



ST. JOSEPH'S COLLEGE

JAKHAMA

(Autonomous status granted by UGC notification No.F.22-1(AC) Dtd.11th Oct.2018)

P.B. No. 39, Kohima, Nagaland – 797 001

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NAAC Grade A (CGPA: 3.12)

Report

CELEBRATION OF THE INTERNATIONAL DAY OF YOGA, 2022

The St. Joseph's College (Autonomous), Jakhama, celebrated the International Day of Yoga with the rest of the world and the Nation – India on 21st June, 2022 in the College Indoor Stadium at 10.00 AM., with the THEME: YOGA FOR HUMANITY. The Celebration of International Day of Yoga, 2022 was sponsored by Indian Council of Philosophical Research (ICPR), New Delhi.

In spite of the incessant monsoon rain and the End Semester Examinations, a total of 69 persons (Faculty members, Office staff and Students) attended the celebration. The attendees especially the students were largely the NCC Cadets (Boys & Girls) and members of Fitness Club of St. Joseph's College (Autonomous), Jakhama. The attendance of the participants of the Celebration of International Day of Yoga, 2022 is duly recorded with the signature of the participants.

As stated above, the celebration was held on 21st June, 2022 at 10.00 AM in the College Indoor Stadium. The order of the programme of the Celebration of International Day of Yoga, 2022 is given below:

- | | |
|---|---|
| 1. Invocation | : Dr. Pezalhoukho George
[Coordinator PG] |
| 2. Welcome Address | : Dr. (Fr.) George Keduolhou
[Principal SJC(A)] |
| 3. Yoga – Every day every moment Activity | : Dr. Dominic Meyieho |
| 4. Vote of Thanks | : Capt. Regina Razousinuo |
| 5. Tea/Coffee Break/Refreshment | |
| 6. Yoga Demonstration and Practices | : Mr. Christopher Paphino
[Physical Instructor] |
| 7. Lunch | |
| 8. Social Work | |

Compere: SGT Visakhono Yakhro

As mentioned in the order of the programme, the Celebration of Yoga Day, 2022 at St. Joseph's College (Autonomous) began with the invocation by the Coordinator of the Post Graduate Programme –Dr. (Fr.) Pezalhoukho George. In his prayer, he prayed for the members of the ICPR, New Delhi for God's blessings. He also implored and beseeched the Divine to lead the sessions and the day that lies ahead, and ask the blessings of the Almighty on all the participants and especially on persons who will be addressing the session and performing the demonstration.

Dr. (Fr.) George Kedoulhou Angami, the Principal of the College gave the welcome address. In his welcome address he acknowledged and appreciated the ICPR, New Delhi for sponsoring the Celebration of International Day of Yoga, 2022 for St. Joseph's College (Autonomous). He informed the audience that the United Nations General Assembly in 2014 declared 21st June every year as International Day of Yoga, and 2015 onwards 21st June has become a worldwide event in celebrating the Yoga Day. Speaking on the importance of Yoga and its benefits he pin-point how the Western Nations recognised the importance of Yoga and embraced whole-heartedly whereas, in our country which is the birth place of Yoga and its practices, and especially the North East region yoga is viewed with much scepticism. Shunning the scepticism rounding Yoga and its practices, he asserted that it is time for our region too to view Yoga and its practices with positivity, and embraced it for self enhancement and for the whole human race as the theme goes – Yoga for Humanity. Welcoming the participants, he appreciated their zeal and enthusiasm to be part of the Celebration of International Day of Yoga, 2022 at St. Joseph's College (Autonomous), Jakhama, in spite of heavy down pour. In closing address and welcome note assured the participants that the Celebration of Yoga will enrich them today, and they will have a message to take home, and above all they will have a clearer concepts of Yoga and their perception of Yoga will be enriched by the talk that is to follow soon. He wishes everyone A VERY HAPPY INTERNATIONAL YOGA DAY, 2022.

The Celebration of International Day of Yoga, 2022 at St. Joseph's College was divided into three sessions - a whole day celebration i.e., i) Academic inputs on Yoga, ii) Yoga Demonstration and Practices, and iii) Social work. However, the III Session could not be carried out/implemented due have down pouring of rain. Nevertheless, the first two sessions were fruitfully and seriously conducted to the satisfaction of all the participants. Given below is a brief account of the first two sessions, which were successfully addressed to.

Academic inputs on Yoga: On the academic front, Dr. Dominic Meyieho, The Controller of Examinations and a former faculty of Philosophy deliberated on *Yoga – Everyday Every Moment Activity*. Connecting with the Theme of the Celebration – *Yoga for Humanity*, the resource person

reminded and asserted that the Human Person is Being with others, a physical being and a mental/psychological/spiritual Being, and the Yoga and its practices encompasses all these realities of the human person. The speaker has also delved into the etymological meaning of Yoga and the traces of Yoga as found in the *Upanishads*, *Manusmriti* and the *Bhagavad Gita*. Thus asserting that Yoga and its practices are ancient wisdom of the past and not a recently born concept or techniques or practices. The different types of Yoga such as *Jnana Yoga*, *Bhakti Yoga* and *Karma Yoga* were also brought to light. Reference of Yoga as one of the 9th Indian Schools (6 Orthodox and 3 Heterodox), the speaker deliberated Yoga as the only practical Indian school of thoughts, which is based on a sound psychological foundation. As the Indian practical school of thought based on sound psychological foundation, one of the most important entities in the Yoga School of thought is the *citta* (Mind). The mind (*Citta*) undergoing modifications (*citta-vritti*) and afflictions (*Kleshas*) - Ignorance/*Avidya*, Egoism/*Asmita*, Attachment/*Raga*, Aversion/*Dvesa*, and Will to live/*Abinivesa*.

Further on aligning with the theme – *Yoga for Humanity*, the resource person reminded the august gathering the goals of life and education (*Purusarthas*), whereby every person is called to be a Yogic person in all true sense - living a conscious human life totally absorbed in what is expected of her/him according to the goals of life – *Purusarthas* i.e., by one's right conduct (*Dharma*), one has to attain wealth and meaning in life (*Artha*), the wealth and meaning (*Artha*), which one attained through right conduct (*Dharma*) is to be enjoyed (*Kama*) in a good way. *Kama* stands for pleasure, enjoyment, entertainment, re-creation, which is a psychological need of every person, however *Kama* here does not refer to sinful or cheap forms of pleasure, enjoyment, entertainment and recreation which are due to overcoming by emotions and impulses of the senses. Thus if the above three *trivargas* – *Dharma*, *Artha* and *Kama* are taken care of liberation (*Moksa*) is effortless needing no extra time and energy. However, as human as we are, a person is often overcome by ignorance (*Avidya*) and forget the goals and become egoistic needing a path/means (*marga*) to let go the *asmita* (ego). Thus, the *Raja-marga Yoga* or the *Astanga Yoga* as an aid to arrest the affliction of the mind and control the senses.

Insisting on the theme – *Yoga for Humanity*, the resource person emphatically asserted that no true practice of Yoga is possible without the ethical/moral code of life (Living with others) alongside with the other two entities of life – physical and mental/psychological/spiritual. Indeed, the gate way to the Yoga – *Union/total absorption/concentration* (*Samadhi*) is the ethical/moral code of conduct of life. The speaker emphasized that the *Raja-marga Yoga* take care of all the three dimensions of the human person namely – ethical/moral code of conduct (Living with other persons), Physical and Mental/Psychological/Spiritual in the 8 limbs of the Yoga (*Astanga yoga*).

The resource person patiently but intellectually explained the 8 limbs of Yoga, and classified the first two limbs of the Yoga i.e., *Yama* and *Niyama* as addressing the ethical/moral code of conduct, 3,4 and 5 limbs i.e., *Asana*, *Pratyahara* and *Pranayama* as addressing the physical aspect of the human person, and the last three (6,7 &8) i.e., *Dharana*, *Dhyana* and *Samadhi* as targeting on mental/psychological/spiritual dimensions of the person. Thus, Yoga is everyday every moment activity and Yoga, and its practices cannot be confined to one religion/tradition because the goal of every religion/tradition is to make human true humane whereby every human being learns to live with other beings, enjoy good health and physique and have a healthy-serene mind and divinity of the soul.

Yoga Demonstration and Practices: Mr. Christopher Paphino, the Physical Instructor soon after the Academic session led the august gathering into Yoga demonstration and practices i.e., the 12 *Asanas* (12 Basic Postures). Mr. Paphino first demonstrated the 12 Yoga *Asanas*, and made the participants to follow each of the 12 *Asanas*. However, before jumping into the different postures of the Yoga, Mr. Paphino conducted a 10 minutes warm-up exercises of stretching and flexing the muscles and joints. Then on, the Physical Instructor carefully and craft fully led the novices of Yoga into the practices. The 12 Basic Postures demonstrated and practiced during this session were as follows:

- 1) Headstand (*Śīrṣāsana*)
- 2) Shoulder-stand (*Sarvāṅgāsana*)
- 3) Plough (*Halāsana*)
- 4) Fish (*Matsyāsana*)
- 5) Sitting Forward Bend (*Paschimthanāsana*)
- 6) Cobra (*Bhujangāsana*)
- 7) Locust (*Salabhāsana*)
- 8) Bow (*Dhanurāsana*)
- 9) Half Spinal Twist (*Ardha Matsyendrāsana*)
- 10) Crow (*Kakāsana*)
- 11) Standing Forward Bend (*Pada Hasthāsana*), and
- 12) Triangle (*Trikonāsana*)

Of the 12 Yoga *Asanas*, the first two *Asanas* – Headstand and Shoulder-stand, and the eighth *Asana* – Bow prove challenging to the novices of Yoga practice. The Instructor however, carefully demonstrated and explained the benefits of them all. While demonstrating the different posture and during the practice of the different *Asanas*, he also advised them not to force or strain their muscles, but slow and steadily do them every day and soon they will be able to perfect them.

Other than the above mentioned three *asanas*, the other postures were performed with ease. Thus, with instructions, demonstration and practices this session took 1 hour and twenty minutes. To the joy and encouragement of everyone, the Principal of the College – Dr. George Keduolhou Angami participated in all the different postures of the Yoga. For the demonstration and practices two large mats were laid out for the participants to follow and practice the different *asanas* in the Indoor Stadium. The Physical Instructor on completion of demonstration and practices of Yoga did not abruptly end the session but just the way the warm-up exercises were conducted, likewise a post-work outs were attended to make the participants enjoy and relax on what they have performed.

As per the order of the Programme, soon after the Academic talk, Captain Regina Razousinuo pronounced the Vote of Thanks. Capt. Regina whole-heartedly thanked the Indian Council of Philosophical Research (ICPR), New Delhi for sponsoring the Celebration of International Day of Yoga, 2022 for St. Joseph's College (Autonomous), Jakhama and making it an eventful day. While thanking the ICPR, New Delhi, she also thanked the Government of India for the initiatives and the roles in making this a national and international event. Capt. Regina appreciated, acknowledged and thanked all the participants who made this event a meaningful day by their activity participation in spite of heavy rain. She also extended appreciations and gratitude to the Administrator - Fr. Joseph Binoy for use of Indoor Stadium with uninterrupted power supply, projector, chartering a Bus to and fro - Kohima – Jakhama, and for the refreshment and lunch in spite of bad weather. Thanks and appreciations were also extended to technician and the maintenance staff for their support and corporation. Capt. Regina thanked Dr. Dominic Meyieho for the intellectually explaining the different limbs of Yoga and asserting that Yoga is everyday every moment activity, and not restricted to an activity alone. She also thanked Mr. Christopher Paphino for his patience and artfully demonstrating the different Yoga *Asanas* and the skilful work outs – at the start and at end of the demonstration and practices of Yoga, which made the participants relaxing without any sense of strain and pull of muscles. Capt. Regina Razousinuo also thanked and appreciated SGT Visakhono Yakhro for beautifully and confidently compering the celebration of International Day of Yoga, 2022.

Thus, the Celebration of International Yoga Day, 2022 came to an end with a lunch at 12.30 PM for all the Participants at the College Canteen – Heaven's Dew. Although, Social work was to be conducted post lunch for the participants of the Celebration of Yoga Day, 2022, it had to be called off due to relentless down pouring of rain. Thus, participants who were brought by Bus from Kohima were again drop back by the same bus. A bus service – Bus No. 3 was specially chartered for the students coming from Kohima to Jakhama (College Area) due to bad weather – incessant and relentless down pouring of rain. Due to heavy rain, at the last hour Bus No. 3 was chartered to

pick and drop the students. The pick-up and dropping points was High School Junction, Kohima. The distance from High School Junction, Kohima to St. Joseph's College (Autonomous), is about 19 kilometres.

As our appreciations and acknowledgment to the Government of India and most specially to Indian Council of Philosophical Research (ICPR), New Delhi, for sponsoring the Celebration of International Day of Yoga, 2022, the St. Joseph's College (Autonomous), Jakhama also extended the invitation to the Civil Sub-divisional Office (SDO – Civil) stationed at Jakhama.

Reported by:

Dr. Dominic Meyieho

List of Enclosures:

- 1. Photo copy of the Letter of Award from ICPR, New Delhi*
- 2. Photographs of the Celebration of International Yoga Day, 2022*
- 3. Utilization Certificate*
- 4. The original statement of Expenditure with original vouchers*
- 5. Photo copy of the letter of invitation to the Civil Sub-Divisional Officer*
- 6. A Copy of the order of Programme*
- 7. List of the participants with their signatures*

GFR 19-A
[See Rule 212 (1)]
Form of Utilization Certificate

S.No	Letter No. and Date	Amount
1	F. No 12-16/2021/P & R/ICPR/31 May 11, 2022	Rs. 30,000/- (Rs. Thirty Thousand only)
	Total:	Rs. 30,000/-

Certified that out of **Rs. Rs. 30,000/- (Rs. Thirty Thousand only)** of grants-in-aid sanctioned during the year **2022** in **favour of St. Joseph's College (Autonomous), Jakhama, Kohima, Nagaland – 797 001, India** under the ICPR, New Delhi letter no. **F. No 12-16/2021/P & R/ICPR/31 dated May 11, 2022** of which **Rs. 30,000/-** has been disbursed, given in the margin and **Rs. NIL** on account of unspent balance of the previous year, a sum of **Rs. 30,000/-** has been utilized for the purpose of **Celebration of International Yoga Day, 2022** for which it was sanctioned, and that a deficit of **Rs. 9771 (Rs. Nine Thousand Seven Hundred and one only)** has been paid by the St. Joseph's College (Autonomous), Jakhama. The original statement of Expenditure according to the different heads with original vouchers are attached herewith for references.

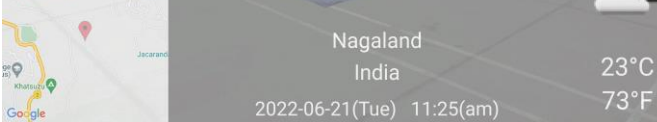
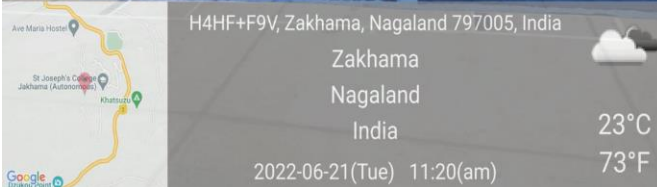
2. Certified that I have satisfied myself that the conditions on which the financial assistance was sanctioned have been duly fulfilled/are being fulfilled and that I have exercised that **following checks** to see that the money was actually utilized for the purpose for which it was sanctioned:

Kind of checks exercised:

1. Honorarium for the Resource Person
2. Food for the Participants
3. Conveyance for students – Kohima – Jakhama (To and Fro)
4. Rental Charge of the Indoor Stadium
5. Stationary and Publicity

Statement of the Expenditure

Sl. No.	Heads	Amount
1	Honorarium for the Resource Person	Rs. 2,500/-
2	Food for the Participants	Rs. 25,125/-
3	Conveyance for students – Kohima – Jakhama (To and Fro)	Rs. 7000/-
4	Rental Charge of the Indoor Stadium	Rs. 2,500/-
5	Stationary and Publicity	Rs. 2646/-
Total		Rs. 39771/-
Sanction amount from ICPR, New Delhi		Rs. 30,000/-
Balance		Rs. -9771/-



ST. JOSEPH'S COLLEGE (AUTONOMOUS)

Jakhama, Kohima, Nagaland – 797 001, India

INTERNATIONAL YOGA DAY, 2022

Sponsored by



Indian Council of Philosophical Research (ICPR), New Delhi

Theme: Yoga For Humanity

Date: 21st June, 2022

Time: 10.00 AM

Venue: Indoor Stadium

Programme

1. Invocation : Dr. Pezalhoukho George
[Coordinator PG]
2. Welcome Address : Dr. (Fr.) George Keduolhou
[Principal SJC(A)]
3. Yoga – Every day every moment Activity : Dr. Dominic Meyieho
4. Vote of Thanks : Capt. Regina Razousinuo
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[Physical Instructor]
7. Lunch
8. Social Work

Compere: SGT Visakhono Yakhro

Dr. Fr. George Keduolhou Angami
Principal
Principal
St. Joseph's College (Autonomous)
Jakhama Nagaland





**NCC SENIOR WING
ST. JOSEPH'S COLLEGE (A), JAKHAMA
DELTA COY, PL 10 & 11
1 NAGALAND GIRLS' BATTALION NCC
KOHIMA-NAGALAND**

REPORT ON YOGA EVENTS: 2018-2023

INTERNATIONAL DAY OF YOGA AT SJC, KOHIMA COLLEGE, LFHSS, KOHIMA & DBHSS, TSEMINYU: 21 JUNE, 2018



Kohima district NCC girls celebrate International Day of Yoga

KOHIMA, JUNE 23 (MEAN): NCC girl cadets of Kohima district celebrated International Day of Yoga on June 21 in four centres - St. Joseph's College, Jakhama; Kohima College; Jakhama; Kohima Higher Secondary School, Kohima; and Don Bosco Higher Secondary School, Tseminyu - under the aegis of 1 Nagaland Girls' Battalion NCC, Kohima.

The Nodal Officer for organizing the event for NCC girl cadets in Kohima district was Lt. Regina Razousinuo, Associate NCC Officer and Asst. Professor, St. Joseph's College, Jakhama.

A press release from Lt. Regina Razousinuo informed that at St. Joseph's College, 416 NCC girl cadets from St. Paul School Phesama, Japfi Christian College Kigwema, GHS Kigwema, Loyala HSS Jakhama, Sacred Heart School, Khuzama and St. Joseph's College, Jakhama, and three Associate NCC Officers and 1 Caretaker Officer participated in the event with Lt. Regina herself as the instructor. 209 cadets from Mt. Olive College, Don Bosco HSS (Kohima), G. Rio School and Kohima College, and three Associate NCC Officers took part in the programme at Kohima College. The instructor was Avisia John, Physical Education Teacher, GHSS, Chiephobazou.

At Little Flower HSS, 310 cadets from St. Mary's Cathedral HSS and three Associate NCC Officers attended with Kelhouzasie Lawrence, yoga instructor, Department of Health and Family Welfare (AHUSI), Kohima.

At Don Bosco HSS, Tseminyu, 125 cadets along with one Associate NCC Officer took part.

Besides, the Commanding Officer of NCC Girls Unit, Col. Rajeev Kumar, six Associate NCC Officers, 10 PI staff and 263 girl cadets attended the centrally organised International Day of Yoga at Indira Gandhi Stadium, Kohima, where Governor of Nagaland, PB Acharya was the chief guest.

NCC girls observe yoga day

Dimapur, June 23 (EMN): NCC girl cadets under the aegis of 1 Nagaland Girls' Battalion comprising St. Joseph, Jakhama; Kohima College; Jakhama; Kohima Higher Secondary School, Kohima; and Don Bosco Higher Secondary School, Tseminyu, have observed the International Day of Yoga on June 21.

The event was led by Regina Razousinuo, associate NCC Officer and assistant professor of St. Joseph's College, Jakhama. The programme was held on the theme "Be a Naga and do yoga, be a Christian and do yoga."

Besides, a total of 416 NCC girl cadets from St. Paul School, Phesama; Japfi Christian College, Kigwema; GHS Kigwema; Loyala Higher Secondary School, Jakhama; Sacred Heart School, Khuzama; and St. Joseph's College, Jakhama, along with three associate NCC officers and one caretaker officer participated in the event with Regina Razousinuo as the instructor. 200 girl cadets from Mt. Olive College; Don Bosco Higher Secondary School; G. Rio School; and Kohima College along with three associate NCC officers took part in the programme.

At Little Flower Higher Secondary School, 310 cadets from St. Mary's Cathedral Higher Secondary School, and three associate NCC officers attended the programme with Kelhouzasie Lawrence, yoga instructor, along with officials from the department of health and family welfare (AHUSI), Kohima.

At Don Bosco Higher Secondary School, Tseminyu, 125 cadets along with one associate NCC Officer took part in the programme.

Commanding officer of NCC girls, Col. Rajeev Kumar, along with six associates NCC officers, 10 PI staff and 263 girl cadets attended the centrally organised International Day of Yoga at Indira Gandhi Stadium, Kohima, which was attended by the state governor PB Acharya as the chief guest.

21 June, 2018: NCC girl cadets of Kohima district celebrated International Day of Yoga at 4 venues, namely, St. Joseph's College-Jakhama, Kohima College, Little Flower HSS-Kohima and Don Bosco HSS-Tseminyu, under the aegis of 1 NL Girls' BN NCC, Kohima. Lt. Regina Razousinuo, ANO (SW) of St. Joseph's College, Jakhama, was the Nodal Officer for organizing the event for NCC girl cadets in Kohima district. At St. Joseph's College, 416



**NCC SENIOR WING
ST. JOSEPH'S COLLEGE (A), JAKHAMA
DELTA COY, PL 10 & 11
1 NAGALAND GIRLS' BATTALION NCC
KOHIMA-NAGALAND**

NCC girl cadets from 6 institutions including those of the College, and 3 ANOs and 01 Caretaker Officer participated in the event with Lt. Regina Razousinuo herself as the instructor. 635 cadets took part in the same event at Kohima College, LFHSS and DBHSS, Tseminyu respectively. 40 girl cadets of the college also participated in the centrally organized Yoga Event at IG Stadium, Kohima, where Shri P.B. Acharya, Governor of Nagaland, was the Special Guest.

**WORLD YOGA DAY AT ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA:
21 JUNE, 2019**



21 June, 2019: 38 cadets took part in World Yoga Day organised by NCC Senior Wing of the College at the College Campus.




**NCC SENIOR WING
ST. JOSEPH'S COLLEGE (A), JAKHAMA
DELTA COY, PL 10 & 11
1 NAGALAND GIRLS' BATTALION NCC
KOHIMA-NAGALAND**

INTERNATIONAL DAY OF YOGA, SJC (A), JAKHAMA: JUNE, 2022

ST. JOSEPH'S COLLEGE (AUTONOMOUS)
Jakhama, Kohima, Nagaland – 797 001, India

INTERNATIONAL YOGA DAY, 2022
Sponsored by

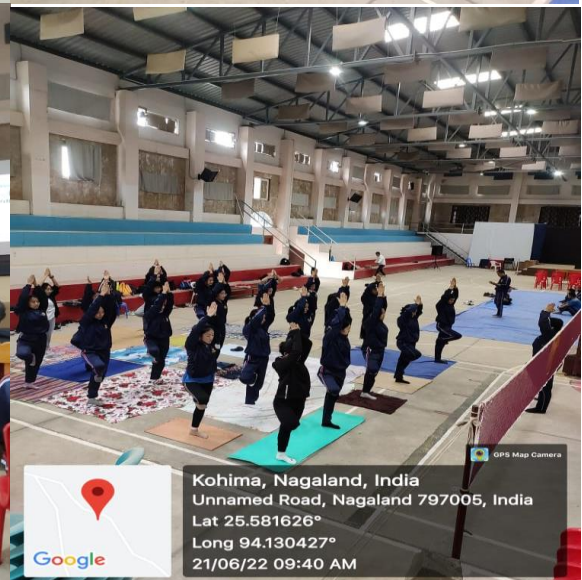

Indian Council of Philosophical Research (ICPR), New Delhi
Theme: Yoga For Humanity

Date: 21st June, 2022 Venue: Indoor Stadium Time: 10.00 AM

Programme

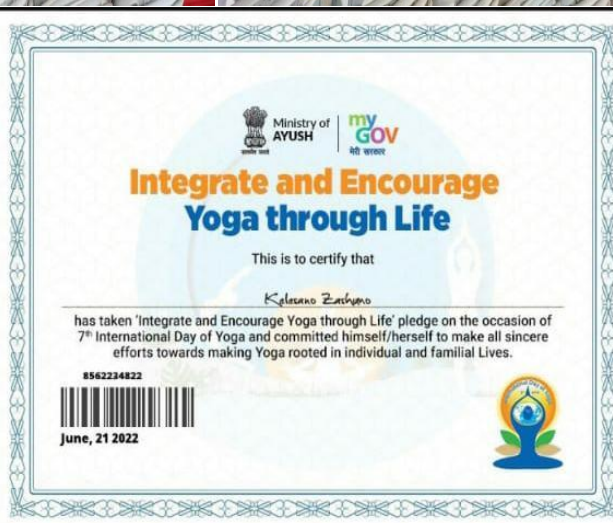
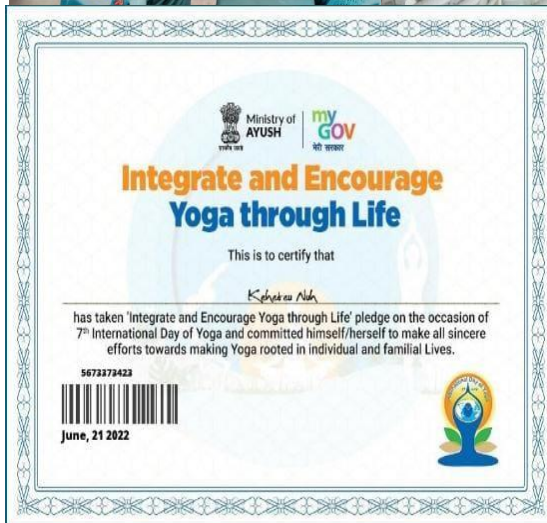
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**NCC SENIOR WING
ST. JOSEPH'S COLLEGE (A), JAKHAMA
DELTA COY, PL 10 & 11
1 NAGALAND GIRLS' BATTALION NCC
KOHIMA-NAGALAND**



25 cadets and the ANO (SW) attended International Yoga Day Programme of the college sponsored by Indian Council of Philosophical Research (ICPR), New Delhi held at Indoor Stadium, Jakhama, in which Capt. Regina Razousinuo delivered the vote of thanks and SGT Visakhono Yhoshu was the compere and also the same cadets and the ANO (SW) conducted a separate Yoga activity as an important event of NCC at the same venue. 47 cadets registered in Yoga Pledge taking and received e-certificate (02 certificates pasted above as examples).



DEPARTMENT OF ENGLISH

ST. JOSEPH'S COLLEGE (AUTONOMOUS)

JAKHAMA,

SEMINAR ON SOFT SKILLS

A Seminar on Soft Skills was held on 4th May 2022 for the BA English students of 4th and 6th Semesters at the College Auditorium, at 1:00 pm, with Mrs. Susan Angami, Founder of Educe Communication Centre, Kohima, as the resource person. The welcome address was delivered by Mr. Neizosie-o Jude, Assistant Professor, Deptt. of English, followed by the resource person.

She enlightened the students on the subject of Soft Skills: emotional intelligence, teamwork and the four basic emotions of human beings. Most importantly, she spoke about the ways a person can enhance their emotions and navigate through it. The resource person also interacted with the students.

The Seminar concluded with a vote of thanks by Ms. Moanaro Jamir, President of the Department. She thanked the resource person for exuding soft skills not only through her lecture, but also through her personality. She further congratulated the department, particularly the soft skills teachers for organising such productive and educational seminar.



Mrs. Zulusenla Jamir
(Co-Ordinator, Dept of English)



DEPARTMENT OF ENGLISH

St Joseph's College (Autonomous) Jakhama, Kohima,
Nagaland.

A TALK ON 'LEADERSHIP SKILLS'

The Department of English organised a talk on 'Leadership Skills' under the Skill Enhancement course for the 4th semester students of the English Department where the resource person was Mr. K Zubemo Humtsoe, Director of the Department of the Business Administration, St. Joseph's College(Autonomous), Jakhama. The seminar was held within the college premises in the college auditorium. It was held on 15th May, 2023 and was scheduled from 12:40 PM onwards. The host of the programme was Mr. Leiwang Wangsa of 4th semester(C). The Coordinator of the Department, Ms. Zulusenla Jamir and the respective subject teachers of both sections of the 4th semester joined the seminar where Ms. Zulusenla Jamir gave a welcome address followed by a token of appreciation for the Speaker.

Mr. K. Zubemo Humtsoe delivered an illustrated lecture on leadership skills and it's significance and styles, further enumerating on the topic with activities inclusive of theoretical and practical knowledge on leadership skills.

The program concluded successfully with maximum participation and interaction between the speaker and the students.

Ms Rosalind P Ngullie
Department of English

Program Schedule

A short talk on 'LEADERSHIP SKILLS'

Time: 12:40

Place: College Auditorium

Date: 15th May 2023


Host: Leiwang wangsa

Welcome Note: Mrs Zulusenla Jamir, coordinator, Department of English

Speaker: Mr Zubemo K Humtsoe, Director , BBA.

Vote of Thanks: Ms Rosalind P Ngullie.



 GPS Map Camera



Zakhama, Nagaland, India
H4HF+HQF, Zakhama, Nagaland 797005, India
Lat 25.578871°
Long 94.124314°
15/05/23 01:25 PM GMT +05:30



 GPS Map Camera



Zakhama, Nagaland, India
H4HF+MRP, Zakhama, Nagaland 797001, India
Lat 25.579242°
Long 94.124816°
15/05/23 01:34 PM GMT +05:30

Seminar on “Entrepreneurship and Marketing Skill”

On 16th April 2021, a seminar on “Entrepreneurship and Marketing Skill” was conducted by Department of Commerce St. Joseph’s College (Autonomous), Jakhama at 6th Semester B.com class room. The resource person for the seminar were Mr. VehutoKezo Diamond Executive, Magnessa and Mrs. Kevilenuo Semi Ruby executive, Magnessa Kohima. The seminar was attended by 112 students (105 B. Com students and 7 students from the English department).

The seminar aimed to educate the participants about the basics of entrepreneurship and marketing skills required to start and run a successful business. The seminar also aimed to create awareness about the importance of entrepreneurship in today's world.

The seminar was chaired by VelavoiKezo, 6th semester B. com student and the invocation was invoked by Chesei VCR of 6th Semester B.com. Mrs. ThejanuoFidelia, Assistant Professor Department of Commerce welcomed the speaker, guests, faculties and all the students present for the seminar.

The seminar was divided into two sessions. In the first session, Mr. VehutoKezo talked about the basics of entrepreneurship, including identifying business opportunities, business planning, and financial management. He emphasized the importance of innovation, creativity, and risk-taking in entrepreneurship. In conclusion, he highlighted about the various challenges faced by entrepreneurs, including funding, competition, and regulatory compliance. He also talked about the various government schemes and programs available to support entrepreneurship in India.

In the second session, Mrs. Kevilenuo Semitalked about the marketing skills required to promote a business. She talked about the basics of marketing, including market research, product development, pricing, and promotion. She also discussed the importance of branding and social media marketing in today's digital age. She concluded by saying the importance of networking and collaboration in entrepreneurship. She highlighted the benefits of networking with other entrepreneurs and professionals, joining business associations, and participating in industry events.

The seminar was a great success, and the participants found it very informative and useful. They appreciated both the resource person's efforts in educating them about the basics of entrepreneurship and marketing skills. The seminar highlighted the fact that entrepreneurship is crucial for creating jobs, promoting economic growth, and driving innovation in today's world.

The seminar was concluded by a vote of thanks by Mr. Neizosie-o Jude Rhutsu Assistant professor, Department of English.

Seminar on “**Entrepreneurship and Marketing Skill**”

Organized by Department of Commerce

St. Joseph’s College (Autonomous), Jakhama.

Venue: 6th Sem B.com Class Room Date 16-04-2021

Time: 12:40 P.M

Chairperson : Mr. Velavoi Kezo

Invocation : Ms. Chesei

Welcome Address : Mrs. Thejanuo Fidelia

Asst. Professor

Dept. of Commerce

1st Session: Topic – “Entrepreneurship”

Resource Person : Mr. Vehuto Kezo

Diamond Executive,

Magnessa, kohima.

2nd Session: Topic – “Marketing Skill”

Resource Person : Mrs. Kevilenuo Semi

Ruby executive,

Magnessa, Kohima.

Vote of Thanks : Mr. Neizosie-o Jude Rhutsu

Assistant professor,

Department of English.



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Ruby executive,

Magnessa, Kohima.

Vote of Thanks : Mr. Neizosie-o Jude Rhutsu

Assistant professor,

Department of English.





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EXHIBITION-CUM-SALE

Department Of Commerce

St. Joseph's college, (Autonomous) Jakhama

An exhibition cum sale of the items prepared by the students of commerce department, St. Joseph's College (Autonomous), under skill enhancement, was organized at Thursday Bazaar, in TCP junction, Kigwema, on the 10th of February, 2022.

The exhibition-cum-sale showcased the creativity and talents of the students of the department. A variety of sketches, handmade straw bags, handicrafts, mask holders, scented candles, crochet mufflers and other items, prepared by the students, were exhibited and put on sale. Selected students from the department along with the department lecturers arrived at the venue at 8:00 AM. The event continued on till 4:00 pm in the evening, after which the exhibition-cum-sale came to a close.

The pocket friendly prices of all the items attracted quite a number of people to this event. The effort of both the teachers and students were commendable and the response from the public was encouraging.



GPS Map Camera



Zakhama, Nagaland, India

H4WF+PRM, Zakhama, Nagaland 797005, India

Lat 25.597563°

Long 94.124472°

10/02/22 09:48 AM



ST JOSEPH'S COLLEGE, JAKHAMA
DEPARTMENT OF EDUCATION
Jakhama – 797 006

Ref. No.....



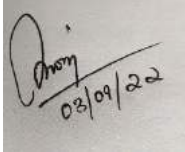
Report on
“Handicraft Competition”
Date: 3rd September, 2022
Time: 9:00 a.m - 1:30 p.m
Venue: Indoor Stadium

The Department of Education organised “Handicraft Competition” on 3rd September, 2022, at the college Indoor Stadium to enhance the skills and creativity in the students. The program was attended by the four faculties and all the students of the department.

The inaugural program was chaired by Mr. Theie P. Mukho, Class Representative (CR) of 5th Semester, Section ‘B’. The program commenced with a prayer song by 1st Semester Hostellers and welcome address was delivered by Ms. Kezienguno, Assistant Professor. In her address, she spoke that crafts in schools and colleges gives an opportunity to revive and keep active the rich heritage and cultural traditions and encourages creativity among students and also assists in advancing and refining their core skills, which in fact help advance and boost academic performance of the students and simultaneously promote their overall welfare.

The inaugural program ended with a vote of thanks by Mr. Chonben K. Murry of 3rd Semester, Section ‘B’. Miss Tiamongla, Head of Department, gave instructions and the competition began at 9:30 a.m. and ended at 1.30. p.m. Students brought their essential items and make the crafts on the spot for the competition.



A small, square image containing a handwritten signature and a date. The signature is written in cursive and appears to be 'Tiamongla'. Below the signature, the date '02/09/22' is written in a simple, straight font.

Ms. Tiamongla
Head
Department of Education

Skill Development workshop on ‘Basket Making and baking’

The department of commerce, St. Joseph’s College (Autonomous), Jakhama conducted a one-day workshop on skill development for all the Commerce student on 23rd February, 2019 at the college indoor stadium on the topic ‘Basket Making and baking’. The resource persons for the workshop were: Mrs. Tsineand Mrs. Akhrie(Basket Making) and Miss. Josephine JasietsonoKuotsu(Baking).

All the Commerce students attended the workshop. Altogether there were 280 participants 5 lectures and 275 students, 185 boys and 90 girls attended the workshop.

It is a systematic program that is organized annually for the students with the objective to teach the students various hand on skills that they can utilize to make something useful on their own and also even to the extent of earning a livelihood for themselves. Different skills are simultaneously taught so the students can pick any skill of their interests and learn from different resource persons.

The skill development workshop is a carefully planned effort so teach students outside of the syllabus. It is aimed to make the students learn basic life based skills which enable the students to make something useful and earn money on their own during their leisure time. The uniqueness of the program is that it is purely based on practical activity where the students are all made to learn and also do it on their own which will be assessed later.

Objectives:

- 1) To provide a platform among students, the first-hand experience of baking and making basket.
- 2) To provide the students, the ingredients to prepare various types of products like cakes and cookies
- 3) To teach the student with different technique how to make basket and bake cake with and without oven.

Outcome:

- 1) The students can witness personally how cakes and cookies are baked as well as how basket are made with different shape and design
- 2) The students should be able to remember the list of ingredients needed to make various types of cakes and cookies
- 3) The students should be able to bake cakes and cookies with and without oven as well as make basket by themselves at home.
- 4) The student should be able to make basket from bamboo/can strips and plastic rope on their own.

DEPARTMENT OF COMMERCE

SKILL DEVELOPMENT PROGRAMME - 2019

Date : 23rd of February, 2019
Venue : Indoor Stadium, SJC
Time : 9.30 a.m.

Host

Chesei & MD Shahid Afridi Khan

Invocation : Welhitsu Wezah
Special Number : Bishu Sinha & Naomi Shiirhi-u
Welcome Address : Mrs. Thejanuo Fidelia, HoD Commerce

PRACTICAL SESSION

Resource person : Mrs. Tsine; Mrs. Akhrieii
Ms. Josephine Whiso
Skill Development Activity : 1. Plastic Basket making
2. Cake Baking
Vote of Thanks : Rajiv Pokhrel
President
Department of Commerce





Skill Development workshop on ‘Paper Pen Making’

The Department of Commerce, St. Joseph’s College (Autonomous), Jakhama conducted a one-day workshop on skill development for all the Commerce student on 10th August, 2019 at the college auditorium on the topic ‘Paper Pen making using waste paper’. The resource persons for the workshop were: Mrs. ThejanuoFidelia, Mr. Moatemsu, Mr. MoatangitLongkumer, Mr. TemsukumzukPongen and Mr. Veto V Zhimo.

All the Commerce students attended the workshop. Altogether there were 263 participants 5 lectures and 258 students, 163 boys and 95 girls attended the workshop.

It is a systematic program that is organized annually for the students with the objective to teach the students various hand on skills that they can utilize to make something useful on their own and also even to the extent of earning a livelihood for themselves. Different skills are simultaneously taught so the students can pick any skill of their interests and learn from different resource persons.

The skill development workshop is a carefully planned effort so teach students outside of the syllabus. It is aimed to make the students learn basic life based skills which enable the students to make something useful and earn money on their own during their leisure time. The uniqueness of the program is that it is purely based on practical activity where the students are all made to learn and also do it on their own which will be assessed later.

Objectives:

- 1) To highlight the possibility of utilizing waste paper to make pen
- 2) To help the students to calculate the cost of making paper pen
- 3) To help the student to make paper pen

Outcome:

- 1) The students will come to know how to recycle waste paper by using it to make pen.
- 2) Should able to calculate the cost of making paper pen
- 3) The students should be able to make paper pen for their personal use as well as for sales.

Department of Commerce
St. Joseph's College (Autonomous), Jakhama.

Skill Development Programme

Date : 10th of August, 2019

Venue : College Auditorium SJC(A)

Time : 9:30 a.m.

Host : CAROLINE SINGSIT & LIROLA

ORDER OF PROGRAM

Invocation : UKUMARI BISUKARMA

Special Number : REBECCA VENUH & CO

Welcome Address : Mr. MOATEMSU, HoD Commerce

PRACTICAL SESSION

Resource person : Mr. MOATANGIT LONGKUMER

Skill Development Activity : Paper pen, paper basket,
Plastic spoons and plates,
Recycling of old T-shirt

Vote of Thanks : BISEVOTO
General Secretary
Department of Commerce



The ONE Nail Paint
5 ml.
₹329 ₹165 J.B.P.

Professional
Foundation Brush
Material: Nylon, Aluminum
Wood Size: 18 cm
24148 ₹354



YOU ARE THE ONE

SENSUALITY,
COVERAGE
lightweight mousse
coverage like a lipstick
coverage like a lipstick
coverage like a lipstick
coverage like a lipstick
coverage like a lipstick





TWO DAYS WORKSHOP
on
EFFECTIVE ENGLISH COMMUNICATION SKILLS

Organised by
IQAC, St. Joseph's College (Autonomous), Jakhama

Date: 7th & 8th November, 2022

Time: 9:00 A.M - 2:40 P.M

Resource Person: Rev. Fr. Vincent Saldanha SJ
Retd. Associate Professor
St. Xavier's College (Autonomous)
Ahmedabad, Gujarat

Date	Time	Venue	Participants
7 th November, 2022	9:00 A.M - 10: 00 A.M	Hall No: 5 Arts Block	B.A (English) 5 th Semester Section: D
7 th November, 2022	10:00 A.M - 11: 00 A.M	Hall No:16 Arts Block	B.A (English) 5 th Semester Section: C
7 th November, 2022	1:40 P.M - 2: 40 A.M	Hall No: 5 Arts Block	B.A (English) 5 th Semester Section: D
8 th November, 2022	9:00 A.M - 10: 00 A.M	Hall No: 16 Arts Block	B.A (English) 5 th Semester Section: C
8 th November, 2022	10:00 A.M - 11: 00 A.M	Hall No: 5 Arts Block	B.A (English) 5 th Semester Section: D
8 th November, 2022	1:40 P.M - 2: 40 A.M	Hall No: 16 Arts Block	B.A (English) 5 th Semester Section: C



TWO DAYS WORKSHOP
on
EFFECTIVE ENGLISH COMMUNICATION SKILLS

Organised by
IQAC, St. Joseph's College (Autonomous), Jakhama

Date: 9th & 10th November, 2022

Time: 9:00 A.M - 11:00 A.M

Resource Person: Rev. Fr. Vincent Saldanha SJ
Retd. Associate Professor
St. Xavier's College (Autonomous)
Ahmedabad, Gujarat

Date	Time	Venue	Participants
9th November, 2022	9:00 A.M - 10: 00 A.M	Hall No: 26 Arts Block	B.A (English) 3 rd Semester Section: C
9th November, 2022	10:00 A.M - 11: 00 A.M	Hall No:25 Arts Block	B.A (English) 3 rd Semester Section: D
10 th November, 2022	9:00 A.M - 10: 00 A.M	Hall No: 25 Arts Block	B.A (English) 3 rd Semester Section: D
10 th November, 2022	10:00 A.M - 11: 00 A.M	Hall No: 26 Arts Block	B.A (English) 3 rd Semester Section: C

REPORT ON EFFECTIVE ENGLISH COMMUNICATION SKILLS WORKSHOP
ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA

BA 5th Semester "D"

Department of English

The workshop was a new concept to the fifth semester of English department as it has not been included in the syllabus of our previous semesters. The three sessions of the workshop with the resource person, Rev. Fr. Vincent Saldhana SJ has been an eye opener, fun and an inspiring session which transcends the student's beliefs in the traditional one way learning method.

The workshop has been conducted in three sessions for a total of three hours in which we were taught the basic fundamentals of English Phonetic.

The First Session was conducted on 7th Nov, 2022 in Hall No. 5, to the fifth semester students of English Department, section 'D'. The session started with our resource speaker introducing to the students on the use and importance of 'Language as a means of communication' to broaden our minds to the concept of 'Phonetic' which is universally applicable to communicate or interact with people irrespective of different race, culture, and language. The students were taught on the two types of language namely, verbal and non-verbal languages, emphasizing mostly on the verbal language. The students were also encouraged to take part in the interactive session and raise questions to clarify doubts which is very crucial to understand and enhance one's liking towards 'phonetic' and its various applications. The first session ended with the students yearning to know more about phonetics, for being conducted in a free, interactive and fun way of learning.

In the second session, the students were engaged in participating along with our resource speaker in the pronunciation of words that were given to us in our study material. It was something novel, to experience the whole class immersed in partaking an activity that we have all come to like and look forward. The participation of the whole class was also a new experience to each student.

The third session held on 8th Nov, 2022 was a memorable session with the whole class anticipating to another hour filled with fun learning and saw the students actively participating and clarifying our doubts, appreciated by the speaker who encouraged young minds to be curious and find answers to fill the curiosity.

The overall experience of the workshop was memorable and interesting with the introduction of new concept and method of learning. Our resource speaker with his acquired knowledge and

experiences in teaching throughout his academic years has been able to captivate the attention of the students and deliver the topic which will have a lasting impact on each of the students and we are very fortunate to attend the workshop which is a necessary for a literature student.

