

NEHU PANORAMA



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RISE UP & BUILD

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NEHU celebrates '9th International Day of Yoga'



Date: June 21st, 2023 : The North-Eastern Hill University, Shillong, Meghalaya celebrates '9th International Day of Yoga' on the 21st of June 2023 at the Indoor Stadium, NEHU Permanent Campus, Shillong.

The Hon'ble Vice-Chancellor of the University Prof. P. S. Shukla has graced the occasion as the Chief Guest. The Registrar In-charge of the University Prof. A. S. Dixit was also present during the celebration. All together 245 numbers of participants took part in the event including teachers, non-teaching staff, students of University, neighbouring dwellers, family members and students of the affiliated colleges to the University.

The celebration was started at 7.00 am with felicitation of dignitaries followed by lightening of

the lamps. A formal welcome address was delivered by Prof. D. K. Choubey, Chairman, University Level Yoga Committee. The Vice-Chancellor of the North-Eastern Hill University Prof. P. S. Shukla also addresses the gathering as Chief Guest. In his address, he has emphasized on mass participation and performing yoga activities regularly to get maximum physical & mental health benefits.

Formal Yoga Session (Yoga Protocol) was led by Dr. Anamika Upadhaya, An AYUSH Certified Trainer & a member of Art of Living. The program ended with vote of thanks by the Asst. Director of (PE & Sports) cum Convener of the University Level Yoga Committee Shri N. Das.

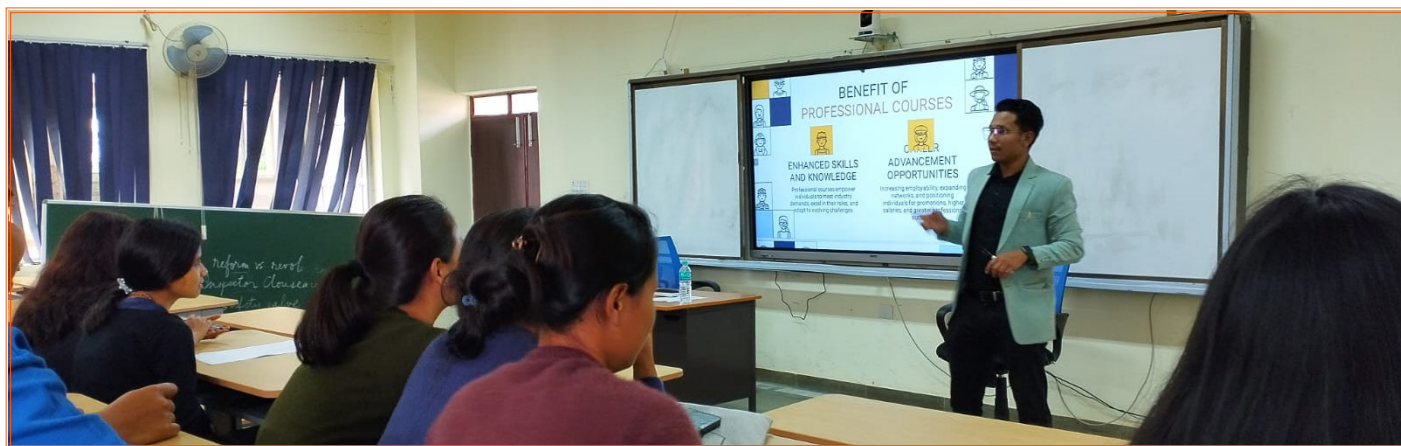
Every participants were given with T. Shirts & light refreshments.

Completion of Ten-Day Sanskrit Course



Date: June 30th, 2023 : The Central University of Sanskrit, New Delhi, offered a ten-day certification course in Sanskrit at the Department of English, North-Eastern Hill University, Shillong. Twelve students from the Department of English, North-Eastern Hill University who had successfully completed the course were awarded with certificates of completion at the closing ceremony on 30th of June, 2023. The attendees comprised chief guest Prof. Bharat Prasad Tripathi, former HoD of the Department of Hindi, chairperson of the event Prof. Jyotirmoy Prodhani, HoD Department of English, faculty members Dr. Moon Moon Mazumdar, Dr. Suranjana Choudhury and Dr. Rimi Nath, administrative official Mr. Jonmoni Kalita and the certificate recipients. The event started with a brief welcome speech by the course instructor and the host of the event Mr. Rajkumar Bordoloi, followed by a performance of a Sanskrit song “Bharatam Bharatam” sung by the recipients of the certificates. Prof. Tripathi delivered a keynote address, sharing insights, experiences, and inspiration related to the subject matter of the certificates being awarded. Elucidating the necessity to learn a new language, Prof. Jyotirmoy Prodhani encouraged the students to keep themselves engaged in such learning endeavours. Besides, each student presented themselves briefly in Sanskrit which was by applauded by all. Dr. Mazumdar and Dr. Choudhury congratulated the recipients and praised the efforts of Mr. Bordoloi. The event showcased the commitment of the Department in supporting education and personal development. It was a resounding success, effectively recognising the accomplishments of the students and contributed to the overall growth and development of the participants.

Department of English holds a special Career Counselling Session with special assistance from NIELIT, Shillong



Date: June 14th, 2023 : A special career counselling session was held on 14 June 2023 for the NEHU MA 4th semester students. It was organized by the Department of English, NEHU with special assistance from NIELIT, Shillong. The session was conducted by career guidance experts Mr. Subir Baruah and Mr. Deepankar Singh of The Beginners Career Coaching, Golflink, Shillong.

The session began with a welcome address by Ms. Beccagrace Rynjah (NIELIT Instructor). She spoke about the importance of professional career counselling and how it can help students make informed decisions about their future. Mr. Baruah then gave a 50 min presentation (with slideshow) on the different career options available to MA/MSc graduates. Among many discussions, he also gave insights on public speaking skills, interview skills, confidence- building habits, overcoming “Comfort Zones”, and honing “People Skills”. In the second half of the sessions, the challenges of job hunting and job prospects were discussed. The challenges were introduced to the students through the use of real- world statistical data, i.e. the Meghalaya state population of 35 lakh people out of which 11.55 lakh are within the 18-34 job-seeking age group (as of 2022). Other career-related topics such as understanding market demand, researching career prospects, SEO jobs, Freelancing jobs, etc. were also discussed. The counselling program was followed by a brief feedback session and concluded with a photo session at the end.

Department of Biochemistry Organized a Debate on “Impact of load shedding on academic performance of students”



Date: June 21st, 2023 : The Department of Biochemistry, North Eastern Hill University under the aegis of G20 organized a “Debate” on “Impact of load shedding on academic performance of students” on 21st June 2023. Four students- Mr. Lalramtluanga, Mr. DeisarLangdoh, Ms. Shashwati Das and Ms. Alvina Rongpipi from 2nd Semester had participated in the program. The program started by the welcome speech from Prof. L Kma followed by the talk from the participants/students. The students highlighted the pros and cons of the topic, where some of them said that load shedding has a negative impact on their studies as it is difficult for them to finish all their work before the night load shedding. They also mentioned about the interruption while the teachers take classes as they cannot use the projector without electricity. Some students point out few advantages where they can get a better sleep and can manage their time schedule. After the students presented their point of view, Prof. D Syiem gave the concluding remark and distributed the certificate to the participants. In his talk, Prof. D Syiem first mentioned a question that “why is there a load shedding?” and stated about thinking into finding a proper solution for the load shedding not only to wait for the rain to fill up the Umiam Dam. Both semesters and all faculty present in the station attended the program.

A Report on the “Jan Bhagidari” event during ‘India’s G20 Presidency’

Date - June 21st, 2023 : The Department of Biotechnology & Bioinformatics, North-Eastern Hill University Shillong in accordance to the directives of Government of India to observe “Jan Bhagidari” event during ‘India’s G20 Presidency’ organized Quiz and Painting competitions on 21st June 2023 in the seminar hall of the department. The programme had the participation of the faculty of the department namely, Prof. K. Aguan, Prof. S.R. Joshi, Dr. A. Bhattacharjee, Dr. S. Majaw, Dr. N. Chaurasia and





two guest faculty, Dr. A. Suryavanshi and Dr. S. Das. The participants comprised of the research scholars and master's students apart from students of sister departments. The programme was coordinated by Dr. Neha Chaurasia, Assistant Professor of the department and was convened by the Head of the department, Prof. S.R. Joshi. The theme chosen for the vent was "Climate Change: a Global Crisis" aimed at generating deeper awareness and understanding about environmental issues and participate in mitigating the environmental

challenges presented in the present days. The programme started with a short briefing about Jan Bhagidari and India's G-20 Presidency by Dr. N. Chaurasia and Prof. S.R. Joshi.

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The participants were then provided the guidelines about the competitions slated in the day's event. They were divided in two groups based on the event participation namely, Quiz and Painting. There were a total of seven teams for the quiz two numbers of students in the Painting



Dr. Neha Chaurasia conducted the quiz in an showed enthusiasm not but of the audience too. from fundamentals of to sustainability concerns. The paintings produced by around the environment messages on the degrading the effects that the living system are facing and would deteriorate if corrective measures are not adopted in the immediate future. The paintings were evaluated by Dr Anandika Suryavanshi and Dr Shayantani Das, the two Guest faculty of the department.

was the Quizzer and enthralling way which only of the participants The questions ranged environment and policies

the participants centered and contained thee environmental quality and

The winners of the quiz and painting competition were awarded merit certificates and prizes. Certificate of participation was given to all the enrolled participants. The programme concluded with vote of thanks proposed by the Coordinator, Dr. N. Chaurasia.

Regional Seminar on Investor Education Organized by BSE Investors Protection Fund in collaboration with the Department of Commerce, NEHU, Shillong



Date - June 16th, 2023 : The Regional Seminar on Investor Education was held at the Department of Commerce, North Eastern Hill University on 16th June 2023. It was an informative and enriching event for the participants. The program aimed to enhance the understanding of investor knowledge and promote responsible investing practices among the students and faculty. The seminar featured speakers such as Mr. Manoj Kumar (Executive Director, SEBI), Mr. G. Ram

Mohan Rao (Regional Director, SEBI, ERO), Mr. Pratyush Sengupta (BSE-IPF representative), Mr. Pitambar Talukdar (CDSL representative) and Dr. A.P. Pati (Dean, School of Economics, Management & Information Sciences & Professor, Department of Commerce, NEHU).

The seminar commenced with a warm welcome address by Dr. Ricky A.J. Syngkon, (Assistant Professor & In-charge, Department of Commerce, NEHU), acknowledging the importance of investor knowledge for commerce students. The sessions covered a wide range of topics, including investment fundamentals, risk management, regulatory frameworks, evaluating investment opportunities, and the role of depositories in the securities market. The speakers provided practical examples and engaged in interactive discussions, ensuring active participant involvement. The participants, comprising 2nd and 4th semesters M.Com students and research scholars, actively engaged with the speakers, asking insightful questions and seeking clarifications. The seminar provided valuable insights into the world of investing and encouraged responsible investing practices. The seminar concluded with a vote of thanks delivered by Dr. N. M. Panda (Professor, Department of Commerce, NEHU) who expressed gratitude to the speakers for their expertise and the participants for their active participation.

Overall, the Regional Seminar on Investor Education proved successful in equipping the participants with essential knowledge and skills for making informed investment decisions. The event fostered a sense of responsibility and a deeper understanding of the financial markets, empowering the participants to navigate the investment landscape with confidence and prudence.

Research Exchange Program between the Department of Commerce, North Eastern Hill University, Shillong and the Department of Accountancy and Business Statistics, M. L. Sukhadia University, Udaipur



Date - January 17th, 2023 : The ‘Research Exchange Program’ that was held on 17th Jan, 2023, between the Department of Commerce, North Eastern Hill University (NEHU), Shillong and the Department of Accountancy and Business Statistics, M. L. Sukhadia University (MLS’U), Udaipur. The program aimed to foster knowledge sharing, and interdisciplinary research among the research scholars from both institutions. Research scholars from NEHU and MLSU presented their papers and ideas on Integrated Reporting (IR), Emerging topics of Accounting & Finance such as Corporate Social Responsibility (CSR), Carbon Disclosures and Carbon Performance, Block Chain Analysis, Cryptocurrency, Big Data Analytics and taxation topics. The presentation session was followed by a brief question-and-answer session allowing participants to engage in insightful discussions. Interactive sessions provided an opportunity for participants to interact with their counterparts and exchange ideas to explore potential areas of collaboration.

Despite ongoing winter vacation, the research exchange program between the Department of Commerce, NEHU, and the Department of Accountancy and Business Statistics, MLSU was a successful initiative that fostered academic cooperation. The program facilitated the exchange of knowledge, ideas, and research findings, fostering a conducive environment for interdisciplinary research. It is expected that this program will pave the way for joint endeavours in future between the two Institutions.

Department of Mass Communication organizes a Mental Health Awareness Workshop



Date: June 26th, 2023 : Stress and anxiety faced by students and scholars is a growing issue. Constant deadlines, extensive academic course load, substantial studying, assessments and exams, and classroom competition tend to pressure university students, resulting in poor mental health if not adequately tackled. To address this issue, a workshop on mental health awareness was organised on 26th June 2023 by the Department of Journalism and Mass Communication, North Eastern Hill University, to create awareness of mental health among master's students and PhD scholars of the department. The workshop primarily focused on the stress and anxiety faced by students in their academic pursuits and ways to cope with them. Mr Nathaniel Kharmujai and Ms Adelina B R Shylla were invited as the key speaker of the workshop.

This interactive workshop started by deepening the understanding of the participants on stress and anxiety. The speakers explained the different types of stress – good and bad- by giving suitable examples. Good Stress is beneficial and helps in motivating students. In comparison, bad stress harms our stress.

They introduced the concept of optimum level stress, distress and eustress, focusing on how the participants can benefit from the positive aspect of stress, namely, eustress.

After stress, the discussion moved further to anxiety. The difference between stress and anxiety was explained – stress as a response and anxiety as a feeling. It was explained how anxiety can manifest in different ways, including physical, cognitive, emotional and behavioural symptoms.

The nature and impact of academic anxiety, anxiety disorders, procrastination, perfectionism, lack of focus and concentration, imposter syndrome and burnout in work were also discussed. The discussion ended with various a discussion on various coping mechanisms – time management, self-care, seeking support, breaks, setting realistic expectations, communicating with the supervisor etc. Additionally, they also discussed different relaxation techniques – deep breathing, imagery and progressive muscle relaxation. A vote of thanks and a gift as a token of gratitude was given by the department.

World Environment Day organised by the Department of Education, on 5th June, 2023 on the theme” Beat Plastic Pollution for a Plastic Free Future”

Date: June 5th, 2023 : The One day Programme to commemorate the World Environment Day commenced at 10.00 AM on 5th June, 2023 where students of the Department of Education alongwith students of the different Departments of the university came together to participate the Environment March/ Rally with in the University campus holding placards and posterscondemning the use of plastic and highlighting the menace of using such plastics . The posters also indicated the need to overcome so as to make the NEHU Campus Plastic Free including the

whole community.

This was then followed by a Cleaning drive where students of the Department of Education along with the students of NSS , NEHU and students of other Departments participated whole heartedly to clean the University premises with a focus on beating the plastic pollution and making NEHU campus a plastic free future. .

Finally, a talk cum interaction was also organised in the Cluster classroom Social Science at 2.15 PM .The objective of the program was to raise awareness about



the detrimental effects of Plastic on the environment and explore the relationship between women, nature and sustainable interventions, with a specific focus on the Khasi Community. The event witnessed active participation from MA and M.Ed Students and Faculty Members.

The Programme started with a welcome address from Dr. Euodia B. Myrthong who warmly welcomed the Resource Person, Faculty Members and Students. The welcome address set the tone of the event which was then followed by an Introductory Speech delivered by the Head, Department of Education Prof. B.B. Kharbirymbai who stressed on the need for providing valuable insights into the environment impact of Plastic and ways to overcome it.

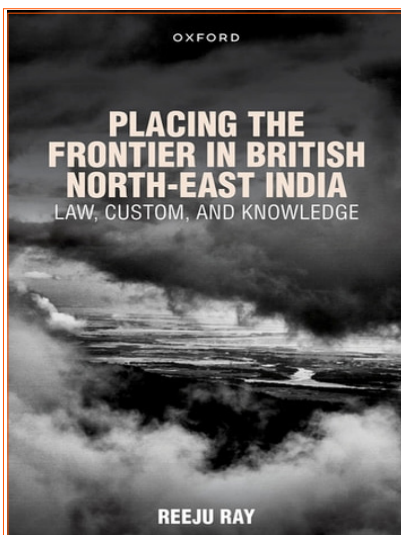
Prof Rekha Shangpliang, Professor of the Dept of Sociology, NEHU Shillong was the Resource Person of the day and delivered a lecture on the topic "Women and Nature : Dynamics and Intervention with Spe-

cial reference to the Khasi". She emphasized on the role of women in the environment and the concept of eco-feminism. She also mentioned about NESPAS an organisation that works for empowering women. The resource person emphasized the importance of women's active involvement in shaping a sustainable future for the Khasi Society and Tribal Women in general.

Prof .S.M.Sungoh & Prof. C. Nongbri handed over a memento and certificate to the Resource person as a gesture of appreciation and gratitude from the Dept of Education for the lecture delivered and interaction with the students of the Department.

Finally, the programme concluded with the Vote of thanks delivered by Dr. Ashok Kumar, who expressed his gratitude to the Resource person, Head of the Department, Faculty members and students. He also highlighted the importance of collective efforts in creating a plastic free and sustainable society.

Department of Journalism & Mass Communication organizes a Book talk -"Placing the Frontier in British North East India" by Dr. Reeju Ray



Date: June 19th, 2023 : On the 19th of June 2023 the Department of Mass Communication and Journalism organized a book talk to celebrate the publication of "Placing the Frontier in British North East India" by Dr. Reeju Ray. Dr. Reeju Ray is an accomplished Associate Professor at O.P. Jindal Global University who holds a Ph.D. in History from Queen's University Canada and has previously taught at renowned institutions such as the University of Toronto and Queen's University Canada. She has made notable contributions to the field and has been recognized as a two-time global academy scholar at the Institute of Global Law and Policy, Harvard Law School.

The event commenced with an introduction by Dr. Karen L. Donoghue who gave a brief insight on the author's extensive work. It was then taken forward with a captivating keynote address by Dr. Reeju Ray who delved into her research, highlighting the significance of understanding the frontier dynamics in British North East India and emphasizing the relevance of the

subject in contemporary times. “Placing the Frontier in British North East India” explores the intricate dynamics between the British colonial administration, indigenous communities, and contested notions of space and place within the region. Dr. Reeju Ray’s interdisciplinary approach sheds light on the social, cultural, and economic implications of the British colonial frontier in North East India, providing valuable insights for scholars and researchers alike.

The event brought together esteemed scholars, researchers, students, and enthusiasts interested in the historical and geographical aspects of British North East India. The event celebrated the author’s accomplishments, encouraged meaningful discussions, and deepened the understanding of the historical, cultural, and geographical aspects of the British colonial frontier in North East India. The talk was followed by a critical discussion wherein questions on how the chieftains attained the idea of sovereignty, who had signed the treaty, questions on notions of pre-colonial notions of frontiers and many others were considered and addressed accordingly by Dr. Reeju Ray.

Overall, the book inauguration presented an opportunity to celebrate Dr. Reeju Ray’s accomplishments, to appreciate her scholarly endeavors, and to engage in insightful conversations surrounding the historical, cultural, and geographical significance of the British colonial frontier in North East India. The Department of Mass Communication and Journalism continues its commitment to fostering intellectual growth and facilitating platforms for academic engagement. This book inauguration event exemplified the department’s dedication to promoting scholarly work and interdisciplinary collaborations.



Corrigendum

The Lecture titled ‘Left Wing Extremism-A Challenge to National Security’ organized by Department of Political Science was mistakenly reported in the May issue of NEHU Panorama under the title, “Department’s Farewell program for Prof. Henry Lamin”. The Actual title of the news event should have read Department of Political organizes Lecture, “Left Wing Extremism-A Challenge to National Security”. NEHU Panorama regrets the error.

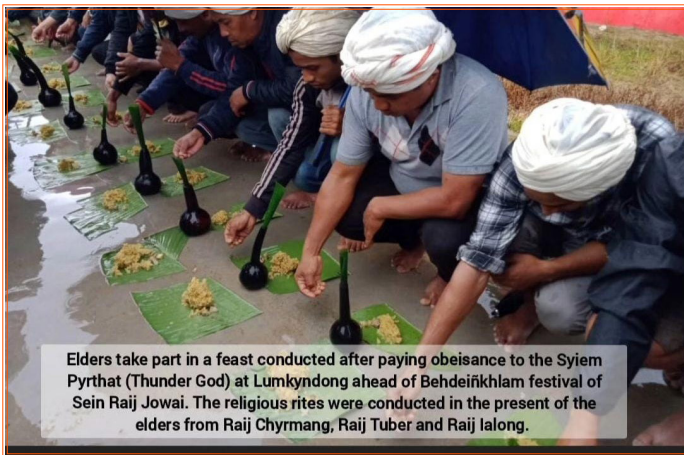
A Glimpse of Meghalaya, “Behdiengkhlam Festival”

Behdiengkhlam is a traditional festival celebrated by the Pnar in the Jaintia Hills region of Meghalaya, a northeastern state of India. This vibrant and joyous festival is a significant cultural event for the Pnar community and holds immense religious and social importance.

The word “Behdiengkhlam” translates to “driving away the plague” in the local Pnar language. The festival is held annually, usually in the month of July, and is believed to ward off evil spirits and diseases from the community. It is a way for the Pnar people to express gratitude for a bountiful harvest and seek blessings for the well-being and prosperity of their community. One of the highlights of Behdiengkhlam is the grand

procession or “Rots” that takes place in the town of Jowai, the cultural hub of the Jaintia Hills. The procession involves a group of young men rhythmically beating large wooden pillars called “tokor” on the streets. The synchronized pounding of the tokors is believed to drive away evil spirits and ensure a disease-free year ahead.

Another important aspect of the festival is the “Dance of Men” or “Ka-Shad Mastieh.” Men, dressed in traditional attire, gather at a sacred pool known as “Aitnar” to perform this traditional dance. The dance is accompanied by the beats of drums, wind instruments (tangmuri), and other indigenous musical instruments. It is a spectacle to behold as the dancers showcase their



Elders take part in a feast conducted after paying obeisance to the Syiem Pyrthat (Thunder God) at Lumkyndong ahead of Behdiengkhlam festival of Sein Raij Jowai. The religious rites were conducted in the present of the elders from Raij Chymang, Raij Tuber and Raij Ialong.



agility, strength, and coordination, captivating the spectators with their rhythmic movements.

Behdiengkhlam also includes various sporting events and games, such as traditional archery competitions, tug-of-war, and boat races. These activities not only add excitement and entertainment to the festival but also promote unity and camaraderie among the participants and the community as a whole.

The festival also serves as an occasion for the Pnar people to showcase their rich cultural heritage. Traditional costumes, intricately designed headgear, and vibrant ornaments are worn during the festivities, adding to the colorful ambiance of the celebrations. Local delicacies and traditional cuisine are prepared and shared, strengthening the sense of community

and togetherness.

Behdiengkhlam is more than just a festival for the Pnar people; it is a time of reverence, celebration, and cultural pride. It connects the community with its roots, fosters social harmony, and reinforces the values and traditions passed down through generations. The festival is a testament to the cultural diversity and richness of Meghalaya, making it an important part of the state's cultural tapestry.

Behdiengkhlam culminates with a symbolic immersion of the sacred tokor pillars into a nearby river or water body, marking the end of the festival. This act signifies the departure of evil spirits and the cleansing of the community, bringing the festival to a close.



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