks, he expressed his deep sense of appreciation to Prof. Dwivedi for accepting the invitation to address the University fraternity. He further stresses the importance of Yoga in our lives. He philosophies on the need to understand the creation of machines versus the human body and be sensitised on the functioning of our sensory organs for which adaptation of Yoga lies solutions to maintain a system in the human body. His emphasis on the benefits of Yoga on the students for overall strengthening and growth of the human body is enlightening. He further advised that the message of the benefits of yoga should spread across the University especially the hostels on the campus. He, while citing an example of Prime Minister Narendra Modi's capability to put in long hours at work, further shared his thoughts on the advantages of Yoga that enable humans to stretch their activities and boost productivity. While concluding, his remarks, he again reiterated that one should be inspired while reaping benefits by adopting Yoga.

Finally, the programme concluded with a vote of thanks proposed by Dr. F.R. Sumer, University Librarian and Convenor, of University Level Yoga Committee, NEHU.

### *North-Eastern Hill University Celebrates The 10th Edition Of International Yoga Day*

**Date: 21st June, 2024:** The North-Eastern Hill University (NEHU) celebrated the 10th Edition of International Yoga Day under the theme "Self and Society" in collaboration with the National Service Scheme (NSS) today. The event was held in the picturesque Multi-Use Convention Hall located along the serene lake-side landscape of the University Campus.

The occasion was graced by the esteemed presence of Smti. Trinity Saioo, a Padma Shri awardee recognized for her outstanding contributions to turmeric cultivation from the West Jaintia Hills District of Meghalaya, who served as the Chief Guest. The event also saw the attendance of Prof. Prabha Shankar Shukla, Vice-Chancellor, NEHU; Col. Omkar Singh (Retd.), Registrar, NEHU; along with other dignitaries including teachers, non-teaching staff, family members, guests, and students of the University.





The programme commenced with the felicitation of the Chief Guest by Dr. D.K. Choubey, Chairman, University Level Yoga Committee, NEHU, followed by the lighting of the lamp. Prof. D.K. Choubey extended a warm welcome to all dignitaries, invitees, and participants. In his introductory speech, he emphasized the necessity of practising Yoga regularly, especially for students, to manage stress and anxiety. He urged all attendees to adopt Yoga into their daily lives for overall well-being and stressed the importance of dignity of labour.

Smti. Trinity Saioo expressed her sincere gratitude to NEHU for the invitation to participate in this significant event. She highlighted the calming benefits of Yoga for the mind and soul and underscored the importance of the theme “Self and Society.” She addressed the societal menace of drug abuse, advocating for self-control among youth to combat this issue, and encouraged unity in the face of diversity.

Prof. Prabha Shankar Shukla, in his Chairman’s Remarks, expressed his happiness at the large turnout of students for the celebration. He highlighted the benefits of Yoga and encouraged participants, especially students, to integrate Yoga into their daily routines.

The event featured a demonstration led by Dr. (Ms.) Anamika Upadhaya and her team from the Art of Living Foundation, Shillong Centre. The session included basic Yoga poses (Asanas), breath control (Pranayama), and meditation techniques, which captivated over 300 participants.

In recognition of their enthusiasm, the youngest and oldest participants from the Yoga Camp held from June 11-15, 2024, were awarded certificates by the Chief Guest and the Vice-Chancellor. Mementoes were also presented to Dr M. M. Khymdeit, NSS State Coordinator, Dr E. B. Myrthong, Programme Officer, NSS, NEHU, Shillong, and the team members accompanying Dr. (Ms.) Anamika Upadhaya, for their contributions to the success of the programme.

The event concluded with a vote of thanks proposed by Dr. E. B. Myrthong, expressing gratitude to all who contributed to making the 10th International Day of Yoga a grand success.



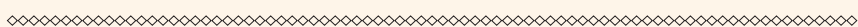
## *A Glimpse of Meghalaya: Iew Luri Lura*



“Iew Luri Lura,” or ‘The Market of Chaos’ or ‘The Animal Market’, is located in the heart of Meghalaya. A fascinating legend has been passed down through generations. It tells the tale of a mystical marketplace called Ka Iew Luri-Lura, where animals would gather to trade and socialise in a bygone era when they possessed the gift of speech. This ancient meeting place is said to be near the village of Mawlyngbna, close to the Bangladeshi border. The legend describes a time when animals would converge at this site, leaving impressions on the rocks resembling their footprints. These weathered impressions are considered a poignant reminder of a distant past when humans and animals shared a peaceful coexistence, their footprints forever etched in the rocks.

According to the legend, the animals banished the dog from their midst after it was accused of selling excrement. From that day on, the animals began living among humans. The story goes that the animals’ feet still carry the scent of fermented beans, which they trampled upon during their final gathering. This lingering aroma allowed dogs to track and hunt other animals, forming an unlikely bond between humans and canines.

The village of Mawlyngbna remains famous for this enchanting tale, with the remnants of Ka Iew Luri-Lura serving as a poignant reminder of a forgotten era when animals and humans shared a special connection.



## *NEHU Panorama Wishes NEHU Employees A Happy Retirement Life*



NEHU Panorama wishes the following employees of NEHU on their retirement and wishes them a healthy and prosperous life ahead.

1. Prof. K. Mohan Rao, Department of Chemistry.
2. Prof. Madho Singh Bisht, Department of Environmental Studies.
3. Shri Ashit Kumar Baruah, Technical Assistant, Department of Basic Sciences and Social Sciences.
4. Smti Lalita Devi Rai, MTS, V.C.'s Bungalow



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