

Live life the Yogic way

Yoga is an ancient art which has been practised in India since ancient times. It is a system of mental discipline as well as physical culture which simultaneously ensure excellent musculoskeletal health, improves function of the viscera, including improved oxygenation of brain and skin surface. 'Psyche' meaning mind and 'Soma' meaning body, are joined in this technique; hence it is called 'Yoga' meaning union. It is a health promoting system particularly useful in managing psychosomatic disorders.

There are eight stages to be practised and the comprehensive name is 'Astanga Yoga' which means eight limbs of communion: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

'Yama' means living a principled life by freeing ourselves from all kinds of malicious thoughts, hatred, jealousy, ill-will, greediness, unlawful desire for things, thievish tendency and over-indulgence in sex.

'Niyama' refers to discipline with regard to food, sleep, pleasure, profit and pain. Overeating, starvation, oversleeping and very less sleep are equally harmful. Avoid bad company, indulge in self-introspection, have devotion to the Almighty, take balanced diet and stay away from inebriating intoxicants.

'Asana' or Yogic postures are useful for maintaining good health. The body remains unaffected by environmental heat or cold and other dualities on the attainment of perfection in Asana.

'Pranayam' or breath control is the key to bodily stamina and supersensory development. It keeps the respiratory system efficient thereby enabling one to throw out waste matter and intake oxygen.

'Pratyahara' means developing a sense of detachment in the midst of attachment but it does not mean that we would renounce this material world.



We need 'Annam' or food to live and we must work for it.

'Dharana' implies right thinking. Working of mind during sleeping hours is called 'Dreaming' and the working of the mind during working hours is called 'Thinking. Practise concentrating on some particular object by keeping your eyes closed to avoid external distractions.

'Dhyana' is a state of meditation, a gentle process of disciplining of mind so that distracting thoughts will vanish and we will only have the thought of the very object or idea we are working on.

'Samadhi' is a state of pure consciousness. It is state of being alert and in union with the infinite and utter extinction of all that is based in us, all that is vicious in us, all that is corrupt and corruptible in us.

One who lives by the above eight ways is a Yogi in the making.

Asato ma Sadgamaya
(from ignorance, lead me to truth)

Tamaso ma Jyotirgamaya
(from darkness, lead me to light)

Mrityorma Amritam Gamaya
(from death, lead me to immortality).

Om shanti shanti shanti
(Om peace, peace, peace)

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TIME MANAGEMENT

Innumerable articles, numerous sermons and umpteen examples cannot over-emphasize the importance of time management. In the not so distant past, I was one amongst the so called frustrated recipients of the above, but today the same old protagonist 'Time', has made me realize the fruitfulness of its management.

So, harnessing all my good and not so good experiences, I have tried here to list down a few suggestions for my young friends to streamline your day-to-day activities so as to achieve what you aim for, in TIME. Before, I begin, let me warn you that this list is in no way a comprehensive guide to success, but I am certain that it definitely is a step forward.

Planning: It is said, if you know how to do something, consider it half done. The essence here is planning. Planning is a very rudimentary term which has diverse applications. Organising your class schedule is planning, working backwards towards meeting the deadline of submitting a paper is planning, scheduling your priorities subject wise towards preparing for examinations is planning, scouring book shops to search material for your notes is planning and amidst all this, finding time to update your FB is planning too!

The most efficient and time tested method for effective planning, according to me, is to write down things. Use anything, desktop, laptop, ipad, cell phone or use the good old diary. To begin with, Chalk out a plan for the entire day. While doing this remember your strengths and weaknesses, because you yourself are your best judge. Tackle the most important task at the time of the day when your mind is fresh and ticking (and no, social networking or following the latest fashion trend of Lady Ga - Ga does not figure in the most important list). Repetitive and mundane task should be handled later. Assign a definite time limit for each task and push yourself to stick to the timeline.

Execution: The best way to get over a problem is to tackle it fast. So, if you have an assignment to finish or a topic to prepare (which you dread) gets on with it immediately. Do not postpone it to the eleventh hour. Fairy godmothers and super heroes do exist, but only in comic books! In the real world, it is only the Nike logo which will see you through "Just Do it".

Self Time: This self time should definitely be factored in your daily schedule. This is the time when your need to let your hair down and let your mind relax. Having said this, the duration of self relaxation has to be predetermined and one should religiously stick to it. A much needed hour of socializing can very easily turn into a few hours of mindless gossip if one is not careful enough. It is also a very good idea, to reward yourself with an extended self time period provided you meet a deadline that you had previously set for yourself. The reverse viz, punishment for failing to do so, is not a bad idea either!

Introspection: When you are comfortable with planning your tasks and achieving them in a time bound manner, it is time to introspect and make changes for the better. This is when you need to find quicker methods of accomplishing tasks and better organization of your daily schedule. In short, the goal is to achieve the target without undue haste at the last minute.

So friends, take hold of your flying machine and steer it towards the run way. The ride may be bumpy but the destination is always cherishing.

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**"The bad news is,
TIME FLIES,
The good news is,
You are the PILOT"**
Michael Altshuler



“ Exercise and recreation are as necessary as reading. I will rather say more necessary, Because health is worth more than learning. ”

Thomas Jezzerson.



Sport is a huge part of everyone’s life. Sports are the activities that integrate amusement with physical exercise. Sports are usually games with certain rules that need exertion of body, mind or both. The basis of sports education or physical education starts in schools. Sports education are designed to impart physical, with authentic and enjoyable experiences. It always compliment learning as it helps in developing overall human personality. In the Past, people’s notion of achievement was academic based education but now achievement are also associated with even in the field of sports related syllabi in the curriculum. The growing awareness of the importance of sports to the growth of children interms of balanced mental health and life skills development has led experts to encourage children to take up sports. Today’s education system has made sports education a compulsory subject based on its positive impacts but in practice it is yet to get the seriousness and importance.

The presence of academic pressure upon student leads to stress, anxiety, frustration which pose a serious threat to mental health. To tackle the rising mental issues and unhealthy competition amongst students, compulsory physical education is a must, as sports at par with mental growth needs. At the same time it balances the

static nature of academic education. Some of its advantages are__

- (1) It is vital as some people are exceptionally talented in sports.
- (2) Sports related jobs are made available.
- (3) It regulates all the organs in the body which is necessary for human’s growth.
- (4) It provide much needed balance to the academic side of education by breaking the Monotonous routine.
- (5) Sports need mental discipline like focus, concentration etc which are essential for Academic education as well.
- (6) Sports usually allows one to experience failure on a safe and controlled atmosphere.

Sports education has immense benefits as it gives real life values that do not come by Classroom learning. It helps in inculcating social skills to deal with different people, Also it keep the body and the mind in a good state which helps in total personality development.

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Why Aren't You Like Me?

Did you ever look at someone and think, *What is wrong with you? Why would we think that?* It is usually because the person we are thinking about is simply not like we are. When it comes to having good relationships, it is vital that we learn to accept the differences in all people. God creates us all differently on purpose. Those who are different from us are not just people who got in all the wrong lines when God was passing out personality traits. Thinking everyone should be like us is one of our biggest problems in relationships, and it causes a lot of wrong thinking and wrong attitudes that are damaging to healthy and satisfying marriages, friendships, and work relationships.

If everyone in life were the same, we would be bored. The truth is that God created us all differently on purpose. What if all people looked alike and had the same temperament? What if every tree and flower were the same, and every bird, dog, cat, et cetera? We can learn to appreciate the variety of people God has placed in the world, and we can learn how to think about the differences in people in a way that honors God and improves our relationships. How many people do we shut out of our lives, exclude, and criticize, making them feel inferior just because they are not like us? Probably more than we could care to count. We all connect with some people more than others, but even if we don't want to be a person's best friend, we can appreciate their uniqueness as God's creation and make every effort to never make them feel insignificant.

One of the top needs that all people have is to feel significant. We want to feel matter, that we have value and purpose. Acceptance from others helps to us feel that way. We can accept or reject someone without saying a word. Making people feel significant begins with how we think about them. need to take time to consider how we think about the people in our lives. They don't have to think what we think, like what we like, share our opinions, or make the same choices we would in situations. God loves and accepts all of us, and He desires that we do the same thing with one another.

When someone has a totally different opinion from ours, instead of giving them a look like they are an alien from another planet, why not look at them and think, *I respect your right to your opinion, and I realize that the way I see things may not be right all the time. If we think that way, we will talk that way and behave that way. When we tell someone about an idea we have and they offer one that is very different from ours, why not look at them and think with a smile, I am open to other ideas, and I*



will consider yours. Remember that the mind is connected to everything else. If we want better relationships, we should examine how we think about the people in our life. When we ask God he will help us see them the way that He does, and surely we will be happier and our relationships will improve.

Do you ever get caught in the trap of thinking too much about what people are thinking and saying about you? I think most of us do at times. We want people to like us, to think well of us, and to accept us, and that is quite normal; however if we are not careful, we can let concern for what people think of us begin to control us and cause us to lose sight of God's plan for us. What I think about other people is more important than what they are thinking about me! I'm not responsible for their thoughts, but I'm responsible before God for mine. How we think about people when we are not with them determines how we will treat them when we are. If we don't want to mistreat people and leave them feeling bad after being in our presence, then we will need to think good things about them before our time together as well as during it. We should pray that God helps us think of people the way we would want them to think of us.

Before going into a creative meeting where we know different opinions are going to be abundantly and openly shared, we can think things like there will be lots of different opinions offered today and they are all heartfelt and worth considering. Or, everyone in the room is valuable, and I'm going to treat them as if they are. Or, when anyone shares an idea that I don't like, I'm going to remember that they have a right to their opinion, even if I don't happen to agree with it. There are countless ways that we can benefit from aggressive, positive, on-purpose thinking about people.

In conclusion no one is perfect and that includes me too. But this doesn't mean we cannot try to be a better child, friend, colleague, partner and so on. Yesterday has gone, a new day has dawned today and that is in the present, we should make the most use of it by improvising on ourselves. The popular motto Be the change that you want to see in the world is to be put into practice by each individual themselves first, not expecting the others to do it first. Every negative and positive actions are in our power, which ones we allow to overpower us is also our own choices. Why don't we start making others feel best about themselves by doing our best in helping them.

Most of the lines are an extract from Joyce Meyer's book 'The Mind Connection'.

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Lessons from HISTORY



To the many of us who has taken history as our honors and still to some who carried this subject along the course of the semester, we are always confronted with one passing comment; why study about all these dates, fights, endless geneologies, Kingdoms after Kingdoms, from which spoon people ate to what clothes they wore.

The questions holds valid in many fronts. Therefore it is necessary for us to address the questions which basically boils down to this - What relevance does History hold in our present context? Is it really necessary to go into all that nitty-gritty History provides? The answer however cannot be a simple yes or no. History in a sense tell us not only about what happened in the past but what always happens. Let us therefore take some few examples and draw some lessons from it.

The Mighty Mughal Empire:

The First Battle of Panipat established the Supremacy of the Mughal Empire and thus begun a glorious reign of the empire which was to change the direction of the Indian History. From Babar to Shah Jahan, the rulers were fairly tolerant and followed accommodative policies and thereby their rule saw relative peace and prosperity for the Kingdom and Its people. However, the beginning of Aurangzeb's rule saw narrow religious policies and divisive agendas being followed. As a result intolerance grew and the outcome of it was the decline of the empire gradually. There were also various others reasons but the religious policies of Aurangzeb was also among the primary reason for the decline.

Today, India is still a hotspot of diversity be it Religious, Ethical, Linguistic diversity. Despite such diversity it was and is Pluralism and Tolerance that has managed to keep the country together so far. Therefore, any actions to disturb this arrangement either by coercion and narrow policies would result in gradual decline and disintegration of the country. Therefore, the best interest for the country would still be Tolerance and Unity in Diversity.

The British Conquest of India:

A few thousand armies of British Empire who were mostly clerks and merchants would go on to colonize a powerful country such as India. This however did not happened in a single victorious battle but it was strategy that was well developed over time. The attack was on the pride and greed of the Kings, thereby pitching the ruler against another rulers (The Marathas against Mysore and so on). The internal civil war between the rulers drained their resources and armies and finally when the real enemy came and attacked, most of them were defeated before the actual battle. And slowly and gradually, the entire country was overtaken with similar tactics.

What this profound story of the past informs is that, a country that is divided within itself cannot hold together when an external force attacks. Therefore, the government today must continue to look at the welfare of all its citizens in all its geographical area so that unity is ensured in the country. The idea of Fraternity enshrined in the Preamble is basically to provide oneness and brotherhood among citizens.

These are just a few examples from the past and its relevance to us today. There are hundreds more which is for you to decipher and relate. However, the common thing that will unite them all is that History is unmerciful to those who repeat the same mistake.

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STUDY TIPS FOR

College Students



COLLEGE is a critical time for many students; it's full of new beginnings, exciting events and an entirely different atmosphere. It's crucial to understand the steps you can take to perform at your best. There are many factors that play a role in your success as a student, beginning with adequate preparation and finishing by acing your exams.

Preparation is Key:

There is one thing that separates the best students from the rest. It's not their intelligence, reading comprehension or ability to memorize. It all comes down to preparation.

Adequate preparation includes three things:

1. Prepare your mind and body to perform the best.
2. Put yourself in an environment that allows for exceptional learning.
3. Take an active approach in understanding the information because the first step in learning is to understand the topic.

Establish Healthy Routines:

Learning goes deeper than reading material, completing assignments and attending class. You need to create and stick to a healthy routine while in college. Forming good eating habits, performing regular exercise and obtaining sufficient rest each night is vital. While it can be challenging to form these habits, you might be surprised at how easy they are to stick to once formed. Try it. Routine makes it easy.

Productive Study Space:

College life can be hectic, with tons of distraction happening all the time. While it's always nice to join friends on exciting excursions, sometimes you need to separate yourself from these invitations and other interruptions. Setting limits on your time and deciding when to dedicate yourself to studying instead of entertainment is part of finding yourself in college. That's why you need to find a study spot that works well for you. Find a space that removes distractions, is free of interruptions and allows you to focus on the material.

By creating and adhering to a routine, plus using a dedicated study space that gets you into a focused mode, you will be able to prepare for class. This college student study tip will pay off during your academic times and beyond.

In-Class Techniques for Success:

Now that you have a solid routine and adequate preparation, it's time to go to class. This another area where the best students will set themselves apart from the rest by taking some relatively minor yet effective steps.

Attend Class:

The first step is going to class. Some college students struggle with class attendance, thinking it doesn't impact their grades unless the professor explicitly penalizes them. They are wrong. Attending class and being an active part of the discussion are keys to success in college. Do yourself a favor and attend class. Of course, there are times when it is inevitable you'll miss class. When that happens, reach out to someone who did attend to obtain the information from them and their notes. It's the perfect reason to build a study group.

Treat Class Sessions Similar to Study Sessions:

One of the best study tips for college students is to treat class like your study sessions. Use your established routine to ensure your mind and body is ready to pay attention. It's also important to remove distractions. Sitting in class browsing the web while your professor is busy giving lecture in the background is not attending class. Being active in class is one of the best college study tips around. Just like how you want to ask questions to yourself during your study sessions, engaging with your lecturer will provide a deeper level of understanding and as a result, better overall academic performance.

And don't be afraid to answer seemingly-obvious questions the lecturer presents. It's not easy leading a large group of students. Sometimes they need to break up the pace of things to keep everyone engaged. Bottom line is that you are there to learn. Confidence will come with practice and everyone has some feelings of anxiety. Conquering those in class will add to your life in many ways.

After-Class Review and Building an Outline:

Another critical step occurs after class. Rather than stuffing the covered material into the back of your mind until exams, your study sessions should begin with a review of your notes and material from the previous classroom session.

By taking a moment to review the past information, you will bring it forward in your memory again. Repeatedly thinking about knowledge transforms it from short-term memories to long-term memories. On top of that, after-class review sessions are the perfect opportunity to build a comprehensive outline.

Creating this outline serves two purposes:

First, it increases your comprehension of the material. You can identify main concepts, rewrite them in a way that makes sense to you and spot gaps in your knowledge or understanding that you might want to bring up during class.

And second, creating a comprehensive outline is one of the most useful ways to set yourself up for success at exam time. Regularly adding to an outline creates an incredible source of information

to review before tests.

Even if you find that an outline isn't helpful, take a moment to review the material. You will be amazed at how much this impacts your retention of new information.

Study the Material Daily:

It is best to incorporate 3 to 5 short study sessions per day to go over the material. This is one of the most effective ways to study because it gives your brain a chance to enjoy the repetition of certain types of material being reviewed over and over again. Keep the sessions short in order to avoid burnout.

Tips for Acing Exams:

After you've prepared for class, attending the lecture, and reviewed your material regularly, the next hurdle is preparing for exams. There is no doubt about it; any good study tips for college students must put some emphasis on exams.

Stick to Routine:

How can you use the study skill tips for college students to ace your exams? That easy. You continue your established routine and allow sufficient preparation to run its natural course.

If you take the right actions each semester as they progress, you will prepare for exams. Your memory will contain key concepts thanks to adequate preparation, active classroom participation and after-class review with outline building. The secret to obtaining high exam grades is to build up your knowledge over the term, not cramming the night before. Use your comprehensive outline to review while referencing notes and reading material as needed to fill knowledge gaps.





Avoid Last-Minute Cramming:

It is wise to thoroughly study for exams. You should review your comprehensive outline, perhaps create a new, summarized one and refer to your notes, reading material and assignments to fill the remaining gaps in your knowledge.

There is one critical tip to study better in college. Do not fall for the age-old tendency to put every last second into cramming for your exam. Success at exams comes from hard work done throughout the term. Your regular efforts will bring new information into your mind and allow you to work it over so that it becomes embedded into your memory. Spending all-nights shortly before the exam does not. This can often have many negative consequences. It can disrupt healthy habits, overburden your mind with information you do not understand and cause exhaustion when you need perform at your best.

Instead, prioritize spending specific time studying for your exams. It might help to add specific times to your calendar to hold yourself accountable, before any review sessions with your professor. Prioritize getting adequate rest the night before exams. Sticking to your usual exercise and eating habits is also wise. You want your mind and body

at their best so that you can put the most energy into the exam. If you follow these study tips for college students, you will perform well at exam time.

Don't Forget to Reward Yourself:

One final point that should be included with any discussion of study methods is the fact that rewarding yourself for successful study session is key to your long-term success as well. So many people put a lot of pressure on themselves to study very hard for a long period of time, but they never take their foot off the pedal and allow themselves to appreciate the successes that they have captured for themselves. This is a mistake simply because they will literally burn out if they attempt to push themselves that hard for a prolonged period of time.

A better tactic to use with yourself is to give yourself to give some room to breathe and appreciate the successes that you have enjoyed along the way. If you give yourself some credit and reward your good behavior, then you are more likely to stick with it in the long run. The process of getting through college is a marathon and not a sprint. Thus, it is important to take breaks to refuel, recharge and get excited for studying yet again.

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